# [YOUR NAME SURNAME]

[City, Province]
[Cell number]
[Email address]
[Optional: Link to portfolio/Instagram of plated work if professional]

**COMMIS CHEF (HOT/COLD SECTION) | AVAILABLE [SHIFT DETAILS]**

## Personal statement

Commis Chef with practical kitchen experience in [restaurant/hotel/catering] environments, supporting service through reliable prep and station set-up. Strong on mise en place, basic sauces, portion control, and clean-down procedures. Consistent about hygiene and safe food storage, and comfortable taking instruction in a brigade. Seeking a Commis Chef role at [Employer] to grow in à la carte service and functions.

## Key skills

- Mise en place, prep lists, portioning and labelling
- Hot section support: veg, starch, grill/saute assistance, basic sauces
- Cold section prep: salads, dressings, starters, platters
- Plating support and pass communication
- Food safety and hygiene: sanitising, correct storage, cross-contamination awareness
- Stock rotation (FIFO), date checking, reducing spoilage
- Receiving deliveries and checking quality (when assigned)
- Time management during peak service
- Teamwork in a fast-paced kitchen

## Work experience

**Commis Chef / Kitchen Assistant** — [Restaurant/Hotel], [City]
[Month YYYY] – [Month YYYY or Present]

- Prepared mise en place for [hot/cold] section including [examples: veg prep, sauces, dressings, portioning proteins].
- Assisted during busy service with plating support and replenishing station items to maintain speed and consistency.
- Followed hygiene standards: cleaned and sanitised work surfaces, stored food safely, and kept station organised.
- Helped with stock rotation (FIFO), labelling, and checking dates to reduce waste.
- Supported functions and weekend peak shifts as needed, following head chef prep and service plan.

## Education & training

**[Hospitality/Culinary Qualification or Course]** — [School/College], [City]
[Year completed or In progress]

- Modules/Practical: [e.g., Food preparation, Kitchen operations, Culinary fundamentals,

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Food safety]

**Short courses / certificates**

- [Food Safety/Hygiene course] — [Provider], [Year]
- [Any other relevant course: First Aid, Barista, Baking basics] — [Provider], [Year]

**Languages**

- [English] (fluent)
- [Xitsonga/Afrikaans/isiZulu/etc.] ([level])

**References**
Available on request (or provided as required by the job advert).

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