



Yurope Lama

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● ABOUT ME

Hardworking and enthusiastic eager to develop new skills and learn from kitchen team. Applies training and active listening skills to quickly understand and complete assigned tasks. Comfortable in high-pressure and busy environments. Highly motivated candidate with experience in food service. Adept at using excellent knife skills and knowledge of food safety regulations. Skilled at quickly preparing high-quality meals, To seek and maintain full-time position that offers professional challenges utilizing interpersonal skills, excellent time management and problem-solving skills.

● WORK EXPERIENCE

1 SEP 2026 - CURRENT - ZADAR, CROATIA

CHEF DE PARTIEFALKENSTIENER HOTEL AND RESIDENCE

- Ensures that the station is stocked, organized, and that all food items are prepared and cooked to specification
- Ensures that food prepared at the station meets the restaurant's quality standards, presentation, and portion sizes Ensures that food is prepared in accordance with restaurant standards.
- Collaborates with the head chef to create consistently high quality dishes.
- Trains junior chefs, head chefs, or kitchen assistants working within the section.
- Training new kitchen staff on proper cooking techniques, safety protocols, and organizational procedures.

2 APR 2024 - 31 AUG 2026 - SPLIT, CROATIA

SOUS CHEFADRIATIC SUSHI AND OYSTER BAR

- Responsible for all the all the dishes served in dining.
- Collaborating with other restaurants chefs and cooks to get new ideas about presenting food and preparation.
- Preparing sushi rolls, nigiri, and sashimi, consistently meeting customer satisfaction rates of over 90%.
- Collaborating with chefs to develop innovative sushi menu items, resulting in a 20% increase in sales.
- Maintaining proper storage and rotation of ingredients, reducing food waste by 15%.
- Crafting beautiful and intricate sushi platters for catering events, resulting in positive customer feedback and repeat business. • Assisting in training new sushi chefs on proper techniques and ingredient selection, ensuring consistent quality.
- Implementing an inventory management system, reducing ingredient costs by 10%.

1 OCT 2024 - 10 DEC 2024 - SPLIT, CROATIA

A LA CARTELAGANINI

- Ownership over food safety and sanitation in the Kitchen.
- Prepare, season, and meats, vegetables, pasta, ethnic dishes, desserts, and other food stuff for consumption in the fine dining facility.

- Prepare scratch menu items.
- Follow proper cleaning, maintenance, and reporting procedures.
- Perform other related duties as assigned or requested by a manager or supervisor
- May also be required to taste food prepared by other cooks
- Organize work for maximum production
- Food Preparation. Prepare high quality food for residents and guests using proper techniques in accordance with operational standards
- General Assistance. Perform

administrative functions to support the day-to-day meal service operation.

28 DEC 2022 - 1 APR 2024 - DUBAI, UNITED ARAB EMIRATES

SUSHI CHEFSUSHI NATION LLC

- Confidently interacting with multicultural team in high pressure environments.
- Demonstrating advanced knife and sushi rolling skills when cooking in front of huge restaurant guests.
- Suggesting process improvements to Head Chef to improve communication between kitchen and waiting staff.
- Maintaining strict food health, hygiene and safety standards for ongoing kitchen compliance.
- Purchasing ingredients and supplies to maintain stock and inventory.

1 DEC 2021 - 17 MAY 2022 - DUBAI, UNITED ARAB EMIRATES

CHEF DE PARTIEAYAME SUSHI WOK AND YAKITORI

- Food production and preparation.
- Restaurant was based on chinese thai and japanese cuisine should be able to work in every section.
- Ensures that food is delivered on time
- Follows proper safety, hygiene and sanitation practices.
- Ensures readiness at all times.
- Accepts and prepares special orders, and ensures proper posting to guest folio.
- Stores unused food properly and informs CDC of larger quantities of stored food.
- Prepares all BBQ items for daily operation.
- Cooking Fried rice, ramen noodles, salad and rolling sushi according to restaurant standard.

1 APR 2019 - 25 NOV 2022 - KATHMANDU , NEPAL

DEMI CHEF DE PARTIETHE SUSHI HOUSE KATHMANDU

- Maintained adequate cost control to meet food budgets presented by restaurant manager.
- Managed busy sushi section of kitchen.
- Created several eye-catching new dishes since 2021 to attract new and existing customers.
- Be flexible and solution orientated.
- Perform duties according to a daily production sheet.

● **EDUCATION & TRAINING**

1 Mar 2013 - 30 Dec 2018 - PANCHKHAL 6 KAVREPALANCHOK , NEPAL

SCHOOL LEAVING CERTIFICATE - GOLDEN FUTURE SECONDARY SCHOOL/COLLEGE

Field(s) of study:Hotel and management | **Final grade:** 12 | **Website:** <https://m.facebook.com/goldenfuturehss/>

1 Jan 2005 - 1 Apr 2014 - DOLALGHAT, NEPAL

HIGH SCHOOL- BEB GREEN LAND ENGLISH SCHOOL

● **LANGUAGE SKILLS**

Mother tongue(s): **NEPALI** | **TAMANG**

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	B2	C1	C1	C1

● **DRIVING LICENCE**

Driving licence: A1