



Karim Sairh

First Cook

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Bilingual English and French

PROFILE SUMMARY

I have more than 10 years of professional cooking experience and would love to work in restaurants, hotels, cafeteria, residences where I will be able to fully use my creativity and passion for food. My main motivation is to develop a career in the hospitality industry and discover a new work environment.

OBJECTIVES

Seeking a long-term position as a chef, sous-chef or a cook in a company which hires promising individuals with an appreciation for food, culture, and passion for gastronomy. Where I can contribute with my culinary expertise and French touch in preparing outstanding dishes to provide customers with an exceptional dining experience.

KEY SKILLS

Knowledge of kitchen and food preparation standards. Good communication and public relations skills. Ability to work individually or in a team environment. Strong ability to lead, training staff and coordinate activities. Specialty in Occidental, Oriental, Asian, Mediterranean, and Canadian food. Experience in baking and pastry preparation. Prepare food for people with allergies. Strong knowledge of food preparation techniques and presentation methods.

Very good knowledge of HACCP quality system in sanitation, prerequisite programs and food safety. Commitment to clean and sanitize work environment, equipment, and utensils.

Ability to communicate in English, French, German, Spanish and Arabic.

EDUCATION

Certificate of Improvement – Interpersonal and management interventions <i>École de Technologie Supérieure (ETS) de Montréal</i>	2013
First Aid Certificate at the workplace in Cardio-secours [DEA] Cours CSST[A] <i>CSST – Montréal (Québec)</i>	2011
Sanitation, washing and WHMIS <i>Ecolab SIMDUT (WHMIS) – Montréal (Québec)</i>	2011
Food hygiene and safety certification <i>Ministry of Agriculture, Fisheries and Food of Quebec (MAPAQ)</i>	2010
Diploma of collegial studies in alimentation and tourism <i>Technology Institute of tourism and hotellerie – Rabat (Morocco)</i>	1995

WORK EXPERIENCES

First Cook <i>Chartwell Retirement Residences, Montréal (Québec)</i> <i>Karim Sairh; Cell phone: 1 438 938 0084</i>	03/2015 – to Date
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First Cook <i>John Abbott College, ARAMARK - Montréal (Québec)</i>	02/2015 – 05/2015
Volunteer <i>Nouvelle vision des jeunes - Montréal (Québec)</i>	11/2014 – 02/2015
Chef Cook turning <i>Sodexo, Chibogamau camp km 399 Grand Nord (Québec)</i>	08/2014 – 10/2014
Cook <i>Restaurant Sucre Salé -Montreal (Québec)</i>	06/2013 – 07/2014
First Cook <i>Newrest, Montréal (Québec)</i>	06/2010 - 04/2013
Chef de cuisine <i>Terra Verdé - Palais de congrès - Montréal (Québec)</i>	04/2009 – 02/2010
Sous-chef de cuisine <i>Restaurant-Bistro LeFoudre - St-Denis St., Montréal (Québec)</i>	04/2007 – 03/2009
First Cook <i>Groupe Compass - Des sources Blvd, Montréal (Québec)</i>	04/2005 – 04/2007
Chef de cuisine <i>Restaurant El Morocco - Drumond St., Montréal (Québec)</i>	05/2003 – 02/2005
Cook <i>Restaurant Queue De Cheval; René-Lévesque Blvd, Montréal (Québec)</i>	05/2002 – 12/2003
Chef de cuisine <i>Maison Arabe (Established in 1940); Marrakech, (Morocco)</i>	01/2001 – 02/2002
Chef de cuisine <i>Hotel Al Ula; Riyadh, (Saoudi Arabia)</i>	02/1999 – 11/2001
Cook <i>Complexe touristique Mareez; Riyadh, (Saoudi Arabia)</i>	03/1998 – 01/1999
Cook <i>Hotel Sheraton; Fès (Morocco)</i>	07/1997 – 11/1997
Pastry Helper <i>Pâtisserie Du Palais; Fès (Morocco)</i>	02/1996 – 07/1997
Cook <i>Presidential Palace of Tripoli (Libya)</i>	07/1995 – 01/1996
Trainee in kitchen <i>Hotel Marriott, Munich (Germany)</i>	05/1994 – 09/1994
Trainee in kitchen <i>Hotel Pullman, Marrakech (Morocco)</i>	06/1992 – 09/1992