Curriculum Vitae

PERSONAL INFORMATION

Bishal Rai

Commis Chef

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Lakeside, Pokhara, Nepal

Date of birth 14 March 1998 | Gender Male | Nationality Nepali

PROFILE

Commis chef with four years in hotel kitchens in Pokhara, the last two on the hot section of a 60-cover restaurant. Trained in food safety and HACCP. Looking for a kitchen position in Europe; passport valid to 2031 and able to travel on a work permit.

EXPERIENCE

Jul 2023 – Present

Commis Chef (Commis I)

Lakeside Resort Hotel, Pokhara, Nepal

- Run the grill and sauté stations for a 60-cover restaurant, lunch and dinner service
- Prepare stocks, sauces and mise en place for a menu of 45 Continental and Nepali dishes
- Keep fridge and cooking temperature logs to the hotel's HACCP plan
- Train two kitchen helpers in knife work and station hygiene

Aug 2021 – Jun 2023

Kitchen Helper, then Commis III

Fewa View Restaurant, Pokhara, Nepal

- Prepared vegetables, marinades and cold starters for up to 120 guests a day in the tourist season
- Received and stored deliveries using first-in, first-out
- Promoted to Commis III after ten months

EDUCATION

2020 – 2021

Diploma in Culinary Arts (one year)

Academy of Culinary Arts and Hospitality Management, Kathmandu, Nepal

Hot kitchen, bakery basics and food safety. Three-month industrial placement in a hotel kitchen.

2018 – 2020

+2 (Class 12), Hotel Management

Gandaki Higher Secondary School, Pokhara, Nepal

LANGUAGES

Nepali	Mother tongue
English	B2 — independent user (listening, reading, speaking, writing)
Hindi	B1 — speaking and listening

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SKILLS

- Grill, sauté and fry stations
- HACCP and temperature logs
- Continental and Nepali cuisine
- Stocks and mother sauces
- Knife skills and butchery basics
- Stock rotation (FIFO)

CERTIFICATIONS

2022 **Food Safety and HACCP, Level 2**
Hospitality training centre, Kathmandu

2023 **Basic First Aid**
Nepal Red Cross Society

ADDITIONAL INFORMATION

Passport
Nepali passport, valid until 2031.

Availability
Available to join within four weeks of a work permit being issued.

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