

# ABDUL GONE

## Kitchen Helper

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ZAKIGANJ,SYLHET

### Summary

As a Kitchen Helper, my responsibilities include assisting the chef in food preparation, maintaining a clean and organized kitchen, and ensuring the efficient operation of kitchen equipment. I am skilled in basic cooking techniques and have experience in handling and storing food safely.

### Skill Highlights

- Food Preparation
- Cleanliness and Sanitation
- Equipment Maintenance
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- Communication
- Multitasking

### Experience

**Kitchen Helper** - 02/2010 to 05/2022

**ABC Restaurant**, Dhaka

- Assist the chef in preparing food by chopping vegetables, preparing ingredients, and handling kitchen equipment.
- Ensure that the kitchen is clean and sanitized by washing dishes, cleaning kitchen surfaces, and sanitizing equipment.
- Work with senior developer to manage large, complex design projects for corporate clients.
- Keep track of food supplies and alert the chef when supplies are running low.
- Organize and stock kitchen supplies, including food, utensils, and dishes.

### Education

Junior School Certificate (JSC):

**Zakiganj Government High School.**