Samuel Dsouza

Kitchen Helper

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Summary

Kitchen helper with three years supporting preparation, washing and stock organisation in busy catering kitchens. Follows supervisor instructions, keeps work areas organised and communicates shortages before service. Comfortable coordinating with cooks and the dishwashing team during changing workloads.

Experience

Kitchen Helper, Example Palmfen Catering Kitchen — Jan 2024 - Present

Dubai

- Prepare and portion vegetables for a catering team serving approximately 180 lunches on a typical weekday, following the cook's prep list.
- Label prepared containers using the kitchen's approved system and report missing or unclear labels to the supervisor.
- Maintain a prep-station restock checklist that reduced last-minute requests for basic supplies from 15 to 6 during a weekly service review.
- Clean assigned work areas and equipment according to the kitchen schedule and report damaged items before reuse.

Kitchen Assistant, Example Dunebrook Cafe Kitchen — Mar 2023 - Dec 2023

Dubai

- Washed utensils and organised clean equipment so cooks could find required items during service.
- Checked delivery quantities with the supervisor and moved accepted supplies to designated storage areas.
- Recorded low-stock items at the end of the shift and handed the list to the opening team.

Education

Higher Secondary Certificate, General studies — 2020 - 2022

Example Riverfen Community School

Skills

Kitchen support: Ingredient preparation, Portioning to instructions, Station restocking

Working practices: Cleaning schedules, Label checks, Stock rotation procedures, Delivery support

Teamwork: Prep-list coordination, Shortage reporting, Shift handovers

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