

Portfolio Available Chef Ishina

REQUEST MY
PORTFOLIO

*Portfolio available upon request.
Showcasing selected dishes, plating
techniques, and menu creations.
Feel free to get in touch!*



- Nationalities**
- Italian
 - Brazilian
- Currently Location**
- Fujairah, United Arab Emirates
- Other Locations**
- Queenstown, New Zealand
 - Rio de Janeiro, Brazil
 - Riyadh, Saudi Arabia
 - Rome, Italy
 - Rotterdam, Netherlands
 - Antwerp, Belgium
- Specialty Cuisine Style**
- Mediterranean & Fusion Cuisine



Mediterranean Cuisine
International Fusion Influences
Ingredient-Driven | Healthy Food



Profile

Globally experienced Chef focused on ingredient-driven cuisine influenced by Mediterranean and fusion styles. Strong background in menu engineering, kitchen leadership, and high-level operations. Experienced in delivering refined, consistent dining for VIP and UHNWI clients, blending classic foundations with modern techniques. Specializing in health-conscious and wellness cuisine, I'm passionate about using fresh, high-quality ingredients to craft flavorful, nutritious meals. My journey has allowed me to continuously evolve as a chef, exploring new flavors, techniques, and culinary trends from around the world.

Chef Ishina Giarola

INGREDIENT-DRIVEN HEAD CHEF
GLOBAL EXPERIENCE



KEY SKILLS

- Strong leadership and management skills.
- Expertise in contemporary cuisine, blending global flavors with modernist techniques.
- Strong focus on Mediterranean & Fusion cuisine, ingredient-led cooking.
- A health-conscious approach to food, supported by my degree in Nutrition.
- Experience with UHNWI clients in VIP settings.
- Committed to lifelong learning and sharing knowledge with an open mind.
- Specialized in wellness cuisine and restrictive diets, including keto, low-carb, plant-based, gluten-free and anti-aging diets.
- Always ready to face challenges with a positive, can-do attitude.

SELECTED HIGHLIGHTS

- Awarded Employee of the Month - April 2009 and 5 times Star of Kitchen Department at Novotel Queenstown Lakeside - New Zealand.
- Experience in opening new restaurants and implementing efficient kitchen systems, ensuring smooth operations and maintaining high standards from day one.
- Achieved the highest grade in the Nutrition conclusion research work (subject: Non-conventional edible plants) from the Federal University of Rio de Janeiro - Brazil.
- Experience with UHNWI clients, striving to meet all needs and expectations, adapting and seeking intelligent solutions to achieve the expected outcome, yielding impressive results

WORK EXPERIENCE

EXECUTIVE SOUS CHEF

UHNWI - Royal Palace
Sep 2025 - ongoing | Fujairah - United Arab Emirates

Leading a large team (35+) in a fast-paced, high-demand kitchen. Specializing in menu creation for daily meals, VIP and thematic events, focusing on international cuisines, high standard quality, and last-minute adaptability.

SOUS CHEF

Hilton Hotel - Antwerp Old Town
Nov 2024 - Sep 2025 | Antwerp - Belgium

Supporting the Executive Chef in managing and leading kitchen operations, menu creations, supervising staff, and ensuring consistent quality and smooth service delivery.

HEAD CHEF

Vegetarian - Modern Italian Cuisine
May 2024 - Nov 2024 | Rotterdam - Netherlands

Joined the opening team to set up all kitchen systems and lead all kitchen operations for a 300-seat restaurant, managing seasonal menu development, staff training, and food quality in a fast-paced environment.

PRIVATE CHEF (WELLNESS CUISINE)

UHNWI (Private & Confidential Luxurious Hospitality)
Aug 2022 - Oct 2023 | Riyadh - Saudi Arabia

Delivered high-end, plant-based, and healthy Mediterranean and Middle Eastern cuisine, managing bulk production, menu innovation, and team leadership in a luxury private setting.

KITCHEN MANAGER | DIETITIAN

Guelli Food Industry and Trade
Aug 2019 - Feb 2022 | Rio das Ostras - RJ - Brazil

Managed a large-scale food operation, developed nutritious menus, trained staff, and ensured strict food safety and cost control standards.

HEAD CHEF | CO-OWNER

Puro & Simples Cafe Bistro
Feb 2013 - Aug 2019 | Macaé - RJ - Brazil

Co-owned and led a wellness-oriented bistro, creating innovative menus, training staff, and expanding the customer base through healthy, creative cuisine.

QUALIFICATIONS

BACHELOR'S DEGREE | FOOD AND HUMAN NUTRITION

Federal University of Rio de Janeiro (UFRJ)
Feb 2014 - Jul 2019 (5 years) | Rio de Janeiro - Brazil

Studied the science of nutrition, food safety, and kitchen management with a focus on health, sustainability, and food's societal impact.

PROFESSIONAL PLANT-BASED CHEF CERTIFICATE

Rouxbe Culinary School
Nov 2019 - Nov 2020 (1 year) | Online - Canada/EUA

Completed an accredited course in plant-based culinary arts, covering core techniques, recipe adaptation, and health-conscious cooking.

CERTIFICATIONS

FOOD SAFETY LEVEL 3 (SUPERVISING)

Highfield | International Award Food Safety

Riyadh - Saudi Arabia | Issued: Jul 2023

Certified to supervise food safety practices and manage teams to ensure hygiene compliance in professional kitchens.

EFST ENGLISH CERTIFICATE (86/100 - C2)

EF Standard English Test (EFSET)
Online | Issued: Jul 2022

Achieved C2 proficiency in English based on EF SET, demonstrating advanced reading and listening comprehension.

REGISTERED DIETITIAN | NUTRITIONIST

CRNA - Regional Nutrition Council

Riode Janeiro | Issued: Aug 2019

Licensed nutritionist with academic and professional qualifications to provide expert dietary and nutritional guidance.

TEACHING EXPERIENCES

INTERNSHIP PRECEPTOR

NUTRITION: Guelli Ind. e Com. de Alimentos | Between 2019 - 2022

Rio das Ostras - Brazil

GASTRONOMY: HILTON HOTEL - ANTWERP OLD TOWN

NOV 2024 - SEP 2025 | ANTWERP - BELGIUM

Mentored nutrition students during internships, developing leadership and teaching skills through hands-on supervision and support.

HOST CHEF | CULINARY TEACHER

Cavaleiros Gastronomic Group | Between 2014 - 2019

Cavaleiros Beach - Macaé - RJ

Led workshops, cooking demos, and tastings to promote healthy, plant-based cuisine, representing Puro e Simples Cafe Bistro at public events.

PROFESSIONAL SKILLS

- Leadership Skills
- Management Skills
- Food Safety | HACCP
- Develop menus and recipes
- Smart thinking | Can do attitude
- Culinary Teaching Skills
- Fusion Cuisine | Plant-based food
- Nutrition Knowledge | Healthy food
- Versatile Cooking Skills | Creativity
- MS Office Package: Word, Excel and Power Point

LANGUAGES

Portuguese: Native
English: Fluent
Spanish: Fluent
Italian: Basic

PERSONAL INTERESTS

Technology | Healthy eating
Music | Nature | Food culture
Travel | Minimalist lifestyle

FIND MEHERE

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Location: United Arab Emirates