



PRESENTATION

I am a humble guy, with a great desire to grow. Determined to expand my culinary knowledge. Experience in typical Ligurian and Mediterranean cuisine, speed of execution, problem-solving, self-control. Strong ambitions, excellent relational and adaptation skills in new contexts.

FEDERICO

Date of birth: 24/08/1997
Nationality: Italian Sex:
Male

CONTACTS

(Residence)

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WORK EXPERIENCE

Eight Hotel paraggi 5* Paraggi, Italy
Chef Tournant

10/04/2025 – 31/10/2025 Responsible for managing the mise en place and service organization. Preparation and organization of the breakfast buffet service. Preparation of brown stocks, fumets, bisques, and sauces. CBT cooking and express stove-top cooking. Fresh pasta production. Organization and preparation of main courses and side dishes. Excellent ability to collaborate in a team and maintain concentration and efficiency even during high-pressure moments.

Food order management, product storage. Cleaning and tidiness of the work environment, control and preservation of raw materials according to HACCP standards.

Grand Hotel Victoria 5* Menaggio, Lake Como, Italy
Chef De Partie

01/07/2024 – 30/09/2024

Chef de Partie for Main Courses, responsible for filleting fish, deboning meats and poultry. Responsible for managing mise en place and organizing service. Preparation of brown stocks, fish fumets, bisques, and sauces. Grilling meats such as Florentine steaks and rib steaks, sous-vide cooking, and quick stove-top cooking. Excellent ability to collaborate in a team and maintain concentration and efficiency even during high-pressure moments. Management of food orders, product storage. Cleaning and tidiness of the work environment, control and preservation of raw materials according to HACCP standards.
Ristorante Gusteo Lido di Jesolo, Italy

Chef De Partie

21/03/2024 – 28/06/2024

Chef de Partie for Main Courses, responsible for fish filleting, managing mise en place, and organizing service. Excellent ability to collaborate in a team and maintain concentration and efficiency even during high-pressure moments. Management of food orders, product storage. Cleaning and tidiness of the work environment, control and preservation of raw materials according to HACCP standards.
Grand Hotel Miramare 5* Santa Margherita Ligure, Italy

Demi Chef

21/03/2023 – 31/10/2023 Mise en place, Preparation of meat, fish, and vegetable main courses: low temperatures, sous vide cooking, oil cooking, jar cooking, braising, and stewing; Preparation of sauces, broths, and brown stocks.

Management of food orders, product storage; Cleaning and tidiness of the work environment, control and preservation of raw materials according to HACCP standards.
"La Grappa" Restaurant Rosenheim, Germany

Chef de Partie

20/10/2022 – 13/02/2023

Mise en place, Preparation of main courses based on meat, fish, and vegetables: low temperatures, vacuum cooking, braising, and stewing; management of service and dining room communication; Management of food orders, product storage; Cleaning and tidiness of the work environment, control and preservation of raw materials according to HACCP standards.

"U Pescou" Restaurant Lavagna, Italy

Commis/Assistant Cook

28/05/2017 – 30/09/2022

Mise en place, Preparation of appetizers, first and second courses based on meat, fish and vegetables; management of service and dining room communication; Management of food orders, product storage; Cleaning and tidiness of the work environment, control and preservation of raw materials according to HACCP standards.

INSTRUCTION AND TRAINING

14/09/2014 – 09/06/2017 Cogorno, Italy
Wood Operator (Three-Year Program) Villaggio del Ragazzo

Address Corso IV Novembre 115, 16030, Cogorno, Italy

28/05/2017 – 28/05/2020 Genoa, Italy

Apprentice Cook at Restaurant "U Pescou"

Address Via Dante 70, 16033, Genoa, Italy

01/05/2018 – 01/06/2018 Genoa, Italy

Assistant Cook/HACCP Hotel School of Lavagna (GE)

Address Guglielmo Bianchi square, 16030, Genoa, Italy

20/03/2023 – CURRENT Santa Margherita Ligure , Italy

HACCP 5-year duration Grand Hotel Miramare

LANGUAGE SKILLS

NATIVE LANGUAGE:

Italian Other

languages: English

Listening B2 Oral

production A2

Reading B2 Oral

interaction A2

Writing A2

French

Listening A2

Oral production A1

Reading A2

Oral interaction A1

Writing A1

Spanish

Listening B2

Oral production A2

Reading B2

Oral interaction A2

Writing A1

Levels: A1 and A2: Elementary Level B1 and B2: Intermediate Level C1 and C2: Advanced Level