

EMILIANO



Cook / Professional Kitchen Assistant

EU citizen — Spanish passport holder

PROFESSIONAL SUMMARY

Professional cook with over 10 years of experience in restaurants across Argentina, Spain, Germany and Brazil. Experienced in high-volume, tourist-driven kitchens and in several stations, including cold station, hot station, grill and pastry/desserts.

Skilled in mise en place, stock control and waste management, kitchen organisation and working under pressure during peak service. Comfortable in multicultural teams and international kitchens.

Available to start in October 2026 and commit to the full winter season. Spanish passport holder (EU citizen).

CORE SKILLS

Kitchen: Mise en place · Cold station · Hot station · Grill · Flat-top (plancha) · Sautéing · Pasta · Rice dishes · Italian, Latin American, Mediterranean and international cuisine

Products: Fish · Seafood · Meats · Seasonal vegetables · Fresh produce

Organisation: Stock control and waste management · Goods receiving · Mise en place planning · Kitchen opening and closing

Hygiene & Teamwork: Safe food handling · Temperature control · Cold chain · High-demand service · Multicultural teams

KITCHEN & RESTAURANT EXPERIENCE

Kitchen Assistant — Restaurante Mirador

Praia do Rosa, Brazil · 2024 – 2025

- Prepared mise en place and dishes during high-season service.
- Worked the salad and dessert stations; managed stock and controlled food waste.
- Worked directly with a Brazilian-Argentine chef; communicated in Portuguese with the local team.

Kitchen Assistant — Foc Barceloneta

Barcelona, Spain · 2016 – 2017

- Prepared Latin American dishes in a high-volume restaurant during the summer season.
- Worked both cold and hot stations: burritos, tacos, salads, ceviche and desserts.

- Prepared cuts such as skirt steak (entraña) and picanha; worked the grill during service.

Cook — Paella del Arte

Barcelona, Spain · 2015

- Prepared paellas, rice dishes and fideuà; fish and seafood on the plancha; fried dishes including Andalusian-style squid.
- Prepared mussels Basque-style and other seafood dishes; worked with gas and wood-fired stoves.
- Prepared stocks, base sauces and sofritos; coordinated with the front of house on service timing.

Kitchen Assistant — Mio Bistró

Hamburg, Germany · 2014

- Prepared Italian dishes (salads, pasta and pizza) and plated desserts in an international, multilingual team.

Waiter / Kitchen Support — Heladería Café Venezia

Bispingen, Germany · 2013 – 2014

- Table service and customer service; produced ice cream; handled the cash register and daily cash-up.

OTHER PROFESSIONAL EXPERIENCE

Bioemotional Decoding Consultant & Facilitator (self-employed)

Argentina · 2020 – Present

- Run one-to-one consultations, group events and conscious movement sessions; manage my own clients and schedule.

Physical Trainer & Functional Training Coach

Argentina · 2017 – 2020

- Worked at a gym for about a year and taught functional training classes.

Cashier / Stock Replenishment — Jumbo Retail SA

Mendoza, Argentina · 2012 – 2013

- Worked the fast checkout; controlled and restocked the food section.

LANGUAGES

Spanish — Native **Portuguese** — Basic **English** — Intermediate

EDUCATION

Secondary School Diploma in Economics and Organisational Management · *Instituto San Vicente de Paul, Mendoza*