ABDALRHMAN AMJAD AHMAD MUSA

Chef

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PROFESSIONAL SUMMARY

Culinary Arts graduate with 3 years of hands-on experience specializing in authentic Arabic cuisine, food preparation, and kitchen operations. Proven ability to maintain rigorous food safety and hygiene standards while executing high-volume cooking during peak service hours. A collaborative team player skilled in time management, working under pressure, and consistently delivering high-quality meals.

WORK EXPERIENCE

Arabic Cook • Abu Al-Ezz Restaurant — 2021 – 2024

Amman, Jordan

- Spearheaded the preparation and cooking of diverse traditional Arabic meals, including signature rice dishes, chicken, and meat trays, serving 200+ guests daily with consistent quality.
- Streamlined daily kitchen preparation and ingredient management, reducing prep time by 15% and ensuring seamless service operations during peak hours.
- Enforced strict food safety, hygiene, and sanitation standards, ensuring proper ingredient handling and cold-storage protocols to minimize food waste by 10%.
- Collaborated efficiently with kitchen staff to organize workstations, manage inventory, and execute recipes accurately under high-pressure service environments.

EDUCATION

Culinary Arts Diploma • Arab University College of Technology — 2021

Amman, Jordan

CORE SKILLS & EXPERTISE

Culinary & Kitchen Expertise: Arabic Cuisine • Food Preparation & Cooking • Portioning & Plating • Recipe Execution • Kitchen Organization • High-Volume Cooking

Food Safety & Quality Control: Food Hygiene & Sanitation • Ingredient Handling & Storage • HACCP Standards • Quality Assurance

Soft Skills & Competencies: Teamwork & Collaboration • Time Management • Working Under Pressure • Communication Skills • Responsibility • Adaptability • Commitment

LANGUAGES

Arabic (Native) • **English** (Intermediate)