

# Johnard Abuhan

Chef Cook

## Contact

### Address

Malaybalay Bukidnon City,  
Philippines 8700

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## Skills

Cooking station setup

Kitchen staff Management

Menu Planning

Menu Planning

Dish Preparation

Food preparation, plating  
and presentation

Recipe development

Supply Ordering

Sanitation and Cleaning

Quality control

Dynamic chef recognized for creating memorable dishes with fresh ingredients. Monitors and evaluates purchasing, staffing, production and inventory to control food and labor costs and waste. Maintain federal, state and local food sanitation and safety standards innovative chef cook. With well-rounded food background and extensive knowledge of all kitchen equipment. High energy leader emphasizing healthy dishes made with local ingredients. Creativity builds exciting meals to satisfy discerning officers and crew onboard. Passionate, spirited and classically trained culinary professional, skilled in building relationships and developing high performing teams. Leader in delivery of excellent customer service, equipped to apply the ship operational experience to grow world class organizations. Dedicated to food safety, customer service best practices and quality food service.

## Work History

2019-02 -

Current

### Chef Cook

*Maestro shipmanagement ltd, Maestro Sapphire Merchant Ship*

- Prepared food items in compliance with recipes and portioning control guidelines.
- Prepared multiple orders simultaneously during peak periods with high accuracy rate, maximizing customer satisfaction, and repeat business.
- Set up and prepared cooking supplies and workstations during opening and closing to maximize productivity.
- Checked for quality, kept track of old and new items and rotated stock to confirm freshness of food and ingredients.
- kept kitchen, cooking utensils and storeroom clean and neat
- Sanitized counters and utensils used for preparation of raw meat, poultry, fish and eggs.
- Followed "first in, first out" rule with every food and beverage item, tossing outdated and expired food products.
- Checked freezer and refrigerator each day to verify power functioning
- Cooked food following specific measurement and recipes
- Maintained consistent quality and high accuracy

- when preparing identical dishes every day
- Observed and tested food to determine whether was cooked sufficiently and according to recipes
- Developed new recipes based on knowledge of consumer taste, ideal nutrition needs and budgetary considerations.
- Washed, sliced, peeled and cut various foods to prepare for cooking or serving
- Monitored culinary standards and operational guidelines for kitchen areas, food preparation and facility conditions.

2014-03 -  
2019-02

## **Kitchen Helper**

*Maestro Shipmanagement Ltd, Maestro Universe*

- Scraped, washed and efficiently restacked dishware, utensils, and glassware to keep kitchen ready for customer demands.
- Followed supervisor instructions to complete tasks on time.
- Operated standard kitchen equipment with focus on safety and sanitation.
- Helped chefs prepare and present food to event guests with strong attention to detail and presentation expertise.
- Cleaned and organized kitchen stations to promote team efficiency.
- Cleaned and sanitized dishes and utensils, consistently keeping adequate supplies on hand for expected customer loads.
- Chopped vegetables, cut up fruit, and prepared sauces when kitchen staff was busy.
- Maintained clean, trash-free workspaces to maximize productivity and safety.
- Followed proper handling and sanitation procedures to comply with food safety standards and protocols.
- Transported food items from storage areas to kitchen for prepping.
- Labeled and stored all food items correctly and checked expiration dates routinely.
- Monitored inventory deliveries to minimize product losses and prep for service.
- Managed time to juggle multiple tasks simultaneously with ease.
- Unloaded food deliveries and stored items in

proper locations for easy access.

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## Education

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2009-01 -  
2010-11

### **Bachelor of Science: Business Administration**

*University of Cebu - Banilad, Cebu City*

2023-03 -  
2027-03

### **High School Diploma**

*Ave Maria Academy - Poblacion Norte, Maria Siquijor*

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## Certifications

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2020-02

Culinary National Certificate III in Ships Catering for chef Cook in compliance to the requirements of MLC 2006

2018-10

Certificate of how to run a small galley 📄 Course Outline 📄 Galley Organization and Menu Planning 📄 Cooking Methods 📄 Stocks Soups 📄 Hygiene Practice 📄 Practical Session Implementing weekly Menu

2021-02

Safe food handling

2020-02

Ships Culinary Catering