**CURRICULIM VITAE**

Name **Frederick Charles Stokoe**

 Nationality **Canadian**

 Language **Fluent in English**

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 Address **141, Quantrell Trail, Scarborough, On-M1B 1P4**

**Profile:-**

Over 25 years’ experience as a highly effective hands-on Chef with 5 Star Hotels, 4 Diamond Hotels and awarding winning Restaurants experience including large volume, and various Banquet Establishments. During my professional career, I have gained excellent experience in a variety of International cuisines, having firsthand experience from working in England, Dubai, Toronto, Seattle, Caribbean and Doha. This experience has fueled my passion for cooking and being creative. I am well versed in designing new menus and combining new cooking trends from Asia, Europe, North America, through to traditional French Cuisine with an emphasis on quality. I have excellent experience of building a strong team in a kitchen and have trained and mentored many staff and students. I believe there should be a sense of fun, and passion along with hard work, and know the importance of creating the right environment. With excellent leadership, and communication skills, I am experienced in managing financial and operational functions, from setting and working to budget, labor cost, waste control, selection of suppliers etc. Contributing in cost reduction and significant revenue gains, strong work ethics with the ability to achieve improved results without sacrificing service, quality, and making successful decisions as when needed.

**Key Strengths**

* Large Production Volume Cooking
* Theme Nights
* Large Creative Buffet Presentations
* All Inclusive Concepts
* Ala Carte-Fine Dining
* International Cuisines-Italian- Asian- French-British & Arabic
* Contemporary
* Open Concept Kitchen Cooking
* Buffets
* Extensive Banquets
* Bistro Cooking
* From Scratch and Sous Vide

**Achievements**

**\*** **19 Years Executive Chef and Sous Chef Experience**

**Certificate of Completion**

**Environmental Compliance Program for Holland America Cruise Lines**

**Freemont Maritime Services Seattle, WA USA July 2012**

* Personal Safety and Social Responsibilities (FREMMS-359)
* First Aid & CPR (FREMMS-197)
* Basic Fire Fighting (FREMMS-53)
* Personal Survival Techniques (FREMMS-363)

**Oct.1990-Oct.1994**

**City and Guilds 706 (Journey Man Papers in England)**

**Levels 1 and 2 in Catering. Gatwick Hilton England**

**Kitchen Apprenticeship Hilton International, Dubai, UAE**

**PROFESSIONAL WORK EXPERIENCE**

**HOLLAND AMERICA CRUISE LINE** **Aug-12-Feb-2013**

**MS NIEUW AMSTERDAM - 2500 passenger- 5 STAR SHIP**

**Executive Chef (LIDO-MAIN GALLEY)**

**Delta Toronto East Hotel July, 08-To Aug-12**

**Executive Chef**

**368** business-equipped guest rooms, seven suites, and **26,000** square feet of meeting and banquet space, Multi Cuisine Restaurant, Pub and a Specialized Japanese Restaurant.

**EUROPEAN FAMILY CLUB DOHA QATAR**

**Executive Chef (Opening) Jan-07- June-08**

**HOLLAND AMERICA CRUISE LINE** **Sept -06-Jan--07**

**MS MAASDAM - 1500 passenger- 5 STAR SHIP**

**2nd Executive Chef (LIDO-MAIN GALLEY)**

**THE SUTTON PLACE HOTEL, TORONTO Aug-04- Aug-06**

**Executive Sous Chef**

**230** elegant guestrooms, **53** suites graced with original works of art and antiques and **28** fully furnished apartments. Accents Restaurant & Bar offers continental cuisine in a relaxed atmosphere. Meetings and special events meet with success in the hotel’s ten individually designed function rooms and three breathtaking ballrooms.

**THE SUITES AT I KING WEST, TORONTO Aug-05-Feb 06 (Part Time)**

**Opening of the Hotel, Executive Sous Chef**

One **King** **West** Hotel & Residence is located in the heart of downtown **Toronto** featuring fully furnished apartments, spectacular views and over **500** luxury hotel **suites**.

**THE OLDMILL INN, TORONTO. OCt-02-AUG -04**

**Banquet Chef**

The Old Mill is an old-English Tudor-style building that opened on the first day of the First World War. Features of this boutique inn overlooking the Humber Valley include the King's Mill ruin, partially destroyed by several fires, walk-out patios, landscaped gardens and all-season fireplaces in all guest rooms. In the resort setting of The Old Mill Inn, there are 16 distinctly decorated meeting rooms accommodating up to 1000 people. Many rooms feature wood-burning fireplaces, windows and walkouts to beautifully landscaped gardens.

There is also a dining room with a live orchestra that plays six nights a week. Audio-visual equipment is available for meetings, and a non-denominational chapel for weddings, as well as a flower shop and bridal change rooms.

**TORONTO CONGRESS CENTRE Oct-2-Mar-03**

**Sous Chef (Part Time)**

**The** **Toronto** **Congress** **Centre** (TCC) is currently the largest convention **Centre** in Canada.

**MOVENPICK TORONTO, CANADA - Aug.-01-Oct.02**

**Executive Chef**

Movenpick Moved out of Canada

Movenpick provides islands of culinary delights.  There are 12 or more islands that provide a wide range of high quality foods at reasonable prices.  The process of purchasing food is also unique.  When you enter the restaurant you are given your check.  You then pick up a tray and begin foraging for food.  When you see something that you like you request it and pass your check to the server.  The server will then apply a mark to your check and give you your food.  This process continues until you have assembled a whole meal.  You then find a table eat your meal and pay on your way out.

**THE DUBAI COUNTRY CLUB May-94-Aug-2001** Sous Chef/Executive Sous Chef

**THE DUBAI HILTON HOTEL Dec -89-May-94**

1st Commis/ Chef De Partie/Jr Sous Chef

**LONDON GATWICK HILTON Jan-86-Nov-88**

 Cook-Helper/ Apprentice

**REFERENCES ARE AVAILABLE UPON REQUEST**