

Anitha Thomas

Sous Chef – Kerala and Coastal Cuisine

Kochi, Kerala · [Phone] · [Email] · [Website or LinkedIn]

PROFESSIONAL SUMMARY

Sous chef with twelve years in resort and hotel kitchens, specialising in Kerala and coastal seafood cooking alongside large banquet production. Runs daily kitchen operations, rosters and ordering for a brigade of 30, and leads hygiene audits and menu costing. Known for training young cooks and for regional menus that bring repeat guests.

SKILLS

Kerala cuisine · Seafood handling · Banquet production · Menu costing · Kitchen rostering · HACCP systems · Vendor ordering · Team training · Menu development

EXPERIENCE

Sous Chef — 180-room backwater resort with three outlets, Kumarakom

4 years · current

- Run daily operations for a brigade of 30 across the speciality restaurant, all-day dining and banqueting.
- Kept food cost between 30 and 32 percent by weekly yield testing on fish and seasonal changes to purchasing.
- Created a sadya and coastal tasting menu that became the resort's most-reviewed dining experience on travel platforms.
- Lead internal HACCP checks and prepare the team for FSSAI and third-party audits, closing every audit with minor points only.

Chef de Partie, Indian Kitchen — 5-star business hotel, Kochi

5 years

- Led the Indian and seafood section for 250-cover lunch and dinner service, supervising four commis and a demi chef.
- Standardised 60 recipes with portion sizes and photos, which kept dishes consistent across shifts and outlets.
- Trained seven commis through station rotations, three of whom were later promoted to demi chef de partie.

Commis I — Heritage hotel with banquet halls, Thrissur

3 years

- Prepared curries, stews and appams for banquets of up to 800 guests, following batch-cooking plans set by the chef.
- Handled receiving checks on fish and meat, rejecting stock that failed freshness or temperature standards.

- Covered the tandoor and grill section on busy nights, learning marinades and cooking times from the senior cook.

EDUCATION

Diploma in Food Production — Central government-run hotel management institute, Kovalam

CERTIFICATIONS AND REGISTRATIONS

- FoSTaC Advanced Catering (Food Safety Supervisor), FSSAI
- HACCP Level 3 certificate
- First aid and fire safety training

PROJECTS

- Coastal Tasting Menu — seven-course seafood menu built with local fishers, running for three seasons
- Kitchen Waste Drive — trim and yield tracking that cut daily food waste by about a fifth

LANGUAGES

Malayalam · English · Tamil · Hindi