

Lidia Santos

Portugal – PT
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PROFESSIONAL SUMMARY:

I am a passionate and experienced kitchen assistant with a strong background in preparing homemade meals, traditional dishes, pasta, cakes, and desserts. Over the years, I've had the opportunity to work in diverse food service environments such as senior homes, sports clubs, restaurants, and even run my own custom cake business. I'm hands-on in every part of the kitchen – from food prep to baking, plating, and ensuring everything is clean and up to safety standards. I enjoy creating meals that bring comfort and joy to people, whether it's a simple family-style dish or an elegant, decorated cake. I'm also comfortable interacting with customers, assisting at the front desk, and working as part of a team during busy service hours. Organized, dedicated, and always ready to learn something new, I take pride in everything I do in the kitchen.

EDUCATION

- ✓ Gastronomy and Culinary Technology University – University of Vila Velha 2016
- ✓ High school

LANGUAGES

- ✓ English: Basic
- ✓ Spanish: Intermediate
- ✓ Portuguese: Native

PROFESSIONAL EXPERIENCE

Sporting Club - Portugal

Period: 03.2021 – 06.2023

Kitchen Assistant, Waitress and Front Desk

- Assisted in the preparation of traditional and international meals
- Prepared cakes, desserts, and supported daily pastry production
- Maintained cleanliness and organization of kitchen equipment and workstations
- Performed food prep tasks including chopping, portioning, and ingredient setup
- Monitored food storage, labeling, and expiration dates
- Supported chefs during peak service hours to ensure smooth operations
- Complied with food safety and sanitation standards (HACCP)
- Provided general kitchen support and responded quickly to team needs.

Lirios Senior Home - Portugal

Period: 11.2020 – 02.2021

Kitchen Assistant

- Prepared daily meals and desserts tailored to the dietary needs of elderly residents
- Assisted in planning and executing balanced and nutritious menus
- Maintained cleanliness and hygiene of the kitchen and food preparation areas
- Sanitized utensils, equipment, and surfaces according to health regulations
- Organized ingredients, supplies, and kitchen storage to ensure efficiency
- Supported the head cook in daily kitchen operations and food service
- Ensured meals were served on time and according to individual dietary restrictions

Self-Employed - Brazil

Period: 01.2018 – 09.2018

Custom Cake Baker

- Designed and produced custom decorated cakes for weddings, birthdays, and special occasions
- Specialized in artistic cake decoration, including fondant work, layered cakes, and themed designs
- Managed all aspects of the business, including client communication, orders, budgeting, and delivery
- Maintained high standards of hygiene and food safety in the preparation and storage of ingredients
- Adapted recipes to meet client preferences and dietary restrictions when needed
- Built a loyal client base through quality service, word-of-mouth, and social media marketing
- Ensured timely delivery and setup of cakes for events, providing exceptional customer satisfaction

Pasta Factory – Brazil
Kitchen Assistant

Period: 09.2016 – 12.2017

- Assisted in the preparation of fresh pasta, including spaghetti, ravioli, and other traditional Italian dishes
- Supported the dough-making process for pizzas and pasta, ensuring texture and flavor consistency
- Helped with pizza assembly, baking, and presentation during high-volume service hours
- Prepared sauces and fillings for various pasta dishes, following standardized recipes
- Maintained a clean and organized kitchen environment, in line with food safety regulations
- Worked closely with the head chef to ensure quality control and timely service
- Assisted with inventory checks, ingredient storage, and daily prep lists

Esquina dos Sabores - Brazil
Kitchen Assistant

Period: 04.2014 – 08.2016

- Prepared a variety of homemade meals with a focus on traditional and family-style recipes
- Baked cakes, pies, and a wide range of desserts for daily sales and special orders
- Developed and followed recipes to ensure consistent taste and quality
- Maintained a clean and organized kitchen, adhering to food safety and hygiene standards
- Customized dishes based on customer preferences and dietary needs
- Provided food for small events, gatherings, and regular clients
- Managed ingredient sourcing, portion control, and daily prep schedules

SKILLS

- HACCP Food Safety
- Food Handling and Sanitation
- Baking and Pastry Preparation
- Dough Making (pizza, pasta)
- Time Management & Teamwork
- Customer Service

VOLUNTEER EXPERIENCE

University of Vila Velha
Volunteer Cook & Waiter

Period: 2016

- Assisted in meal preparation and food service during events
- Served guests and maintained cleanliness in the kitchen and dining areas
- Collaborated with team to ensure smooth operations and guest satisfaction

Gastromotiva
Community Outreach Program

Period: 2014

- Served meals to individuals in vulnerable situations
- Helped organize, plate, and distribute food during community events
- Maintained a respectful, dignified, and welcoming dining experience