Junel Gurung

Line & Prep Cook | Toronto, Ontario

junelgurung794@gmail.com | 437-733-4702 | Available Monday to Thursday

OBJECTIVE

Line and prep cook seeking a Toronto kitchen role, bringing experience in fryer, garde manger, fish and seafood prep, safe food handling and busy-service teamwork.

KEY SKILLS

- Time management during rush hours
- Attention to detail and consistency
- Teamwork and communication
- Recipes and portion control
- Kitchen equipment operation
- Inventory and stock rotation
- Multitasking under pressure

EDUCATION

Diploma in Computer Programming

Niagara College, Toronto
2023 to 2025

CERTIFICATIONS

Food Handler Certification

WHMIS Certification

TRAINING & WORKSHOPS

Basic Welding Training
George Brown College

Pastry Workshop

Fish-Filleting Workshop

EXPERIENCE

Auld Triangle Irish Pub

Line Cook / Prep Cook

Apr 2026 to Present

- Prepared ingredients and stations; maintained food quality, presentation and safe food handling during busy service.
- Cooked shepherd's pie, beef stew, French onion soup and burgers; worked efficiently with the kitchen team.

Proper Restaurant

Line Cook / Prep Cook

Jan 2026 to Present

- Ran the fryer during peak hours and worked garde manger, preparing salads and cold dishes.
- Delivered consistent fried items under pressure; followed hygiene and safety protocols and supported smooth service.

Zitto Zitto Taverna

Prep Cook / Dishwasher

Sept 2025 to Dec 2025

- Prepped mushrooms, rapini, shrimp and fish with careful knife work and ingredient handling.
- Assisted with basic fish butchery and filleting; maintained cleanliness and food safety.

Shibui Sushi Japanese Eatery

Prep Cook

Sept 2025 to Dec 2025 | Toronto

- Prepared sushi rice, ponzu and ginger dressings, sushi pizzas, garnishes and daily salad portions.
- Cut and portioned beef short ribs and salmon; organized refrigerators and the walk-in, restocked supplies and supported chefs during service.

Bellwoods Brewery

Dishwasher / Kitchen Helper

Nov 2023 to Sept 2025

- Kept work areas clean during high-volume shifts; supported reservations and private events of up to 150 guests.
- Prepared and labelled fries, grated cheese with commercial equipment, and prepped onions and garlic.