

Contact

chefmarybrophy@gmail.com

www.linkedin.com/in/marybrophy
(LinkedIn)

mamameals.nl (Company)

[instagram.com](https://www.instagram.com/marymade) (Blog)

marymade.nl (Personal)

Top Skills

Menu Development

Culinary Skills

Cuisine

Certifications

W.H.M.I.S - Workplace Hazardous
Materials Information System

Foodsafe 1 & 2

Red Seal

STCW 95

Mary Brophy

Professional Chef / Nutritionist

The Randstad, Netherlands

Summary

Na 15+ jaar ervaring als chef-kok en een studie voedingskunde verzorg ik nu maaltijden voor drukke families in Utrecht West. Afgestemd op jullie wensen. Lekker, voedzaam & makkelijk.

New - mamameals.nl - Voedzame en persoonlijke maaltijdservice voor families in hun kraamperiode.

Experience

MaryMade

Professional Chef / Nutritionist

January 2015 - Present (5 years 11 months)

Oog in Al, Utrecht

restaurant goesting

Chef Kok

January 2014 - December 2014 (1 year)

Utrecht Area, Netherlands

Worked for Goesting as a parttime Chef. This allowed me to also focus on my Nutrition study

Restaurant La Viña

Head Chef

February 2011 - June 2013 (2 years 5 months)

Helped design the kitchen for this new Mediterranean restaurant and wine bar (50 covers). Responsible for training new employees, writing seasonal menus and food costing. In charge of the kitchen on a daily basis; food preparation, inventory, hygiene and quality control.

Elysian Collection & Descent International

Chalet Chef / Yacht Chef

November 2007 - September 2010 (2 years 11 months)

Switzerland and France

Elysian Collection and Descent operate luxurious and exclusive chalets in Switzerland and France. I was in responsible for providing high quality seven course gourmet dinners including canapes for up to 20 guests. Flexible to requests and able to cook a variety of international dishes. Preparing full breakfast, afternoon hi-teas, children and nannies meals. Services also include creating and writing menus, food budgeting, food ordering, dealing with suppliers, staff training and maintaining the high quality of food whilst ensuring the kitchen adheres to hygiene, health and safety regulations.

Worked on sail and motor yachts in the Mediterranean (Italy, Spain and France).

Prepared International cuisine to a high standard for up to 8 guests.

Responsible for provisioning yacht as well as preparing crew meals and assisted stewardess with maintaining the yacht. Also cooked and served gourmet Mediterranean- style buffet lunches and prepared staff lunches for manager and captain. Assisted in sailing and cleaning the boat.

The Grove

2 years

Jr Sous Chef

February 2007 - October 2007 (9 months)

Watford, Hertfordshire, England

At The Stables Restaurant - The Grove Hotel (Five Star award winning Hotel) i supervised a kitchen of 10 chefs in a busy a-la-carte restaurant (Capacity 120) that catered to families, hotel residents, golfers, as well as banquets for large private functions (up to 90 people). Helped with writing new menus, food ordering, and writing staff rotas, performing staff evaluations and cost control. Worked on all stations in the kitchen- sauce, larder, pastries and ran the pass.

Chef de Partie

November 2005 - February 2007 (1 year 4 months)

Watford, Hertfordshire, England

At The Glasshouse Restaurant - The Grove Hotel (Five Star award winning Hotel) I worked in a busy luxury open kitchen buffet restaurant (capacity 250), preparing high quality international cuisine. Helped train new staff as well as supervise other stations in the chef's absence. Created new menus on a daily basis and assisted with ordering and cost control.

Metropolitan Hotels

Demi Chef

September 2003 - 2005 (2 years)

Vancouver, British Columbia, Canada

At Diva at the Met - The Metropolitan Hotel (Four-star, award winning hotel)
I worked in award winning fine dining restaurant as saucier, entremetier, and larder. Assisted with banquets and involved with the training of new employees and culinary students.

Buffalo Mountain Lodge

Tournant Cook

February 2003 - September 2003 (8 months)

Banff, Alberta, Canada

Tournant cook in a la carte fine dining restaurant (capacity 100 people) featuring Canadian Rocky Mountain cuisine. Involved with the training of new employees and culinary students. Assisted in menu writing, inventory management, and cost control.

Fairmont Hotels & Resorts

Commi Chef

May 2000 - February 2003 (2 years 10 months)

Victoria, British Columbia, Canada

At the Empress Dining Room (Four-diamond cuisine) I worked as saucier, grill, poisson, gardemanger, and entremetier. Preparation of food for a dining room capacity of 130, assisted banquets for up to 900 people and prepared high-tea for up to 800 people in the world-renowned Empress Tea Lobby.

Education

Canadian School of Natural Nutrition

Nutritional Health · (2016 - 2019)

Vancouver Island University

Culinary Arts - Graduated with honours · (2000)