

INTERNATIONAL MASTER CHEFS



READ MORE ON
PAGE 5

**NEW
BIRMINGHAM
BRANCH**

**What do we offer
to our clients?**

**what our chefs
say about
us?**

**THE CHEF
STARS**

**Big
Christmas
party**

**JOIN
US NOW!**



CONTENTS

This magazine includes information about International Master Chefs, who we are, what we do. It also features chefs who work with us.

- 2** Who are we?
- 3** What we do
- 4** Join Our Team
- 5** Meet Casrick Porter
- 6** Chef Gallery
- 7** New Branch
- 8** Upcoming Branch
- 9 & 10** The Chef Stars
- 11 & 12** Chef Calendar

WWW.INTERNATIONALMASTERCHEFS.COM

- 13** Our Clients
- 14** Client ONSITE services
- 15 & 16** Meet our chefs
- 17** Day out with our Consultants
- 18** Office "Activities"
- 19** Reviews of our company
- 20** All about chefs
- 21** Here's how you can join us?
- 22** International Curiosities





WHO ARE WE?

CHEF RECRUITEMENT AGENCY

International Master Chefs is a chef agency company founded by chefs fully dipped in the hospitality business. Experienced and well familiar with the employer requirements. We specialise in the hospitality field, and we have a strong team of recruiters who support both candidates and clients. We are based in London, but we have also opened a new branch in Birmingham to expand our services to new areas. From the feedback we've received from our clients we provide the best service for back of the house needs. We were able to make this possible because our company is created by chefs who knows the industry and its pitfalls. So, we made this company to improve the lives of both the clients looking to fill their shifts and chefs looking for flexible work.

International Master Chefs covers a wide range of contracts such as permanent positions and temporary roles in all different types of establishments. We believe, when we recruit only chefs, we will be more helpful to our clients, and we give a 100% to meet any requirements that they have. We make sure our chefs are upto a high standard by training our chefs according to your requirements and menus. We also make sure we hire experienced chefs who are able to learn new menus and have a flexible approach to work as they are required to be comfortable around new cuisines and environments.

WHAT WE DO?!



WE FIND YOU THE BEST CHEFS

International Master Chefs is focused to deliver the most quality back of house teams. We have a strong recruitment team alongside an experienced award-winning Executive Trainer Chef. Both are with a huge background in developing and recruiting chefs at all levels. They are the people who select your future chefs. Our team works even outside of their working hours, to make sure we fulfil your requirements. Our consultants go the extra mile to help both the clients and chefs with any issues they may face as we believe that great customer support is very important to providing a memorable experience.

JOIN OUR TEAM



Why should you join us?

For our Chefs and Kitchen porter's we offer competitive rates of pay which are paid weekly and always on time; as chefs we have previous experience of unreliable payments from companies. Which is a main reason we always try to pay you on time so that you are always satisfied and never in doubt about not being paid for your hard work. We also provide fantastic exclusive venues and great establishments to work at, and friendly support via our consultants. We offer our chefs regular notifications for new jobs throughout the week to keep you informed about your choice of work.

Here are some of the perks we provide:

- Pay rise after 6 months.
- Free of cost official high-quality chef jacket.
- Free of cost Chef Tools.
- Up to £300 Benefits if you are hired by our Clients.
- Flat one-off payment of £333 for every successful referral.
- Extra cash in completing your tasks.
- Training, advice, online and offline support from our Executive Trainer Chefs.

MEET CASRICK PORTER

Senior Chef De Partie

My Chef journey begun on the Caribbean islands of Canouan/ St.Vincent and the Grenadines when I left college a Mechanical Technology student and joined my neighbour working in construction. Three months later a lady asked me if I wanted a job in the kitchen and I fell in love with cooking. When I came to the UK the first Chef agency I applied to was International Master Chef after searching online and reading the reviews. I started my first fine dining job through IMC .



What advice would you give to future chefs who will join us?

Impress! Be patient and positive because sometimes chefs have egos and egos are not always a good thing when work with an agency. Especially going to an establishment and thinking you are better or too good to chop vegetables. You can't always be in the spotlight.

What led you to work with a chef agency instead of a permanent chef job?

With an agency you get to choose when and where you work, and you get a better work life balance. Also, there are advantages visiting different establishments and seeing different preparations of food and at the same time a tour of the city.



Chef Porter's Chicken and veal sausage with creamy spinach and potato rosas

Ingredients

100 grams minced chicken
50 grams minced veal with 20% fat
1 egg
30 grams breadcrumbs
200 grams spinach
5 grams oil
1 large potato
50 grams clarified butter
Salt and pepper to season

1/4 tsp onion
1/4 tsp garlic
1/4 tsp parsley
1/4 tsp paprika
1/4 tsp salt

Instructions

Chicken sausage:

Mix all ingredients together,. Form into a sausage, season and cook until well which will take 10-12 minutes.

Creamy spinach:

Sauté spinach in a pot and season , drain off extra water.

Potato rosas:

Using a mandolin slice the potato into thin circles, squeeze off excess water, placing one slice 3/4 on the other in a circular direction to make a Rosas. Carefully place the Rosas in a frying pan with clarified butter cook slowly until golden brown on both sides. Season.

OUR CHEFS GALLERY



VERY TRUE AND VERY COMMON

A CONVERSATION
BETWEEN COLLEAGUES

Bulbul, Our chefs are doing great job, but where they are without us?!

I completely agree with you Fahad. Let's see them if we leave them without clean pans. 🐱 😞



NEW BRANCH

New place, same
five * service

Google
5.0 ★★★★★



See photos

See outside

International Master Chefs
- Birmingham

Website Directions Save

5.0 ★★★★★ 84 Google reviews ⓘ

Recruiter in Birmingham, England

BIRMINGHAM

What's new in Birmingham?

Where in Birmingham are we located?

We are located at **11 Brindley Place, Birmingham, B1 2LP.**

Brindleyplace is situated in the heart of Birmingham's city centre and is a short walk from New Street Station. It is the perfect location to do business from in Birmingham. We are excited to start a new journey for our company in Birmingham, where we can grow our brand and learn more about our business through new experiences that Birmingham will bring. These new experiences and life lessons will even help grow our London branch because we will face new challenges at a new location.



Why did we choose to expand to Birmingham?

We choose Birmingham because it's a vibrant growing city that's brimming with opportunities for chefs. Since the Pandemic there has been a shortage of Chefs all over the UK and after the success at our London branch, we believed it's only a natural step for us to expand to another big city and help the culinary establishments in Birmingham by always providing Chefs who are ready to fill a shift. Birmingham is also the 2nd most populated city in the UK after London, which means there will be ample opportunities for our company to grow in this city. Through the growth of our Birmingham branch, we will not only help the chefs of Birmingham have more choice of work; we will also provide clients in Birmingham a reliable place to hire temporary chefs and kitchen porters. Operating from Birmingham will also provide us the experience needed to grow and expand our company to even more cities. Birmingham is very much a learning opportunity for us to see what it takes to grow a business in different cities with different culture.

Where are we going next?

Sneak peak!

Our eyes are set on Manchester for our next branch, but we are still ways out as we are still focused on making our Birmingham branch an well oiled machine before we take on another location because wherever we expand our business, we want to do it right so that our clients and chefs get the best service from us no matter the location. We are looking at Manchester to our next branch because of its location; as it's surrounded by other big cities like Liverpool, Leeds and Sheffield. So, if are able to succeed at Manchester then we will be able to quickly expand to the surrounding cities.

THE O STA



Behind the profile of Chef Mohamed Ben Siyam you can find out a young, strong-willed individual, open for new experiences. Proactive with great drive for learning and improving his knowledge and skills. Prone to collaborate in team-working by being reliable and keeping a positive attitude.

Maqluba The word 'maqluba' means 'upside down' and the dish is aptly named. Maqluba is a popular dish in Palestine and includes meat, rice and fried vegetables and cooked in a pot. The dish is served upside down, hence the name. Maqluba is best served with plain yogurt and fresh salad.

Tip from Chef Vernon

Food allergy is an immune system reaction that occurs soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger signs and symptoms such as digestive problems, hives or swollen airways. In some people, a food allergy can cause severe symptoms or even a life-threatening reaction known as anaphylaxis.



LEVEL 2 FOOD SAFETY AND HYGIENE FOR CATERING

Mariusz Siajko

has successfully completed a programme of training in food safety and hygiene at level 2 and an assessment to be awarded the course



Our chefs such a Mariusz Siajko are well qualified in the culinary industry; as a proof of that, we work with trusted companies providing courses to our chefs to be on track.

How can we keep the food safe?

Storing food effectively - cover raw food, including meat, and keeping it separate from ready-to-eat food. Use any dish that has a lip to prevent spillages. Store covered raw meat, poultry, fish and shellfish on the bottom shelf of your fridge. Use different utensils, plates and chopping boards for raw and cooked food.

CHEFS

Iqbal Miah - we can describe him simple as, The Person Who everybody want's him in his team. He is hardworking, punctual and reliable worker. Chef Miah is a skilled chef and he can cook a variety of dishes from a wide range of cuisines, such as Indian, Spanish, English, also, he is good in a work of seafood, tapas and pasta dishes. Chef Miah have excellent teamwork, leadership abilities with experience of over 20 years.



Lasagne originated in Italy during the Middle Ages and has traditionally been ascribed to the city of Naples. The first recorded recipe was set down in the early 14th-century



Anderson Silva is one of our very hard-working chef , he is such an amazing chef, and we are proud to be working alongside him and building he's culinary dreams. We appreciate all the work he has done for us and as result, we surprised Anderson for his birthday, with personalized set of knives with his name on them.

We appreciate all our Chefs hard work and make sure every chef is awarded for their outstanding work.



323

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OUR CLIENTS

At International Master Chefs we offer chefs of all levels and Kitchen porters to help your business succeed at competitive rates. We provide a higher class of Permanent and Temporary Chefs at reasonable prices.

These are just some of the clients we work with, there are many more clients we regularly provide chefs to, and we are always working on gathering new clients so that we are able to provide all our chefs and kitchen porters with shifts every week. Joining as our client means you'll have access to our growing list of experienced Chefs at your request. You will also have access to our support anytime you require through our consultants who are always there to support with any problems you may be facing. We believe providing great customer support makes the working relationship with clients much more memorable and reliable as both sides know what to expect from each other leading to a positive and productive work environment for both parties involved.



To Our Clients,

We would like to say a huge thank you to all of our Clients who believed in our company in and gave us a chance to show what we can do for our growth and progress. As a proof of that, we opened a new branch in Birmingham and opening our third branch very soon. We at International Master Chefs would like to mention that without our Loyal Chefs we will not be the same and in that part we would like to say thank you to them for the support and the hard work.

London was a great start to our growth and help us build a relationship with our Clients and our Lovely Employees. Now the Birmingham branch gave us a new opportunity to grow our team and expand our regions.

Thank you very much to everybody involve into the mission of International Master Chefs – supporting you with the best back of house team and pass you through the difficulties times.

Sincerely:
 Director of International Master Chefs
 M. Zdravkov



CLIENT ONSITE SERVICES

New Restaurant Opening

We are prepared to do anything for our clients to show that we are committed and ready for business. Support for starting a business! Got a business in mind or want to explore an idea? From menu development and managing food safety support to staff training and all related documents information, checks and kitchen signs. We're here to help you become the best restaurateur you can be. Our free consultant programme takes place in our office and is broken down into three stages. If you want to know more about that fill free to book an appointment.

Some of the services we provide include

- Menu development
- Staff training
- Managing food safety
- Provide documentation and Introduction packs which includes kitchen signs
- Executive consulting which includes many things such as helping you find trusted suppliers, analyze staff performance etc.
- Many other related duties.



Onsite Recruitment day

We says: "Let's us organize your recruitment day." Meet your candidates, their skills and introduce your establishment on the place. Our team will take care of everything. We bring chefs hunting to find new jobs opportunities direct to the establishments and they can see the effort of the candidates and select the perfect fit for them. We are successful based on inviting the Chefs on site and introduce them to the actual business, establishment aims and requirements. Our Chefs & KP's are testing the upcoming menu dishes so this can clear the picture of what they will be involved to. Also, at the same time they can secure their full-time positions.

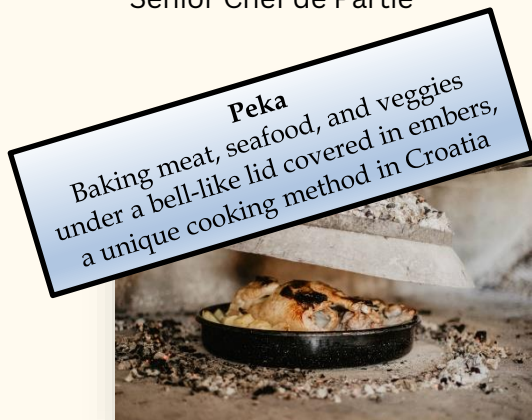
MEET CHEFS



Marina Jokic
Senior Chef de Partie

Marina became a chef because she loves food. At the age of 22 she started her own fast-food restaurant serving traditional Croatian food. She started working at International Master Chefs because she wanted to improve her skills and gain more experience. She also loves the freedom she gained by working at our company, as she says "Well, I'm a travelholic. Travel is my therapy. I chose to work for a chef agency because I can take days off when I feel I need run away from England with my backpack for few days of peace".

Marina says she loves her job and loves that she's able to go to different establishments and meet people from all around the world. Her advice to new chefs are "Be fear. Be yourself. Work hard and love your job" And her feedback for our company was to "Continue like this, and we will both be happy".



Tashan became a chef because he loves food, as he says "I love the universal language food speaks. I love how we all need to eat yet there's so much variety in all the cultures. Also, the joy and laughs and smiles that food brings to family and friends is incomparable."

Tashan also has this to say about us "I love that International Master Chefs Agency allows me to venture to different businesses around London and explore my talent even further with different establishments as well as sharpen up my skills. Most of all I love the team of management who works closely with me finding work and executing to the best of my ability. The staff at International Master Chefs are superb , very welcoming supportive and warm. Everything you require from an agency."



Tashan Taylor
Senior Chef de Partie

OUR CHEFS

Kurtis became a chef because he's a hard-working individual who has a passion for making good food. As he says, "I love creating new dishes from the original classic we all love". He

also says more about how working with our company has helped him do the things he loves the most "International Master chefs have given me the opportunity to travel around and help pubs, restaurants be able to deliver great service and please their customers".

Kurtis's advice to new chefs who want to join our company is to have a passion for cooking and be able to deliver a great service as he also says, "If you want flexibility with work and want to work on the days that suits you then this job is perfect for you."



Kurtis Richard Parsloe

Sous Chef

Nibin Jose

Demi Chef de Partie



Nibin started off as a Kitchen Porter but in a short amount of time he learned more about the kitchen and outgrew his Kitchen porter duties and became a chef. Now he's learning more and more everyday through working with us and visiting different establishments everyday where he learns about different cuisines which is maximizing his learning opportunities and giving him the opportunity to become a more knowledgeable chef. This will be very helpful to him in the future as he will be able to go to any new restaurant and perform well because of his experience with various cuisines.

*Indian pickle
A unique blend of spices and flavours, a jar of āchār (pickles) is an Indian souvenir that leaves pleasant memories for your palate. Rich in flavours, pickle is eaten in small quantities as a side with Indian flatbread and curries. This particular memento can be easily found in any general store of New Delhi.*



DAY OUT WITH OUR CONSULTANTS



We invest in our consultants

Our consultants spent a day at this event to grow their skills. It was a Culinary conference at Excel London where they did all things culinary to network and learn more about the industry to help grow their knowledge. They attended seminars such as Hospitality management where they learned about the hospitality aspect of the culinary industry and learned about the business side of hospitality. They also attended a recruitment seminar to learn about useful strategies when it comes to attracting and recruiting the right person for the job. Throughout the day the event had many other seminars, food tasting and competitions. We spoke to many different people about our company and made connections with employers seeking our services.

What our consultants had to say?

"Had a great time at the excel event. Great lecturers and seminars that I had attended. Took a lot of knowledge with me and really was a great experience."

"Really enjoyed watching people work their magic and show case their talents. It was nice to watch chefs have cook offs."

"One thing I have learnt while working with IMC is teamwork is important and this leads to making the dream work. Not every one's ideas are going to be the same, but everyone's ideas are important."

Our favorite phrases.

"Nothing comes from nothing. You must continuously feed the inner beast that sparks and inspires."

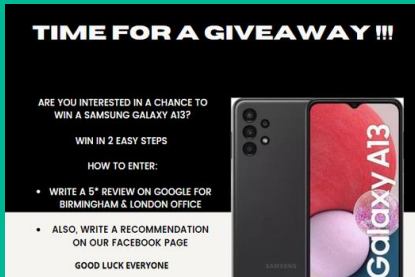


"Two things define you:
Patience - When you have Nothing
Attitude - When you have Everything"



OFFICE "ACTIVITIES"

Recruitment Open Day – Candidates have an opportunity to meet our consultants all day long and have a discussion about further job opportunities. As a accompany of that our potential and current candidates will enjoy an atmosphere of our lovely offices, fresh grounded Italian coffee and luxury chocolates.



Did you know we hold phone giveaways for our team? Every year we reward our team of chefs and kitchen porters by hosting a giveaway. If you want to ever win, just make sure to follow our social media.

Our Charity "Bottle cap recycling"



Being in the office all day we tend to drink a lot of water which creates a lot of empty bottles, so we enrolled our company into a charity to recycle our bottle caps in order to help the Children's hospital. We have been filling up this box and donating them to be recycled every month. The more bottlecaps we donate the more money the Children's hospital receives.

We reward our most experienced consultants and recognize their efforts and hardworking. We award our office staff as a Employee of the month and their picture is standing in all of our branches. Our chefs and clients are taking part of the marking as well. Based on their personal experience with the consultants our chefs and clients provide one of the most important criteria/feedback of this award.

EMPLOYEE OF THE MONTH



CHRISTMAS PARTY

Our company Christmas party is not just a party, it is a place where we meet each other, and reward our greatest chefs. On top of that we have great food, fun and of course a surprises for everyone.

REVIEWS OF OUR COMPANY



Pub On The Park
London Fields
Spansden Ave
Lidl
Well St

See photos See outside

International Master Chefs LTD

Website Directions Save

5.0 ★★★★★ 113 Google reviews

Employment consultant in London, E



S Sirajul Haque
3 отзыва

★★★★★ преди 6 месеца

Brilliant and very good team. Professional and supportive at all the way. Good luck

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Company name or job title
international master chefs LTD

Search results for international master chefs LTD
Showing companies based on reviews and recent job openings

International Master Chefs Ltd
5.0 ★★★★★

5.0 Amazing Spot for work and develop
★★★★★ Chef (Current Employee) - London, Greater London - 20 June 2022
Highly recommend the company very loyal and honest people. If you want to receive a proper service that's the place. Do not hesitate to use them. GREAT COMPANY

5.0 Excelent
★★★★★ Chef de Partie (Current Employee) - London, Greater London - 11 October 2021
I do not have to say anything else than excellent. I recommend to everybody. Will continue to use their services in the future. Well done happy to work with you

adwin j bernard j bernard
4 reviews

★★★★★ 3 months ago

Great experience with International Master Chef ltd. Thank you for giving me an opportunity to work in wonderful platform. I am so grateful and I appreciate your excellent service and support for the growth of good careers. Team members are always available to handle challenging issues, they are responsible, loyal and professional way of dealing situations are also highly appreciated. I really wanted to thank you for all your efforts and support that you have provided me in my career. Wishing you the best for every step in your journey.

SuHail NaZim
4 reviews

★★★★★ 6 months ago

great service great people great pay.....

International Master chefs provide great opportunities for beginners. Providing a safe and dynamic working environment, they make job much easier. They not only helps to provide jobs, they ensures we are okay in our shifts that we are safe and sound in the workspace.

4

Marcelo Lopes
5 reviews · 16 photos

★★★★★ 5 months ago

Hussle free Hospitality agency.
A range of position always available with a great rate of payment and also a range of part time and permanent positions available. Staff are friendly and helpfull. Overall 5 stars!

1

B Ben Moorcroft
3 отзыва

★★★★★ преди 6 месеца

Brilliant agency spot on and very helpfull

TASHAN A Taylor
2 отзыва

★★★★★ преди 5 месеца

Love the team!
Very supportive



International Master Chefs

Posts About Mentions **Reviews** Followers Photos More

Rating · 4.9 (50 reviews)

Claude W Ogilvie Driver recommends International Master Chefs

19 June ·

Good quality and friendly service there. Thanks

Lcu Inter and 2 others

Like Share

Victor Goldan recommends International Master Chefs

1 June ·

Great positions, responsive and friendly agency

Abdul Rahman recommends International Master Chefs

11 October ·

I recommend this company always. Great company great agency to work with.

David Petrut recommends International Master Chefs

26 June ·

amazing company!!! i would highly recomand it



ALL ABOUT CHEFS

If you are a chef interested in improving your culinary skills, learning new skills and you are based in the UK then we are currently on the lookout for hardworking, reliable and passionate Chef's of all levels to join our amazing team on a part-time basis. Starting out you will receive training from our executive chef and then

If you would like to further your experience and career by working for a variety of amazing clients then look no further because we can help you out. Our temporary chefs have worked across London in 5* hotels, Rosette & Michelin restaurants, high profile private events and many more. So if you are a chef looking for part-time or weekend temporary work then please do not hesitate and apply now!

You must have the following to be able to register with us

- Own whites, knives and safety shoes
- Level 2 Food Safety and Hygiene Certificate - be willing to obtain one.
- Allergy Certificate - you are able to obtain it for free from our website.
- Right to work full time unrestricted in the UK
- Professional Chef Experience preferable
- Good communication skills.

You will be responsible for and be involved in the following

- Carrying out Chef duties in a professional and credible manner.
- Confident working in high volume and demanding environments.
- Following menu specification.
- Maintaining the quality of the food produced.
- Ensuring you work within relevant hygiene, health & safety guidelines.

The Chef Shop

To help our chefs get ready for their jobs we sell the essential equipment required by our chefs at a very good price. Some items we even sell at a loss because our shop is there to make the lives of our chefs easy by giving them reliable options to choose from instead of paying high prices for equipment that hasn't been tested. Which is why everything we sell on our shop is quality tested by chefs we trust. So, you can have a reliable set of tools to use at any new restaurant you go to. You will also be able to buy our branded Chef's jacket and T-shirts from our website for very cheap.

CERTIFICATES

Before you start working with us we also want to make sure you have the right qualifications to start working, which is why we also offer you access to necessary certificates straight from our website. We provide chefs with a free Allergy certificate and a free COSHH certificate. We also have the option for chefs to order their own Food Safety Level 2 certificate from our website.

The image displays four product cards from the 'The Chef Shop' website. Each card features a product image, a title, a price, and a 'Buy Now' button. The products are:

- IMC Chef Knife Bag Roll**: £29.00
- Japanese Knives, Set of Three with your name**: £77.00
- Taki Japanese Style Knife Set with your name**: £69.00
- IMC Plating Tweezers (Pack of 2)**: £19.00

HERE'S HOW YOU CAN JOIN US?

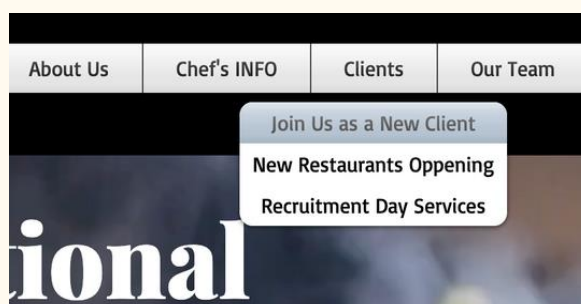
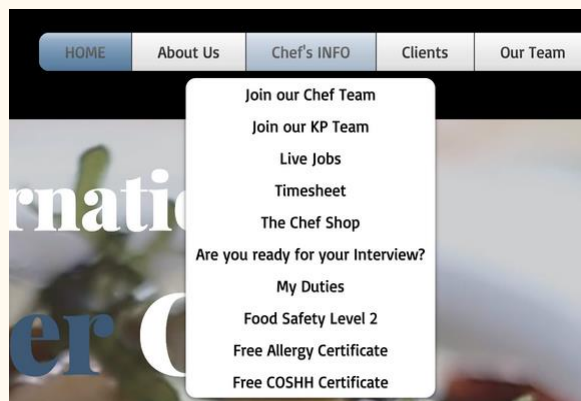
To join as a Client, Chef or Kitchen Porter please head over to our website

www.InternationalMasterChefs.com

You can also scan the QR code with your phone to directly go to the website. Once you're at the website please select the appropriate join option on the menu and fill out the form. Make sure you have all the information ready.

To join as a Chef or a Kitchen porter you will need to provide us your details, CV and any food certifications you have.

To join as a client you will need to provide us your establishments information, what cuisine you serve and what type of Chef you are looking for.



PREPARE FOR THE INTERVIEW

It's always good to prepare before a job interview so here are some tips before you come to the interview.

Before the interview

- Research our company and find out as much as you can about the company.
- Make sure you bring all the necessary documents, such as your passport, right to work documents.
- Plan your journey so that you know where to go.

On the day of the interview

- Make sure you dress nicely to make a good first impression.
- Leave early so that you are not late to the interview.
- Prepare some questions you can ask the interviewer.
- Greet your interviewer, smile and make eye contact.

During the interview

- Try your best to answer every question in a positive manner
- Avoid criticizing your previous job, employer or manager.
- Be prepared to support your answers with evidence, facts and figures
- Ask questions

Some practice interview questions

- Why do you want to work for this company?
- What skills do you think you need to do the job?
- How would you describe yourself?
- Can you act on your own initiative?
- What motivates you?



Tavë Kosi, one of the most beloved dishes by locals. It is typical of Elbasan, a city near Tirana, but you will find it everywhere in the country. Tavë Kosi is a tasty quiche-like dish made with lamb, eggs and yogurt.



Bulalo The perfect company for a cool, rainy day in the Philippines is a nice hot bowl of bulalo. This tasty soup is made by slow-cooking beef shanks and bone marrow (still in the bone) in some water with fish sauce, onions, and peppercorn, and later adding in some vegetables. Especially known for this dish is the province of Batangas in the country's Southern Luzon region.

Arepa - is a type of food made of ground maize dough, originating from the northern region of South America in pre-Columbian times, and is notable in the cuisines of Colombia and Venezuela.

Eggs by Panagurishte is a dish with a poached egg Traditional Bulgarian yoghurt and white cheese with red paprika powder



Dashi - is a class of soup and cooking stock used in Japanese cuisine. Dashi forms the base for miso soup, clear broth, noodle broth, and many kinds of simmering liquid to accentuate the savory flavor as umami. Dashi is also mixed into flour base of some grilled foods like okonomiyaki and takoyaki.



Cassava bread was prepared by members of the Saliva people in Casanare Province, Colombia, as early as 1856

Eleusine coracana, or finger millet/ragi, is an annual herbaceous plant widely grown as a cereal crop in the arid and semiarid areas in Africa and Asia. It is a tetraploid and self-pollinating species probably evolved from its wild relative *Eleusine africana*.

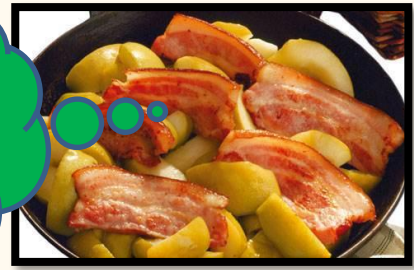
The ultimate Portuguese soup, Caldo Verde, is a favorite of all ages. Grandmothers swear by it and late-night party people turn to it. Been there ... At the wee hours of the morning, a bowl of Caldo Verde and toasty Pão com Chouriço is like a warm embrace.



Finger millet - is native to the Ethiopian and Ugandan highlands. Interesting crop characteristics of finger millet are the ability to withstand cultivation at altitudes over 2000 m above sea level, its high drought tolerance, and the long storage time of the grains.

Jaggery - is a traditional non-centrifugal cane sugar consumed in some countries in Asia and the Americas. It is a concentrated product of cane juice and often date or palm sap (see: palm sugar) without separation of the molasses and crystals, and can vary from golden brown to dark brown in colour.

One of the most traditional Danish foods is AEBLEFLÆSK, which consists of cured or salted pork belly which is fried with apples, sugar, and thyme.



Hummus is a dip or spread made from cooked, mashed chickpeas, blended with tahini, olive oil, lemon juice, salt and garlic.



Vareniki is a kind of dumpling. It is made of dough, but the filling depends on the imagination and taste preferences of the chef and their guests.

Mrs Balls Chutney - typical South African sauce. Made by: Sugar, water, vinegar, dried fruit [peaches (6.9%), apricot (0.95%) (fruits contain sulphur dioxide)], modified maize starch, salt, caramel colourant, radurised chilli.

Today, Greece is one of the largest producer of olive oil by volume.



Plantains - or Cooking banana, banana cultivars in the genus *Musa* whose fruits are generally used in cooking





INTERNATIONAL MASTER CHEFS

Contacts

Office@InternationalMasterChefs.com
07999 505303

London office:

London@InternationalMasterChefs.com
07451 044444

Birmingham office:

Birmingham@InternationalMasterChefs.com
07927 707777

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