

Maria (Mary) Katsounotou

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Education

New Product Development Certificates/Courses - Issued by the European Institute of Innovation and Technology - EIT, 2024

- Consumer - Centric Approach and Design Thinking in New Product Development
- Project Management in New Product Development
- Sensory Evaluation and its Role in Food Product Design
- Functional Food: Theory and Practice
- New Product Development in a VUCA World
- Technology Management for New Product Development
- Communication in the Food Industry

Level 2 Food Hygiene & Safety for Catering Certificate (High Speed Training), 2024

City & Guilds Diploma of Education - Food Preparation and Culinary Arts - Patisserie 2

Alfa Culinary Academy, Nicosia, Cyprus, 2021-2022

Master's Degree: Master of Gastronomy: World Food Cultures and Mobility

University of Gastronomic Sciences, Pollenzo, Italy, 2018-2019

Thesis Title: The Ark of Taste (AOT) of Cyprus, a Brief History and the Gastronomic Treasures of my Island.

Interviewing, recording and making traditional and almost extinct recipes of Cyprus, in collaboration with the AOT under the Slow Food movement.

Bachelor's Degree: Agricultural Sciences, Biotechnology and Food Science

Cyprus University of Technology, Limassol, Cyprus, 2014 - 2018

Thesis Title: Identification of the Microflora Responsible for the Fermentation of Chickpeas During the Production of Cypriot Traditional Bread, Arkatena

Publications

"Traditional Breads from Cyprus. The "Arkatena" was published in the book "Traditional European Breads - An Illustrative Compendium of Ancestral Knowledge and Cultural Heritage" by Springer Publishing, 2023

Work History

Accurx, London, United Kingdom - Chef de Partie - Sous Chef

September 2022 - Present

- Prepping, cooking, serving freshly cooked meals for Accurx's employees
- Menu planning, menu development, recipe development, keeping a sustainable, vegan, pescatarian profile, accommodating for every nutritional requirement
- Day-to-day stock keeping and placing orders for fresh and dry ingredients
- Following health and safety procedures
- Event planning, collaborating with people to celebrate their food culture
- Taking the lead on all kitchen related operations when Head chef isn't present, including budget management
- Managing and training temp chefs to follow our way of working

KEAN Soft Drinks LTD, Limassol, Cyprus - Quality Control Analyst - New Product Development

December 2019-June 2022

- Performing chemical, physical and microbiological analysis on products manufactured, raw materials, water and packaging while keeping records
- New product development, testing and preparation
- Following ISO standards and applying GMP standards
- Monitoring hygiene status of production lines and inspecting CCPs

Languages: Greek (Mother Tongue), English (Fluent), a little Italian

Personal Projects: Meal Preparation Service, Christmas Box Assortments with my own products