

Andrea Sposini

Chef · Cook · Kitchen Professional

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PROFILE

I am a chef and cook with long experience in hospitality and restaurant kitchens.

My training comes from Italian cuisine. Over the years I have combined traditional techniques with creative menu work, kitchen organisation, recipe standardisation, support in staff training, menu development and cost control, together with the use of contemporary technologies both in the kitchen and in the organisation of daily work.

I have always chosen to remain operational: cooking, tasting, observing service and working alongside the brigade remain essential parts of the profession for me. Direct contact with ingredients, the kitchen and colleagues continues to motivate me and makes me learn every day.

Alongside traditional techniques, I use technologies such as sous-vide, vacuum packing, production and preservation systems, controlled fermentation and modern professional equipment. I also use digital tools, including artificial intelligence, to develop recipes, verify and document processes, standardise preparations and improve work organisation.

Today I am looking for a grounded, serious kitchen where I can contribute with reliability, curiosity and experience.

KEY SKILLS

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| - Operational cooking and service | - Technical recipe sheets and kitchen documentation |
| - Italian, Mediterranean and contemporary cooking techniques | - Sous-vide, vacuum packing, controlled fermentation and modern technologies |
| - Kitchen organisation and workflow | - Food cost and quality control |
| - Menu development and recipe standardisation | - Digital tools and artificial intelligence applied to kitchen work |

SELECTED PROFESSIONAL EXPERIENCE

2020-present · Cologne / Germany

Chef and cook in operational kitchens, restaurants and gastronomic projects

Since 2020 I have worked mainly in Cologne and Germany, in different restaurant environments, with operational roles such as Executive Chef and Sous Chef.

During this period I have worked on production, service, kitchen organisation, support for menu development, recipe standardisation, quality control and brigade support.

Main contexts: Vetrina Toscana, Spencer & Hill, Esszimmer, Karl's Wine Bar, Zippiri.

OTHER EXPERIENCE AND PROJECTS

Other professional experiences, international projects, training activities, consulting, private dinners and menu development are presented more fully in the online portfolio.

Portfolio: www.andreasposini.com/portfolio-chef

EDUCATION AND TRAINING

- Technical diploma, 1984
- Culinary training, Cordon Bleu, Rome, 1990s
- Communication and public speaking courses, Goldman Cegos, 1989-1995
- Continuous training in cooking, food technologies, communication and digital tools

LANGUAGES AND COMMUNICATION

- Italian: native language
- English: intermediate / professional communication
- German: basic level, currently learning

AVAILABILITY

I am looking for a continuous kitchen position with a sustainable schedule.

Indicative preference: 28-30 hours per week, to be discussed according to the project and work organisation.

Also available for specific projects in menu development, kitchen organisation, training and technical documentation.

I authorise the processing of my personal data for recruitment purposes in accordance with EU Regulation 2016/679 - GDPR.