PALM Sylvain

Professional Cook — French & Belgian Cuisine

18 years of professional experience — Fine dining, restaurants, catering and kitchen management.

Route d'Eupen, 144/2
4837 BAELEN, BELGIUM
(+32) 470/36.89.75
sylvainpa01@gmail.com

MY APPROACH TO WORK

I place great importance on a positive working atmosphere and mutual respect between team members. I am polite, respectful and direct in my communication. I value efficient and well-organised work, and I am comfortable both receiving constructive feedback and giving it when necessary.

For me, working in a kitchen is not only about preparing a dish correctly. The goal is also to make sure that the customer leaves satisfied with the overall dining experience.
I have high standards for my own work and always look for ways to improve and develop my skills.

MY CONNECTION WITH CHINA

I have had a particular appreciation for Chinese cuisine since I was a child. When I was five years old, I regularly visited a Chinese restaurant that I enjoyed very much. This experience helped develop my interest in cooking and contributed to my desire to become a professional cook.

About two years ago, I also spent one year living in China at a kung fu school, where I trained every day under the guidance of Chinese masters.

During that time, I had the opportunity to experience everyday life in China and discover its markets, small local businesses, restaurants and culture. This experience strengthened both my appreciation for and my respect for China.

Today, I would like the opportunity to return to China as a professional cook, where I can share my experience in French and Belgian cuisine, while continuing to learn from Chinese culinary professionals and discovering more about Chinese food culture.

I am ready to take my work seriously and to contribute my experience, skills and professional attitude to any establishment that gives me this opportunity.

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SKILLS

Experienced professional cook specialising in French and Belgian cuisine, with strong expertise in meat, sauces, stock management and menu development. Versatile and independent, with solid experience in team supervision, service organisation and customer relations.
English: able to communicate and hold a professional conversation in a working environment.

EXPERIENCE

Casino — *Waiter*

2009-2010, Avenue Reine Astrid n°7, B-4830 Limbourg

- Taking customer orders Wine and soft-drink service Welcoming customers Preparing tables Dining-room setup and organisation.

Maison Tirel Guerin — *Junior Sous-Chef, Meat Station*

2011-2012, Le Limonaye n°1, F-35350 St Meloir des onde, FRANCE

- Preparing vegetables, starches, meats and sauces Responsible for the meat station (roasting/grilling) Managing my own workstation independently Supervising and guiding two team members.

Ambassador Hotel Bosten — *Commis de Cuisine*

2012-2014, Haasstrasse n°81, B-4700 Eupen

- Preparing starters, main courses and desserts Mise en place and kitchen preparation.

L'Etoile — *Chef*

2014-2015, Rue du Collège n°70, B-4800 Verviers

- Managing the kitchen Cooking and sending out dishes Responsible for service for approximately 50 guests.

Au Couleur Rouge — *Commis de Cuisine*

2019-2024, Gospertstraße 22, 4700 Eupen

- Preparing starters and desserts Mise en place and kitchen preparation.

Swing et saveur — *Commis de Cuisine*

2026, Rue Vivier 3, 4841 Henri-Chapelle

- Preparing starters, main courses and desserts Mise en place and kitchen preparation.

EDUCATION & PROFESSIONAL TRAINING

IFAPME, Verviers — *Professional Diploma in Cookery & Restaurant Service*

2006–2009

Practical and theoretical training completed through work-study placements in several professional establishments:
Restaurant Artichoc 2006–2008 Haasstrasse n°38, B-4700 Eupen
Restaurant Visé 2008–2009 Haass n°63, B-4700 Eupen