

# Frédéric Cyr

Chef Executif at Fairmont Le Chateau Frontenac & food chronicler QVO-



TV, Gravel Agency

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Canada (418) 248 4532

-Date of birth: 2 September 1973

-Nationality: Canadian

-Language: French and English

## Professional skills

- Leading, training and evaluating work teams.
- Composing and executing menus
- Establishing hygiene and sanitation process: USPH, HACCP
- Managing stocks.
- Food and staff cost.
- Establishing schedules.
- Purchasing for the kitchen and the laundry departments.
- Excellent interpersonal skills.
- Familiar with slow cookers, heated holding cabinets, regeneration and vacuum packaging.
- Computer skills: Windows Office, schedules management and restaurant billing software's.
- Spa menu: Lo carbs, blood type, vegetarian. Health cure.
- Good Communication skill whit team and media.

## Education

- Certificate in hotel administration, university of Quebec at Montreal, in process.
- Professional Cooking, Institut de Tourisme et D'Hôtellerie du Québec, Montréal.  
1997 to 1998
- Kitchen training course. Restaurant Laurie Raphael, Quebec. May 1998 Daniel Vezina
- Hygiene and sanitation, Quebec Ministry of Agriculture, Fishery's and Food, 1997
- Hygiene and sanitation Trainer, Quebec Ministry of Agriculture, Fishery's and Food,-  
2009
- Communications, Conservatoire Lasalle, Montreal, 1991 to 1993
- STCW 95 - Basic safety training certificate SOLAS
- Family training, Manoir Des Érables Montmagny, Cooking, service and reception.  
Supervise by Renaud Cyr. 1986 to 1991

# Professional Experience

Executive Chef, Fairmont Le Chateau Frontenac, Québec city, Canada, **5 stars Hotel, 5 outlet, 125 staff, 1000 to 3000 pax a day. Urban Historic Resort.**

From July 2016 - Supervising the restorations operations. Managing staff, training and evaluating performances. Establishing standards and menus. Banquets coordination. Analysing and establishing food and staff costs. Managing pay, menus, purchasing, etc ...

Member of the executive committee: involved in the strategic développement and financial statement

Realisation:

- 240800 meals for the food bank in the Covid Creases
- Food Box to go, part of the catering
- Organisation of the kitchen Brigade, job definition, schedule, number of position...
- Fix food cost issue
- new menu
- New amenities Cycle
- restaurant developement
- New set up and menu for The club lounge
- Big Public Relation
- several big event like G7 and Festival D'Été
- Managing Ecosure Program
- Development of the banquet structure

Executive Chef, Radisson Blu Hotel Cebu, Cebu Philippine, **5 stars Hotel, 3 outlet, 81 staff, 1000 to 6000 pax a day. Urban business hotel.**

From April to December 2014 - Supervising the restorations operations. Managing staff, training and evaluating performances. Establishing standards and menus. Banquets coordination. Analysing and establishing food and staff costs. Managing pay, menus, purchasing, etc ...

Realisation:

- Reorganisation of the kitchen Brigade, job definition, schedule, number of position...
- Fix food cost issue
- new menu
- New amenities Cycle

- relaunch of Feria restaurant( new menu, look and feel, etc...)
- New set up and menu for The club lounge
- Big Public Relation to promote culinary and get deeper in the market.
- 13 medals at Cebu Goes Culinary Competition
- HACCP accreditation (In process)
- Development of a MICE banquet structure (in process)

Restaurant Operation Chef, July 2013 to February 2014, Sofitel Philippine Plaza Manila, 5 stars Hotel, 4 outlet, Spiral Number 1 restaurant in Manila on [Tripadvisor](#). 3000 space banquet, 1200 pax/day restaurant

from July 2013 to February 2014 Supervising the restorations operations. Position oriented on quality standards, Managing staff, training and evaluating performances. Establishing standards and menus...Analysing food and staff costs. Managing pay, menus, purchasing. Multicultural environment. Local Farmer market and fisher mart buying.

Contact: Eric Costille - Executive Chef, Damien Machenay - F&B Director Carl Ganon - Manager at Residence

Executive chef, La Compagnie Du Ponant, umv L'Austral , 5 star Cruises Summer 2013 - Supervising the restorations operations. Managing staff, training and evaluating performances. Establishing standards and menus.. Analysing food and staff costs. Managing pay, menus, purchasing. Multicultural environment. Local Farmer market and fisher mart buying. Remote destination.

Executive chef, Orion Expedition Cruise , 5 star Cruises, in collaboration Whit Serge Dansereau from the Batters Pavilion In Balmoral, Sydney, Australia.

July 2011 to November 2012 - Supervising the restorations operations. Managing staff, training and evaluating performances. Establishing standards and menus.. Analysing food and staff costs. Managing pay, menus, purchasing. Multicultural environment. Local Farmer market and fisher mart buying. Remote destination.

Executive chef, Le Manoir Des Érables, Member of Hotellerie Champêtre, 4 diamond AAA. Landmark property. Property of The Cyr Family

Avril 2009 to April 2011 - Supervising the restorations operations. Managing staff, training and evaluating performances. Establishing standards and menus. Banquets coordination. Analysing and establishing food and staff costs. Managing pay, menus, purchasing, etc ...

Executive chef, Spa Eastman, Member of Destination Spa Group. Top ten health Spa by [Health Magazine](#).

June 2008 to Avril 2009 - Eastman, Qc, Canada. Supervising the restorations operations.

Managing staff, training and evaluating performances. Establishing standards

and menus. Banquets coordination. Analysing and computerised establishing food and

staff costs. Managing pay, menus, purchasing, etc...

Executive sous-chef, Silver wind of Silver sea Cruise, 6 stars vessel

Falls 2007 to winter 2008 - Cruise Boat. Supervising the all food operation include: Schedule, food cost, team training, Menus, sanitation, team evaluation, purchasing. 1000 meal day. Multi ethnic team.

Executive chef, Le Diamant, Compagnie des îles du ponant.

Spring to falls 2007 - Cruise Boat. Supervising the all food operation include: Schedule, food cost, team training, Menus, sanitation, team evaluation, purchasing. 1000 meal day. Multi ethnic team.

Fish section Leader, Thomas Henkelman Restaurant. 5 Diamonds AAA, member of Tradition et Qualités and Relais Gourmand of Relais et château, 4 stars by the New York Times.

Summer 2005 – winter 2007, Greenwich CT. In charge of the fish section: Production, inventories, and sanitation. -English immersion- (203) 869 -7500

Executive sous-chef, Sofitel Montreal. member of Leading Hotels of The Worlds

January 2004 to January 2005. Supervising the hotel's kitchens. Managing staff, training and evaluating performances. Banquets coordination. Maintenance of 5 stars norms. Pay, menus, purchasing, etc (255 rooms, 300 a 1200 meals/day.) Gilles Arzur

Sous-chef, Montreal Casino.

2002-2003. Responsible of the Cold-meat kitchen and the VIP Lounge. Menu, orders and staff management. Entirely computerised operation. (6000 meals daily)

Relief Cook, Hilton Lac Leamy. The Connie Award 2002 and Guest loyalty award 2002, by Hilton Corporation 2001-2002 Gatineau. Filling in at many cooks position in the hotel restaurants, in charge of the Sunday's buffet. (1200 banquet places, 300 rooms.) Philippe Léger

Executive Chef, AUBERGE DU FAUBOURG.

Saint-Jean-Port-Joli 2000 and 2001. Supervising the restorations operations. Managing staff, training and evaluating performances. Establishing standards and menus. Banquets coordination. Analysing and establishing food and staff costs. Managing pay, menus, purchasing,

etc... (75 rooms, 250 places in dining room, 300 to 800 meals daily) Jean Cyr

Chef, Joe's Restaurant, Boisbriand.

April-July 2000. Preparation and night service. Implementation staff. Joseph Dayzac Section Chef, Nortel Networks, St-Laurent.

For Eurest Food Services November to April 1999. Menu, staff management, production and service organization. Food costs management. (3500 meals /daily)

Yvon Daimon

**Section Chef**, Hostellerie les trois tilleuls. *Member of Relais et chateaux*

Saint-Marc-sur-Richelieu, May to October 1999. Preparation and service, menu and banquet.

Jean François Méthot

**Executive Chef**, Grosse-Ile National Park, Grosse-ile.

1997-1998. Staff management, menu, service, costs. Cafeteria, banquet and events and three meals a day lodging.

Site Internet:

[www.fredericcyr.com](http://www.fredericcyr.com)

<https://www.fairmont.fr/frontenac-quebec/>

[www.radissonblu.com/hotel-cebu](http://www.radissonblu.com/hotel-cebu)

[www.orionexpeditions.com](http://www.orionexpeditions.com)

[www.manoirdeserables.com](http://www.manoirdeserables.com)

[www.lauryraphael.com](http://www.lauryraphael.com)

[www.aubergedufaubourg.com](http://www.aubergedufaubourg.com)

[www.hiltonlacleamy.com](http://www.hiltonlacleamy.com)

[www.casinosduquebec.com](http://www.casinosduquebec.com)

[www.lhw.com](http://www.lhw.com)

[www.relaisetchateaux.com](http://www.relaisetchateaux.com)

[www.sealversea.com](http://www.sealversea.com)

[www.ponant.com](http://www.ponant.com)

Web Video:

<http://lecamp.tv/recettes>

<http://recettes-de-chefs.ca/members/Frederic-Cyr.aspx>

<http://www.youtube.com/watch?v=H41MrAQJaeA>