

# Maria (Mary) Katsounotou

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[Personal Website - Gaea Cypria](#)

[LinkedIn Profile](#)

## 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 & Culinary Arts – Patisserie 2** Alfa Culinary Academy, 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. Laboratory based research.

## 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 - *Development Chef***

**September 2022 - Present**

- Cooking & serving freshly cooked meals for Accurx's employees
- Menu & recipe development, keeping a sustainable, vegan, pescatarian profile, accommodating for every nutritional requirement
- Reformulated recipes to accommodate every dietary requirement (gluten-free, vegan, dairy-free etc.)
- 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 kitchen staff and temp staff to follow our way of working
- Connecting and sourcing new suppliers

### **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
- New product development, concept ideation, formulation and testing - developed and tested new soft drinks, juices and sugar-free drinks for KEAN Soft Drinks LTD and our external partners
- Following ISO standards and applying GMP standards
- Monitoring hygiene status of production lines and inspecting CCPs - carrying out internal audits
- Sensory Analysis - designing and executing sensory evaluation tests for current and new products
- Food labelling and compliance (EU & UK)
- Handling customer complaints - investigating production issues, identifying root causes, and implementing effective solutions

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

**Personal Projects:** Launched my own meal preparation service and Christmas box assortments, featuring self-developed and 100% homemade products. Created and reformulated recipes catering for people with nut allergies while maintaining profile characteristics of original recipes