

Maria (Mary) Katsounotou

London, United Kingdom

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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