

RONALD S. BALTIERRA

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SUMMARY

I have been employed in the food service industry for 7 plus years, specializing in food prep. I also assisted the Chefs on many occasions. I am a self-starter, very dependable and reliable. I work well under pressure and can multitask. I work well unsupervised and am a self starter.

SKILLS

- I supervised a foodservice crew of 5 team members.
- Planned menus
- Ordered supplies to provide the meals.
- Closely supervised special needs diets.
- Area cleanup.
- Managed coverage for employee day's off.
- Maintained cleanliness at a high level.

ACCOMPLISHMENTS

I took on the task of providing special diet requests for members in the hospital ward.

EXPERIENCE

05/2016 to Current **PM kitchen Crew**
HR 360 — san francisco, ca
I presently work from 2pm to 6pm in a men's facility providing support before during and after each meal. I prep, wash dished and maintain the dining room.

09/2004 to 05/2016 **Support Service Worker**
California Department of Corrections and rehabilitation — San Luis Obisbo, CA
I provided support to the cook specialist 1, 11 in the preparation of dietary meals. I provided assistance in stocking supplies, keeping the rotation up to standard and making sure the facility remained clean.

EDUCATION AND TRAINING

1975 **High School Diploma:** Vocational
Valley Adult Continuation — Salinas, Ca, USA
I completed the basic education curriculum that was required to complete my diploma.

2014 **High School Diploma:** Fork Lift Driving
State of California — San Luis Obisbo, Ca, USA

After washing your hands, which item should be used to dry them?

70%

- a) Clean apron
- b) Sanitized wiping cloth
- c) Single use paper towel
- d) Common used cloth

2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- c) Rubber glove
- d) Nothing

3) When should you wash your hands?

- a) Before you start work
- b) After handling non-food items (garbage, money, cleaning chemicals)
- c) After using the restroom
- d) All of the above

4) If you need to move a heavy load, you should PULL and not PUSH the object.

- a) True
- b) False

5) Which of the following could you be at risk for getting burned from?

- a) Steam from boiling pots
- b) Hot liquids (coffee, soup, tea)
- c) Hot equipment (ovens, pots, chafing dishes)
- d) Harsh chemicals
- e) All of the above

6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- a) True
- b) False

7) What should you do if you spill liquids or see a liquid spill?

- a) Leave it for someone else to clean-up
- b) Wait until the end of your shift to clean it
- c) Flag the spill and clean it immediately
- d) Not sure

8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- c) Use an oven mitt or dry cloth towel
- d) Nothing

9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- a) Rinsing
- b) Scraping
- c) Washing
- d) Sanitizing

10) What is the proper method for cleaning and sanitizing stationary equipment?

- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- b) Spray with a sanitizing solution, then rinse with clean water and dry
- c) Wash and rinse, then wipe or spray with a chemical sanitizing solution
- d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

75%

1) A gallon is equal to 128 ounces

- a. 56
- b. 145
- c. 32
- d. 128

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

7) What Is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

Prep Cooks Test

17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) SALT & PEPPER are the basic seasoning ingredients for all savory recipes.

20) DICE: to cut into very small pieces when uniformity of size and shape is not important.