

RONALD S. BALTIERRA

890 Hayes St, Sanj Francisco, Ca 94117 | C: (415)975-1462 | ronnieb35501@gmail.com

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 Obispo, 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 Obispo, Ca, USA

700/0

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

- 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, chaffing 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

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 blanch 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.