

Ricardo Cortez Springs II

392 W. Palm Altadena, CA 91001

626-399-9974

ricardospringsII@gmail.com

Qualifications:

- Excellent oral and written communication, listening carefully and accurately.
- Responsible, trustworthy, and tolerance for high stress situations.
- Working effectively in teams.
- Decision making and time management.
- Microsoft Office savvy, with experience in Word, Excel, Outlook, and PowerPoint.

Employment:

June 2016 --

Assistant, Dining/Dressing Room. *Latitude 45 Catering*

Assists set up, cleaning, stocking artists rooms. Assists food running, stocking, cleaning inside main dining hall. Help answer guests inquiries.

May 2014 – November 2015

Tire Technician/Installer, *Vogue Tyre & Rubber*

Customer service, installation of grills and other car accessories for GM or Cadillac vehicles, safety in installing and handling customer vehicles.

February 2006 – May 2014

Assistant Mgr/Tire Technician, *America's Tire Company*

Sales and Customer Satisfaction; accurate cash handling; consistent safety in installing and handling customer vehicles, without incident.

August 1997- February 2006

Aviation Ordnanceman, *United States Navy CV-63,HS-2,HS-10*

Safety in Helicopter maintenance and repair, ensure correct ordnance supply and installation for HS-2 & HS-10. Various duties deployed on CV-63 Kittyhawk.

Education:

2017- LATTC Culinary Training Certificate

2016-ServSafe CA Food Handler Course Online

1997-1997 Aviation Ordnance, United States Navy, Pensacola, FL

1993-1997 General Education, Burroughs High School, Ridgecrest, CA

References upon Request

Richard Cortez Springs II

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800-200-0000

100 W. 1st Street, CA 91001

Qualifications

- Excellent oral and written communication, listening carefully and accurately
- Responsible, trustworthy, and tolerant for high stress situations
- Working effectively in teams
- Excellent meeting and time management
- Attention to detail with experience in Word, Excel, Outlook, and PowerPoint

Employment

June 2010 -

Assistant Production Supervisor, Laidlaw & Co.

Responsible for ensuring that all work is completed on time. Assists with training, stocking, cleaning inside and outside of the building. Help answer guest inquiries.

May 2014 - November 2015

Top Technicians, Volvo Cars & Trucks

Customer service, installation of parts and assist car mechanics for GM or Cadillac vehicles, safety in installing and handling customer vehicles.

February 2008 - May 2014

Assistant Marine Technician, American Tax Company

Sales and Customer Satisfaction, accurate cash handling, consistent safety in installing and handling customer vehicles, without incident.

August 1997 - February 2008

Aviation Engineering, United States Navy CV 62-15 11-15-19

Worked in helicopter maintenance and repair, ensure correct ordnance supply and production for H-2 & H-2-10. Vehicle outfit deployed on CV-62 101/11/12.

Education

3171 LATC Culinary Training Certificate

2010-2011 CA Food Manager Course Online

1997-1999 Aviation Graduate, United States Navy, Pensacola, FL

1993-1997 General Education, Dominguez High School, Redwood, CA

Prep Cooks Test

Score 14/20

Multiple Choice (1 point each)

- 1) A gallon is equal to _____ 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

- 9) Which is the improper way to thaw frozen food?
- a. In the fridge
 - b. In a sink with cold water
 - ☒ c. On the counter
 - d. In the microwave
- 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - ☒ c. Flour
 - d. Water
- 11) What is the temperature range of the danger zone?
- a. 25-135
 - ☒ b. 40-140
 - c. 50-160
 - d. 30-130
- 12) Which of the following is listed from smallest to largest?
- a. Dice, chop, mince
 - b. Mince, chop, dice
 - c. Chop, dice, Mince
 - ☒ d. Mince, dice, chop
- 13) Which direction should pan handles be turned while cooking on the stove?
- a. Over the fire at all times
 - b. Turned towards you for better control
 - c. Turned towards the right or left at all times
 - ☒ d. Over the countertop at all times
- 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - ☒ c. Liquid
 - d. Oil
- 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - b. Ladle
 - ☒ c. Slotted Spoon
 - d. Portion Spoon
- 16) Which of the following means to cook in a small amount of fat?
- a. Season
 - ☒ b. Sauté
 - c. Broil
 - d. Boil
 - e. Fry

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

