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### **SUMMARY**

A versatile and experienced Prep and Line Cook with safe food-handling skills. Highly adept at checking quality of foods and supplies, prepare and arrange a variety of hot and cold foods for serving, accurately measure and mix ingredients to recipe's specifications and maintaining costs. Possess a Culinary Certificate and a Food Handler's Card. A well-rounded team worker with experience in high volume kitchens as well as fine dining restaurants. Experience includes front of the house as a server. Faithfully devoted to guest dining experience as well as company policies. Skills and culinary tools/equipment include:

- Charbroilers
- Griddles
- Pasta Cookers
- Point of Sale (POS) Terminals
- Commercial Use Cutlery
- Gas Grills
- 8- and 10-Burner Ranges
- Slicing Machinery
- Deep Fryers
- Microwave Ovens
- Commercial Use Steamers
- Sauces, Stocks from Scratch

### **PROFESSIONAL EXPERIENCE**

- Inspect and clean food preparation areas, such as equipment and work surfaces, or serving areas to ensure safe and sanitary food-handling practices.
- Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters.
- Ensure freshness of food and ingredients by checking for quality, keeping track of old and new items, and rotating stock.
- Season and cook food according to recipes or personal judgment and experience.
- Bake, roast, broil, and steam meats, fish, vegetables, and other foods.
- Weigh, measure, and mix ingredients according to recipes or personal judgment, using various kitchen utensils and equipment.

### **EMPLOYMENT HISTORY**

**San Diego Rescue Mission – San Diego, California** **2017 – Present**  
Prep Cook  
Part of a team that prepared 2 meals for more than 350 residents, visitors and staff daily

**Set Free Ministries - El Cajon, California** **2015 - 2016**  
Working Chef  
Ordered, prepared and cooked 3 meals a day for 50 staff and residents a day.

**Anthony's Fish Grotto on the Bay – San Diego, California** **2007 - 2015**  
Food Server  
Provided quality food and beverage service in a popular, high-volume and fast-paced seafood restaurant.

**Busalacchi's on Fifth – San Diego, California** **2007 - 2008**  
Waiter  
Greeted and presented menus to patrons in a fine-dining restaurant and answer questions about menu items, making recommendations upon request.

**That's Italiano Ristorante – Phoenix, Arizona** **2001 - 2006**  
Head Food Server  
Managed operations at the front of the house and provided high quality service to patrons in a fine-dining establishment.

### **EDUCATION AND TRAINING**

**Culinary Certificate - United Domestic Workers Union Culinary Program – July 2017**  
**Food Handlers Card - San Diego County Department of Health - Current**  
**Courses in English, Communications and Psychology - Scottsdale Community College**

## Prep Cooks Test

### Multiple Choice (1 point each)

- D 1) A gallon is equal to \_\_\_\_\_ ounces
- 56
  - 145
  - 32
  - 128
- C 2) Mesclun are what type of vegetable?
- Roots
  - Beans
  - Salad Greens
  - Spices
- B 3) What does the term braise mean?
- Sear quickly on both sides
  - Slowly cook in covered pan with little liquid
  - Cook on high heat and quickly
  - Slowly cook in simmering water
- B 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- 155 degrees F
  - 165 degrees F
  - 175 degrees F
  - 185 degrees F
- A 5) How do you blanch vegetables?
- Immerse for a short time in boiling water
  - Cook lightly in butter over med heat
  - Soak in cold water overnight
  - Rub with salt before cooking
- C 6) Which of the following ingredients would you pack before measuring?
- Olive Oil
  - Salt
  - Brown Sugar
  - White Sugar
- A 7) What is Al Dente?
- Firm but not hard
  - Soft to the touch
  - Very hard
  - Very soft
- a 8) Food should be left out no more than
- 2 hours
  - 3 hours
  - 4 hours
  - 5 hours
- C 9) Which is the improper way to thaw frozen food?
- In the fridge
  - In a sink with cold water
  - On the counter
  - In the microwave

## Prep Cooks Test

- A 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
  - b. Baking Powder
  - c. Flour
  - d. Water
- B 11) What is the temperature range of the danger zone?
- a. 25-135
  - b. 40-140
  - c. 50-160
  - d. 30-130
- D 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
- C 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
- C 14) When you poach something, you cook it with what?
- a. Noodles
  - b. Vegetables
  - c. Liquid
  - d. Oil
- a or D 15) Which spoon is used to remove fat from soups and stews
- a. Basting Spoon
  - b. Ladle
  - c. Slotted Spoon
  - d. Portion Spoon
- B 16) Which of the following means to cook in a small amount of fat?
- a. Season
  - b. Sauté
  - c. Broil
  - d. Boil
  - e. Fry
- A 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
- A 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)

## Prep Cooks Test

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19)

paprika & cumin coriander 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.