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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
<u>Prep Cook</u> 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
<u>Working Chef</u> 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
<u>Food Server</u> 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
<u>Waiter</u> 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
<u>Head Food Server</u> 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

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

C

2) Mesclun are what type of vegetable?

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

B

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

B

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

D

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

C

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

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

A

7) What is Al Dente?

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

A

8) Food should be left out no more than

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

C

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

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

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.