

# AIDE PASTRANA JR.

## COOK/ ASSISTANT COOK

### CONTACT

 +1 780 318 7915

 aide\_pastrana@yahoo.com

 1732 27 St. North West Edmonton,  
Alberta. T6T2G6

### OBJECTIVE

To obtain the position of Cook/Prep Cook bringing my 6 years exceptional skills in preparing delicious and hygienic food to maximize guests satisfaction. Providing quick and timely prepared food items, handling all food compliance with company health standard and restocking food supplies, as well as maintaining equipment and ensuring clean work area.

### KEY COMPETENCIES AND SKILLS

Multi tasking  
Food safety  
Inventory Management  
Cleaning and Sanitation  
Food Preparation  
Attention to detail

### EDUCATION

Akran State University - College of  
Fisheries and Marine Services

**Associate in Hotel and Restaurant  
Management**

2009-2011

### TRAININGS AND ACHIEVEMENTS

**TESDA** - Cookery NCII

**TESDA**- Ship's catering NCIII

**TESDA**- Housekeeping NCII

**CERTIFICATE**- Safe food handling in the  
galley with disease control instructions

### WORK EXPERIENCE

#### COOK

CROSSWORLD MARINE SERVICES INC.  
LMZ SHIPPING S.A

JAN 2023- PRESENT

- Cooking and preparing food selection of Western, Greek, Filipino/ Asian Cuisine. Making sure that the requested food will be followed according to restrictions like food allergies, dietary food selections and religious restrictions like those who do not eat Pork Meat.
- Checking the quality of ingredients, especially the freshness of each item. I also prepare soups, makes entrée cuisines (beef, pork, chicken, fish recipes), salad, soups and dressings. Before coffee time I also bakes bread rolls and desserts and other pastries.
- Adhere to quality in preparing recipes and meals in assigned time and schedules. Ensuring all food and other items are stored properly according to food hygiene and handling practices, to avoid food contamination, spoilage and poisoning.
- Work well under pressure. Can do multi-tasking especially during special occasion, celebration, BBQ Party etc.
- Supervising in giving orders to lower level assistant cook or messman for monitoring and assistance in cleaning mess hall, galley, store rooms, refrigerators and freezers, washes and cleans utensils and equipment.

#### COOK

INTERORIENT MARITIME ENTERPRISES  
INC.

FEBRUARY 2017- DECEMBER 2022

- Ensuring the food are served hot or cold and properly garnished to ensure great presentation.
- Maintained clean and presentable tables with tableware, spotless glassware, silverware and linens. Serve food and washing dishes
- Clean and sanitize cooking station daily; maintain the cleanliness of kitchen equipment such as ovens, kettles, mixers, and others in order to maintain safety and sanitation in the kitchen. Responsible for the clear and correct labeling of excess food
- Follows disposal procedures according to waste management guidelines
- Experience in managing a budget and/or inventory and menu planning.
- Knows how to use tools and kitchen cooking utensils, refrigerators and deep freezers, cooking ranges with hot plate and oven, mixer, slicer, conventional baking oven, fish- grill range, food processor, bread toaster, microwave oven, coffee brewer, food waste disposer.