

FREDERICK M. FRESCO

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PROFILE/OVERVIEW

* CHIEFCOOK in oil/chemical tanker for a year

- COOK/CHEF with 10 years of experience in cruise ship/passengership
- Monitors sanitation practices and follow kitchen safety standards
- Plan menus develop recipes and determine how to present the food as guests satisfaction

* Cooks since 2003 in Japanese restaurant and hotel based in Manila.

LATEST WORK EXPERIENCE:

V-Ships – (PACIFIC OCEAN MANNING INC)

**M/T Northsea Alpha
2021**

Apr. 2021 – Aug.

CHIEFCOOK

*in charge of daily menus for all crews, implement safety and

sanitation standards, victualling procedures for a monthly budget.
Following company rules and regulations.

*serving European cuisines (probably Russian & ukrainian dishes)...
western and international cuisines.

*inspects supplies and equipment, participate in the preparation
and serving of foods.

V ships- (PACIFIC OCEAN MANNING INC)

Aug.7,2020-Apr. 2021

Aseanabldg ,paranaquecity

2nd Cook

*Incharge to makespecialdishes to all filipino crew members
onboard. Help chief cook to all preparations and mise en place.

*Prepare breakfast, lunch and dinner every day for officers and ratings.

*Serving asian and european cuisines as the ship has different
nationality.

THE MANSION HOTEL

OCT.2019-MAR.2020

Iloilo, City

SENIOR CHEF DE PARTIE

*In Charge in the Lobby Kitchen as head for operations, responsible in the kitchen to supervise
all my comm. chef's to all preparations.

- *Responsible in preparing new menus and recipes for the guests satisfactions.
- *Making daily discussions about any activities all day to make a good results.
- *In charge to make schedules, sanitation training as a company rules implemented.
- *We served Filipino cuisines and Western/International cuisines for our guest.

SAMORRO'S CATERING SERVICES.

MAY 2019 – AUG 2019

San Miguel, Iloilo City

COOK

- *Responsible in preparing all ingredients for functions.
- *On call for a day before the reservation to check all the needed items.
- *We cater for debut, baptismal, birthday and wedding also event like fiesta.
- *We serve all kinds of dishes from Filipino to international dishes.

FOODHAUZ, own business:

JAN. 2019 - MAY 2019

Pavia, Iloilo City

COOK/SERVER

- *I'm responsible in any provisions needed everyday.
- *We serve Filipino food like lomi, batchoy, arroz and pasta.
- *Responsible for mise en place and serves as what the guest likes.

SALT GASTRO PUB & AMERICAN RESTAURANT:

AUG. 2018 - NOV. 2018

General Luna St. Iloilo City

HEAD CHEF

- *Responsible in the kitchen as leader applying rules and regulations of what the owner want.
- *checking all the items needed and making schedules for my team.
- *serving American dishes like ribs, pasta and fried dish.
- *Responsible in checking all dishes before to be served for the guest.

WORK EXPERIENCE:

MAGSAYSAY MARITIME CORPORATION, Ermita, Manila

COSTA CRUISES

Name of Vessel	POSITION	SIGNON	SIGNOFF
COSTAFORTUNA	CHEF DEPARTIE	APR 18, 2018.	JUNE 11, 2018
COSTA ATLANTICA	1 ST SAUCIER	MAY 22, 2017	JAN 27, 2018
COSTADIADEMA	1 ST COOK	JULY 01, 2016	APR 06, 2017
COSTAMAGICA	1 ST SAUCIER	JULY 04, 2015	FEB 29, 2016
COSTA ATLANTICA	1 ST COOK	SEPT 30, 2014	APR 04, 2015
COSTAMEDITERRANEA	1 ST COOK	OCT 27, 2013	JULY 06, 2014
COSTAFAVOLOSA	2 ND COOK	NOV 14, 2012	JULY 29, 2013
COSTAFAVOLOSA	2 ND COOK	SEPT 11, 2011	JUNE 18, 2012
COSTA ALLEGRA	3 RD COOK	NOV 03, 2010	JULY 20, 2011
COSTA LUMINOSA	3 RD COOK	NOV 12, 2009	JULY 07, 2010
COSTA VICTORIA	3 RD COOK	OCT 30, 2008	JUNE 06, 2009

Job description as CHEFDEPARTIE:

- 3,800 passenger capacity of a ship not included all crew members
- serving international and western cuisines also Italian dishes
- carrying an Italian flag state as the ship originated in Europe
- working in main galley kitchen in pay restaurant area as we serve some VIP guest
- working 12hr everyday in pressured/performing other duties of necessary
- As chef departie, responsible for sanitation rules/menu discussion to follow standard dishes
- follow company rules and regulations/accomplishing all job tasks in accordance with established Standards and passenger's satisfactions.

DAYS HOTEL ,Iloilo City ,Philippines

FEB 2006 – APR 2008

COOK

- Capacity of 30 Rooms for guests
- serving international cuisines/assigned for main courses
- Working in main galley for a la carte and buffet areas
- Reasons for leaving is already hired to embark in a cruise ship company
- responsible for mise en place during functions/checking all available provisions
- responsible also for requesting item needed

HAIKU JAPANESE RESTAURANT, Makati, Manila 2005

NOV 2002 – JUNE

COOK

- Restaurant has capacity of 100 persons
- serving authentic Japanese cuisines

- working in hot station also in sushi bars / Japanese cuisines like tempura, teppanyaki, sushi and donburi
 - Reason I leave is to look for the nearest working area near with my family
 - responsible for preparation as per guest request / check and serve good food for the guest
- QUALIFICATIONS**

ILOILO STATE COLLEGE OF FISHERIES, Barotac Nuevo, Iloilo

- B.S. in Information Technology JUNE 1997 – MARCH 2002

OTON NATIONAL HIGH SCHOOL, Oton, Iloilo

- Secondary JUNE 1993 – APRIL 1997

STA. MONICA RIZAL ELEM. SCHOOLS, Sta. Monica, Oton

- Elementary JUNE 1987 – MARCH 1993

TRAININGS AND SEMINARS ATTENDED

TITLE: BASIC SAFETY TRAININGS (BST)

TRAINING CENTER: JOHN B. LACSON TRAINING CENTER

ADDRESS: MOLO, Iloilo City

DURATION: May 27, 2015 to May 27, 2020

TITLE: PROFICIENCY IN SURVIVAL CRAFT AND RESCUE BOAT (PSCR B)

TRAINING CENTER: EXACT TRAINING CENTER

ADDRESS: GUIMBAL, Iloilo

DURATION: FEB 21, 2018 – FEB 21, 2023

TITLE:SHIPSECURITY,SEAFARERSWITHDESIGNATEDSECURITYDUTIES(SDSD)

TRAININGCENTER:MAGSAYSAYTRAININGCENTER

ADDRESS:Iloilo, City

DURATION:MARCH07,2014

TITLE:CROWDMANAGEMENT

TRAININGCENTER:JOHN B.LACSON TRAINING CENTER

ADDRESS:MOLO,Iloilo City

DURATION:MARCH27,2018

TITLE:CULINARYCOURSES

TRAININGCENTER:MAGSAYSAYINSTITUTE OF HOSPITALITY AND CULINARY ARTS

ADDRESS:Manila, Philippines

DURATION:APRIL28,2008-JUNE07,2008

TITLE:SHIPSCATERINGSERVICES(SHIPSCOOK)NCIII

TRAININGCENTER:SEAMACTRAININGCENTER

ADDRESS:ILOILO CITY

DURATION:MARCH24,2018-MARCH23,2023

TITLE:VESSELSANITATION(USPHS-HACCP)

DURATION:JULY22,2009

TITLE:BASICTRAININGFOROILANDCHEMICALTANKERCARGOOPERATION(BTOCT)

TRAININGCENTER:EXACTTRAININGCENTER

ADDRESS:ILOILO CITY

DURATION:UNLIMITED

ADDITIONAL INFORMATION

Age: 41 yrs old

MaritalStatus: Married

Dependent: 3 children

CurrentLocation: Pavia, Iloilo City Philippines

DesiredLocation: Worldwide

Passport: P5879519A/FEB2,2018-FEB01,2028

SIRB: C1115170/FEB2,2018-JAN31,2028

SRC: IL31946-05/SEPT.02,2010

DrivingLicense: F03-07-000918

SSS: 33-8051423-9

HDMF: 1210-4053-1524

TIN: 225-472-000

PHILHEALTH: 19-089665793-7