



STEPHEN CERICOS

CHEF



PROFILE INFO

To work diligently and honestly in order to share my expertise and other relevant field for the welfare and development of the company I am working with as well as advancement of my knowledge and skills.



PERSONAL DATA

Nationality: Filipino
Birthday: December 2, 1982
Marital Status: Married
Sex: Male
Religion: Roman Catholic



SKILLS

- Highly responsible and reliable. Having wholesome values of honesty and integrity.
- Have a healthy attitude towards work.
- Great communication skills.
- Ability to handle stressful situation.
- Great attention to details
- Good in Time-management
- Works well under pressure
- Ability to understand and carry out standard procedures.
- Well organized with an ability to multitask.



WORK EXPERIENCE



Demi Chef
Hurtigruten Cruises

December 2022 - Present

Specialization: Food Service
Role: Food Preparation/Kitchen Hand
Industry: Expedition/ Passenger Ship

WORK DESCRIPTION:

- Set up workstations with all needed ingredients and cooking equipment
- Prepare ingredients to use in cooking (chopping and peeling vegetables, cutting meat etc.)
- Cook food in various utensils or grillers
- Check food while cooking to stir or turn



CONTACT



Phone

+639 945 834 5334



Email

stephencericos@yahoo.com



Address

Union Poblacion Daus,
Bohol, Philippines



EDUCATION



2000 - 2004

**Bachelor of Science in
Industrial Technology
Major in Automotive**

CVSCAFT - TCC
Tagbilaran City, Bohol,
Philippine



2009 - 2010

**Commercial Cooking
NCII Course**

Cristal E College
Tawala Panglao, Bohol,
Philippines



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- Ensure great presentation by dressing dishes before they are served
- Keep a sanitized and orderly environment in the kitchen
- Ensure all food and other items are stored properly
- Check quality of ingredients
- Monitor stock and place orders when there are shortages

⌄ Demi Chef TUI Cruises/Mein Schiff

December 2014 - July 2020

Specialization: Food Service

Role: Food Preparation/Kitchen Hand

Industry: Passenger ship

WORK DESCRIPTION:

- Responsible for the operation on my assigned work area in the galley and retain related administrative work in close cooperation with the immediate superior.
- Support the execution of regular inspection of the galley and stores with regards to the cleanliness, hygiene as well as safety.
- Actively suggest areas to optimize and develop operational procedure.
- Maintain a professional storage system of all kitchen equipment utilized.
- Accept and check the deliveries on my assigned area of responsibility. Comply with all environment and hygiene regulation (U.S.P.H).

⌄ Demi Chef Cruise Europe

November 2013 - July 2014

Specialization: Food service

Role: Food Preparation/Kitchen Hand

Industry: Passenger Ship/River Cruise

WORK DESCRIPTION:

- In charge of dry supplies in the kitchen
- Make orders and inventory of all dry stocks for the kitchen.
- Prepare foods for Personnel.
- Prepare mise-in-place for the menu of the day.
- Assist the chef for cooking the menu for the day. Slice fruits, vegetables and salads for the menu of the day
- Prepare plating for the service.
- In charge for the breakfast buffet in egg station
- Slice ham and chess for daily menu

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**Commis Chef
Holand American Line**

May 2012 - October 2012

Specialization: Food service

Role: Food Preparation/Kitchen Hand Industry: Passenger
ship/ Cruise ship

WORK DESCRIPTION:

- Assign in the Garden Manger
- In-charge of Coffee Station Deck 2 & 3
- Prepare all sidings and garnish
- Slice lemon and butter
- Make order and provision for coffee area station
- Service in breakfast, lunch and dinner
- Make hot chocolate milk and juices for the gangway
- Clean Coffee station deck 2 & 3



**Maintenance
Holy Name University**

April 2007 - July 2008

WORK DESCRIPTION:

- Driver
- Tool Keeper
- Making job request
- Automotive Mechanical Diesel and Gasoline
- Responsible for making monthly reports in motor poll department
- Maintain the condition of all types of school vehicles and bus vehicles



**Production Operator
Cebu Toyo Corporation**

**December 2004 -
March 2006**

WORK DESCRIPTION:

- Coating lens
- Regenerate the Maruyama, RBS and kinitico water treatment softener
- Stock room in-charge



TRAINING ATTENDED

- Certificate in Commercial Cooking NCII, NCIII given by Technical Education and Skills Development Authority (TESDA)
- Basic Safety training
- Crowd Management
- Proficiency in crisis management
- National Certificate NC III ships catering
- National Certificate NC II Commercial cooking
- Food hygiene training

I hereby certify that the above information is true and correct to the best of my knowledge and belief.