

FREDERICK M. FRESCO

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PROFILE/OVERVIEW

- > **HEAD CHEF** in oil/chemical tanker for two years
- > **CHEF** with 10 years of experience in cruiseship / passengership
- > Monitor sanitation practices and follow kitchen safety standards
- > Plan menus develop recipes and determine how to present the food as guest satisfaction
- > CHEF since 2003 in Japanese restaurant and hotel based in Manila.

LATEST WORK EXPERIENCE:

V-Ships MANILA – (PACIFIC OCEAN MANNING INC)

M/T HORIZON ATHENA

Dec. 8, 2021 - October 2, 2022,

HEAD CHEF:

- In charge in all operations in galley...making menu planning, Provisions, Inventory and Monthly reports.
- Serving European cuisines; eastern cuisines...and international dishes as well.Making victualling as per company procedures.Participating in all onboard drills and activities.With 23 crew members on board I catered.

M/T Northsea Alpha

Apr. 2021 – Aug. 2021

HEAD CHEF:

***incharge of daily menus for all crews, implement safety and sanitation standars, victualling procedures for a monthly budget. Following company rules and regulations.**

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

***inspects supplies and equipment, participate in the preparation and serving of foods. With 17 crewmembers on board I catered everyday.**

**V ships- (PACIFIC OCEAN MANNING INC)
Aseana bldg ,Paranaque city**

DEMI CHEF

Aug.7,2020 - Apr. 2021

***In charge to make special dishes to all Filipino crewmembers onboard.Help chiefcook to all preparations and mise en place.**

***Prepare breakfast, lunch and dinner everyday 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 commi chefs to all preparations.**

***Responsible in preparing new menus and recipes for the guest satisfactions.**

***Making daily discussions about any activities all days to make a good results.**

***In charge to make schedules, sanitation trainings as company rules implemented.**

***We served Filipino cuisines and Western/International cuisines for our guest capacity of 300 guest to accommodated per days.**



SAMORRO's CATERING SERVICES.

MAY 2019 – AUG 2019

San Miguel, Iloilo City

CHEF

- *Responsible in preparing all ingredients for functions.
- *On call for a day before the reservations 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. We catered 200 to 250 persons.

FOODHAUZ, own business:

JAN.2019-MAY 2019

Pavia, Iloilo City

CHEF/SERVER/OWNER

- *I'm responsible in any provisions needed everyday.
- *We serve Filipino foods like lomi, batchoy, arroz as we called soup of the day and pastas.
- *Responsible for mise in place and serves as what the guest likes to orders.

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 dishes.
- *Responsible in checking all dishes before to be served for the guests. We cater 100 guest as the restaurant capacity.

WORK EXPERIENCE:

Chef de Partie

April 18, 2018 – June 11, 2018

Costa Fortuna / Cruise Ship Catering and Services International N.V

Magsaysay Maritime Corporation

- Work in main galley in charge in entremetier station, ensuring the quality of foods we are preparing like cooking different variety of soups, Pasta and risotto and checking all the prepared foods are in right temperatures. Followed public health standards all the time.



Chef de partie

May 22, 2017 - January 27, 2018

Costa Atlantica / Cruise Ship Catering and Services International N.V

Magsaysay Maritime Corporation

- In charge in Pay restaurant Station were all guest are VIP's and we prepare some special dishes for them to satisfies. Ensuring standard preparation as per company required.

Chef de Partie

July 01, 2016 – April 06, 2017

Costa Diadema / Cruise Ship Catering and Services International N.V

Magsaysay Maritime Corporation

- Working in pay restaurant station handling 7 chef as my team for all preparation as our guest are all repeater of Costa crusies.and have prevailege for special dishes in everyday activities. Ensure the right temperatures of foods we served.

Chef de Partie

JULY 04, 2015 – February 29, 2016

Costa Magica / Cruise Ship Catering and Services Internationl N.V

Magsaysay Maritime Corporation

- Incharge in Sauce station preparing all kinds of Sauces like Bechamel, tomato sauce, Demiglace as everday we needed. Preparing different Main courses like Ossobucco, medallions, braised dishes and roasting as will.

Chef de Partie

September 30, 2014 – April 04, 2015

Costa Atlantica / Cruise Ship Catering and Services International N.V

Magsaysay Maritime Corporation

- Working in sauce station, preparing all kinds of sauces as main ingredients in braising and stowing. Ensure the right cooking temperatures and company standards. Prepare main course like beef wellington and roasting process.

Chef de Partie

October 27, 2013 – July 06, 2014

Costa Mediterranea / Cruise Ship Catering and Services International N.V

Magsaysay Maritime Corporation

- In charge in sauce station for the first time as promoted chef de partie.Making everyday sauces for all main galley as we provide them for all their sauces. Prepare different kinds of sauces for pasta and main dishes. Checking all foods are will prepared and in final cooking temperature.



Demi Chef

November 14, 2012 - July 29, 2013

Costa Favolosa / Cruise Ship Catering and Services International N.V

Magsaysay Maritime Corporation

- Assisting chef de partie in all preparation for Pasta station. Preparing lasagna, baked pasta, different kinds of soup hot and cold. Mise in place for all days needed. Follow public health and standards.

Demi Chef

September 11, 2011 - June 18, 2012

Costa Favolosa / Cruise Ship Catering and Services International N.V

Magsaysay Maritime Corporation

- Working in vegetable station for preparing all different kinds of vegetables for every station what they needed. Handling different vegetables cutting. Vegetarian incharge for the line during service time.

Commis Chef

November 03, 2010 - July 20, 2011

Costa Allegra / Cruise Ship Catering and Services International N.V

Magsaysay Maritime Corporation

- Working in pay restaurant station as assistance of 1st cook for preparing our menu dishes. Cutting all kinds of cheese, fruits and vegetables. Cooking dishes in right temperatures. following company rules and standards.

Commis Chef

November 12, 2009 – July 07, 2010

Costa Luminosa / Cruise Ship Catering and Services International N.V

Magsaysay Maritime Corporation

- Work in vegetable preparation station. Follow my 1st cook daily job orders in cutting all kinds of vegetables. Making vegetarian courses and vegetable side dishes. Follow public health and standards of company regulations.

Commis Chef

October 30, 2008 - June 06, 2009

Costa Victoria / Cruise Ship Catering and Services International N.V

Magsaysay Maritime Corporation



- Work in Breakfast station as my first time to join a ship. In charge of making provisions for all needed in breakfast. Incharge in omelette station everyday. Preparing vegetables and garnishes for our main course. Assisting my 2nd cook for all mise in place.

Job description as CHEF DE PARTIE:

- 3,800 passenger capacity of a ship not included all crewmembers
- serving international and western cuisine also Italian dishes
- carrying an Italian flag state as the ship originated in Europe
- working in maingalley kitchen in pay restaurant area as we serve some VIP guests
- working 12 hrs everyday in pressured/performing other duties If necessary
- As chef de partie, responsible for sanitation rules/menu discussions to follow standard dishes
- follow company rules and regulations/accomplishing all job tasks in accordance with established Standards and passengers satisfactions.

DAYS HOTEL ,Iloilo City ,Philippines

FEB, 2006 –APR, 2008

CHEF

- Capacity of 30 rooms for guests
- serving international cuisines/assigned for main courses
- Work in main galley for ala carte and buffet areas
- Reasons for leaving is already hired to embark in a cruiseship company
- responsible for mise en place during functions/checking all available provisions
- responsible also for requesting items needed.We accommodate 200 to 300 guests.

HAIKU JAPANESE RESTAURANT, Makati, Manila

NOV, 2002 - JUNE, 2005

CHEF

- Restaurant has capacity of 100 persons to be accommodate.
- serving authentic Japanese cuisines
- working in hot station also in sushi bars/Japanese cuisine like tempura, teppanyaki, sushi and donburi
- Reasons in 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 – APR 1997

STA.MONICA RIZAL ELEM.SCHOOL, 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 INSURVIVAL CRAFT AND RESCUE BOAT(PSCRB)

TRAINING CENTER: EXACT TRAINING CENTER

ADDRESS: GUIMBAL, Iloilo

DURATION: FEB 21, 2018 – FEB 21, 2023

TITLE: SHIP SECURITY, SEAFARERS WITH DESIGNATED SECURITY DUTIES (SDSD)

TRAINING CENTER: MAGSAYSAY TRAINING CENTER

ADDRESS: Iloilo, City

DURATION: MARCH 07, 2014

TITLE: CROWD MANAGEMENT

TRAINING CENTER: JOHN B. LACSON TRAINING CENTER

ADDRESS: MOLO, Iloilo City

DURATION: MARCH 27, 2018

TITLE: CULINARY COURSES

TRAINING CENTER: MAGSAYSAY INSTITUTE OF HOSPITALITY AND CULINARY ARTS (MICHA)

ADDRESS: Manila, Philippines

DURATION: APRIL 28, 2008 – JUNE 07, 2008

TITLE: SHIPS CATERING SERVICES (SHIPSCOOK) NCIII

TRAINING CENTER: SEAMAC TRAINING CENTER

ADDRESS: ILOILO CITY

DURATION: MARCH 24, 2018 – MARCH 23, 2023

TITLE: VESSEL SANITATION (USPHS-HACCP)

DURATION: JULY 22, 2009

TITLE: BASIC TRAINING FOR OIL AND CHEMICAL TANKER CARGO OPERATION (BTOCT)

TRAINING CENTER: EXACT TRAINING CENTER

ADDRESS: ILOILO CITY
DURATION: UNLIMITED

ADDITIONAL INFORMATION:

Age: 42 years old
Marital Status: Married
Dependent: 3 childrens
Current Location: Pavia, Iloilo City Philippines
Desired Location: Worldwide
Passport: P5879519A / FEB 2, 2018 – FEB 01, 2028
SIRB: C1115170 / FEB 2, 2018 – JAN 31, 2028
SRC: IL31946-05 / SEPT. 02, 2010
Driving License: F03-07-000918
SSS: 33-8051423-9
HDMF: 1210-4053-1524
TIN: 225-472-000
PHILHEALTH: 19-089665793-7

