

ERIK MARK NOCON

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PROFESSIONAL SUMMARY

Versatile and experienced professional seeking a challenging role as a Cook, Kitchen Helper, or Assistant Cook. With a strong background encompassing diverse roles such as Cook, Food Business Owner, Assistant Cook, and Utility Personnel, I bring a wealth of culinary expertise and operational insight. Proven proficiency in preparing a variety of dishes, managing kitchen responsibilities, and ensuring the seamless execution of culinary operations. Known for maintaining the highest standards of cleanliness, safety, and efficiency. Eager to contribute my skills and dedication to a dynamic team, fostering a positive and productive culinary environment.

SKILLS AND ABILITIES

- Food Preparation/Handling
- Knife Handling
- Attention to Detail
- Time Management
- Communication Skills
- Food Safety
- Creativity
- Organizational Skills
- Physical Skills
- Teamwork
- Equipment Operation
- Ingredients Knowledge
- Flexibility/Adaptability
- Multitasking
- Manual Dexterity

WORK EXPERIENCE

Michaelmar Phil. Inc. | Philippines

Aug 2022 - Present

Position: Cook

- Ensured ingredients and final products were fresh.
- Followed recipes, including measuring, weighing, and mixing ingredients.
- Baked, grilled, steamed, and boiled meats, vegetables, fish, poultry, and other foods.
- Presented, garnished, and arranged final dishes.
- Maintained a clean and safe work area, including handling utensils, equipment, and dishes.
- Handled and stored ingredients and food.
- Maintained food safety and sanitation standards.

Self - Employed | Philippines

Aug 2019 - Jun 2022

Position: Food Business Owner

- Arranged food for catering events, birthdays, and cooked meals for workers in EPZA.
- Cooked and catered meals for various occasions.
- Packed meals for distribution.

Norwegian Cruise Line | Philippines

Feb 2015 - May 2019

Names of Vessel: Norwegian Epic/ Norwegian Jewel

Position: Cook

- Prepared and cooked a variety of dishes.
- Ensured the quality and freshness of ingredients.
- Followed recipes, including precise measuring and weighing of ingredients.

- Used cooking methods such as baking, grilling, steaming, and boiling for meats, vegetables, fish, poultry, and other foods.
- Presented, garnished, and arranged final dishes.
- Maintained a clean and safe work area, handling utensils, equipment, and dishes.
- Handled and stored ingredients and food appropriately.
- Upheld food safety and sanitation standards.

Island Cove Hotel and Leisure Park | Philippines

Apr 2012 - Jan 2015

Position: Assistant Cook

- Assisted in preparing mise en place at Island Cove Hotel and Leisure Park.
- Cleaned food preparation and storage areas.
- Received and stored goods in an organized manner.

G.A.N Food House and Catering Services | Philippines

May 2006 - May 2009

Position: Utility Personnel

- Prepared food at G.A.N Food House and Catering Services
- Maintained a clean and safe work area, including handling utensils, equipment, and dishes
- Maintained food safety and sanitation standards

EDUCATION

Datamex (Institute of Computer Technology) | Philippines

2010 - 2012

Culinary Arts