

Phadra Ardoin

Customer Service Representative, Cook, Prep Cook, cashier

Houston, TX 77004

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Highly motivated, enthusiastic individual seeking a career in a field which will offer a variety of challenges and responsibilities where my abilities and skills can be fully utilized.

Excellent personal motivation with a proven ability to build and work collaboratively in a strong team concept environment. Independently

Focused, Versatile, Dependable, multi-task oriented, flexible, positive, emotionally stable, and able to adapt effectively to challenging and emergency situations

Well-developed skills in prioritizing, organization, decision making, time management, and verbal/written communication.

Authorized to work in the US for any employer

Work Experience

Cook/Prep

LGC Hospitality - Houston, TX

February 2019 to Present

- 8 years of experience as a cook, line cook, prep cook, and fry cook
- Prepped ingredients
- Prepared meals from scratch
- Operated grill
- Basic kitchen serving duties
- Maintained health and sanitation standards
- Diligently washed and sanitized all equipment and surfaces

Cook

Aramark - Houston, TX

January 2019 to Present

Club level cook

Fry and grill station as well as butcher /carving stations

- Prepared meals in accordance with customer dietary requests
- Washed, peeled and prepared ingredients for a commercial kitchen
- Ensured cooked food was correct temperature according to compliance guidelines
- Set prep station
- Responsible for cleaning kitchen
- 8 years of experience as a fry cook, line cook, prep cook, and cook

Prep Cook/Cook

Lubys - Houston, TX

January 2018 to July 2019

BOH prep, salad prep and line cook

My job duties include stocking salad and to-go bar. I prep various salads as well and dressing from scratch as well as other positions include line cook, server.

Cook/Cashier

Acrobat Outsourcing - Houston, TX

September 2015 to December 2018

Enthusiastic Prep Chef who excels in quick and efficient preparation of food items for grill, saute, oven and other cooking stations. Outstanding knowledge of food products, kitchen equipment, safe food-handling procedures and organization of supplies. Ability to set up the kitchen and cook stations for a high-volume restaurant.

Cashier

Ssa Houston zoo - Houston, TX

January 2017 to December 2017

Education

Texas Southern University - Houston, TX

August 2007 to December 2009

High School Diploma

Willowridge High School - Houston, TX

August 2004 to May 2007

Skills

- Food Prep (8 years)
- Grill (8 years)
- Food Service
- Cook, prep (8 years)

Certifications and Licenses

TABC Certified

September 2019 to September 2021

Food Handler

July 2018 to September 2020

food handler certificate

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

37

B 1) How much time should you take to wash your hands with soap?
a) 1 minute
b) 20 seconds
c) Time does not matter, water temperature does
d) 5 minutes

C 2) The recommended temperature for your refrigerator is...
a) 45°F
b) 50°F
c) 40°F
d) 20°F

D 3) Food handlers must always wash their hands
a) Before starting work
b) Switching between handling raw and ready-to-eat food
c) After going to the restrooms
d) All of the above

C 4) The most important reason for having food handlers wear hair restraints is to
a) Prevent food from getting into food handlers' hair
b) Prevent food handlers from contaminating their hands by touching their hair
c) Keep the food handlers' hair in place
d) None of the above

C 5) Which of these conditions requires immediate corrective action?
a) Packaged food items are stored at least 6 inches above the floor
b) Ice is being used to cool beef stew in a shallow pan
c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
d) Raw fish is stored above raw chicken in the walk-in freezer

C 6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?
a) 0°F and 100°F
b) 32°F and 220°F
c) 41°F and 135°F
d) 39°F and 178°F

D 7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?
a) Clean the cutting board with a wet wiping cloth
b) Turn the board over and use the other side
c) Rinse the board with running water
d) Wash, rinse, and sanitize the board prior to slicing the onions

D 8) Which of the following is NOT an approved method to thaw potentially hazardous foods?
a) In a microwave oven
b) During the cooking process
c) Under cool running water
d) On a clean counter, at room temperature

A 9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:
a) Wiping spills only
b) Washing hands if the hand sinks are too far away
c) Sanitizing the blade of utensils such as knives
d) Maintaining moisture on the wiping cloth

Grill Cooks Test

E 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

C 11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

P 12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- d) 128

B 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

A 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

A 15) Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

C 16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

C 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

A 18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

Grill Cooks Test

B

19) Which of the following best describes the process of Caramelization?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

C

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

B

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

A

22) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

23) What is a roux and what is it used for? (2 points)

A ROUX IS USED TO MAKE GRAVY.

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

TO SKIM THE MILK FAT OFF THE TOP

25) What are the 5 mother sauces? (5 points)

- 1. Hollandaise
- 2. Vellouti
- 3. Tomato
- 4. Bechamel
- 5. Braise

-2

26) What does it mean to season a grill and why is this process important? (3 points)

TO TURN GRILL ON AND WIPE DOWN WITH OIL

27) What are the ingredients in Hollandaise sauce? (5 points)

Egg Yolk, butter, lemon juice