

Ira M. Mitchell

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OBJECTIVE: A position in general labor

SUMMARY OF QUALIFICATIONS:

- o 8+ years of experience moving residential and commercial furniture and equipment.
- o Ability to safely lift and maneuver heavy objects, both physically and with the aid of mechanical assistive devices.
- o Maintains a professional attitude at all times.
- o Ensures and enforces all safety procedures.
- o Accustomed to work in a fast independent manner.
- o Fosters teamwork always by taking initiative and a willingness to pitch-in to help others.

Residential & Commercial Moving Experience:

- o Responsible for moving furniture in various parts of the US, some particular to the San Francisco Bay area.
- o Provided exceptional customer service safely moving, packing and unpacking customer belongings.
- o Greeted customers cordially upon arriving at the specified location and completed walk-throughs of the premises.
- o Communicated always in a professional manner, both verbally and in writing.
- o Comfortably interface with customers throughout the entire move.
- o Assisted drivers with truck inspections and moving equipment inventory.
- o Shared responsibility with the drivers in accurately completing paperwork and payment collection.
- o Operated all warehouse equipment in a safe manner.
- o Handled all inventory in a manner that reduced exposure to damage.
- o Loaded material into vehicles and installed strapping, bracing, or padding to prevent shifting or damage in transit.
- o Packaged inventory neatly and systematically in preparation for moving.

Kitchen & Prep Cooking Experience:

- o Washed, cut, and prepared foods designated for cooking.
- o Measured ingredients required for specific food items being prepared.
- o Operate large-volume cooking equipment in a cautious and safe manner at all times.
- o Took customers' orders and served patrons at counters or tables.
- o Verified food met quality and quantity expectations.
- o Cooked the exact number of items ordered by each customer, working on several different orders simultaneously.
- o Cleaned food preparation areas, cooking surfaces, and all kitchen equipment and utensils on an as-you-go basis.
- o Cleaned, stocked, and restocked workstations and display cases as needed.

RELATED EMPLOYMENT HISTORY:

St. Anthony Foundation	Kitchen Worker	12/2015 – present
Gates BBQ	Food prep	9/2015 – 11/2015
All My Sons Moving & Storage	Mover	5/2015 – 9/2015
All My Sons Moving & Storage	Mover	2010 – 2012
Mayflower Moving Company	Mover	2004 – 2009

EDUCATION:

GED / HSE: Missouri Department of Elementary & Secondary Education, Jefferson City, MO

AA, Culinary Arts: City College of San Francisco, San Francisco, CA

Prep Cooks Test

Score 11 / 20

Multiple Choice (1 point each)

56

1) A gallon is equal to ____ ounces

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

55%

A

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

A

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

b

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

A

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

C

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

d

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

C

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

Prep Cooks Test

d 17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8" dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

A 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) ? & ? are the basic seasoning ingredients for all savory recipes.

20) ? : to cut into very small pieces when uniformity of size and shape is not important.

Grill Cooks Test

Score 28 / 40

Multiple Choice Test (1 point each)

A 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

d 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

d 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

C 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

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

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

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

b 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)

?

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

?

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

- 1.
- 2.
- 3.
- 4.
- 5.

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

?

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

?