

# ANTHONY MICHAEL JEFFERSON

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**Professional Summary**

Energetic culinary professional with a blend of creativity, passion for food and preparing quality food. Works within a dynamic environment and able to follow direction in a high-pressure setting.

**Skills**

- Certified Food Production Manager - Stock Making
- Beautiful Presentation of Food
- Calm and Food Handler
- Classical French Knife Cuts
- Kitchen Staff

**Work History**

**Cook** Patha Catering - 1105 S. Olive

- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Accurately and efficiently prepare healthy, delicious fish, meat and vegetable-based dishes.
- Practiced safe food handling procedures at all times
- High Volume Production
- Kitchen Staff

**Cook** Drago Catering - Paterson Museum Los Angeles, CA

- Kitchen Staff
- High Volume Production
- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Properly labeled and stored all raw food ingredients including produce, meat, fish, poultry, dairy and dry goods in the appropriate storage room, walk-in refrigerator, freezer or cooler

**Sous Chef** Southern Comfort Catering - 500 Long Beach Blvd Long Beach CA

- Sous Chef
- Food Handling Methods
- Smooth Kitchen Operation
- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Maintained proper portion sizes and consistently attained high food quality standards

**Cook** Party Staging Inc. - 9454 Sunset Blvd Hollywood CA 90028

- Kitchen Staff
- High Volume Production
- Food Handling Methods

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**Multiple Choice Test (1 point each)**

- 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

*As often as possible when handling different products i.e. protein to veg.*

- 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

- Cross contamination 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

- B 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

20) What temperature should chicken be cooked to?

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

chicken's internal temp. Should be 165° to serve

B

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

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

22) What temperature should fish be cooked to?

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

Seared fish should be cooked in a smoking hot pan then reduce flame allowing Maillard reaction.

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

Roux is a mixture of fat and flour equal parts Bechamel.

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

Clarified butter is made in sauté pan low heat allowing milk solids to fall to bottom. Clarified butter work great in sauce Hollandaise sautéing veg. it has a higher smoke point.

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

1. Bechamel
2. Espagnole
3. Tomato
4. Hollandaise
5. Velouté

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

Putting oil on the grill before grilling (not EVOO)

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

Egg yolks, clarified butter, reduction of red wine vinegar  
and shallots reduce to a scat?