

ANTHONY MICHAEL JEFFERSON

1538 Grande Avenue, San Valley, CA 91552 | (O) 310-903-1264 | amj2464@gmail.com

Professional Summary

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

Skills

- Certified Food Production Manager* Stock Making
- California Food Handler
- Classical French Knife Cuts

Work History

- Cook**
Plena Catering - 1105 S. Olive
08/2015 to Current

 - Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
 - Accurately and efficiently prepared healthy, delicious fish, meat and vegetable-based dishes.
 - Practiced safe food handling procedures at all times
 - High Volume Production
 - Kitchen Staff
- Cook**
Drago Catering - Peterson Museum Los Angeles, CA
02/2016 to Current

 - 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
04/2015 to Current

 - Sous Chef
 - Food Handling Methods
 - Smooth Kitchen Operation
 - Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
 - Verified proper portion sizes and consistently attained high food quality standards.
- Cook**
Pony Staffing Inc. - 6464 Sunset Blvd Hollywood CA 90028
07/2015 to Current

 - Kitchen Staff
 - High Volume Production
 - Food Handling Methods



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

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

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

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

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

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

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

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 coved, 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

chickens 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 sauce pan low heat allowing milk solid to fall to bottom. Clarified butter work great in sauce
Hollandaise Sauteng Veg it has a higher smoke point.*

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

1. *Bechamel*
2. *Espanol*
3. *Tomato*
4. *Hollandaise*
5. *Veluté*

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 au-set.*