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Objective To obtain a position as bar-back/bar support. To assist team in meeting business goals and deadlines. To be both professional and positive. To learn in a fastpaced energetic environment.

Experience

Bar-back
Bench and Bar, Oakland, CA
June 2009 –September 2010
Barback/support: washing dishes, refill fruit, ice and juice, lounge area/dancefloor cleaning, use of kitchen equipment such as chaffers, oven, tongs, and blender. serving catered food for VIP. Partyhost and promoter of weekly parties, birthday parties, video production, recording artist album release parties.

Team member
Subway, Oakland, CA
March 2005 – June 2005
Customer service, cashier duties, prepping sandwiches, cookies, chips and drinks for customers, inventory, refilling various meats, cheeses, vegetables and breads used for meals, cleaning work station and stock room

Caterer/Server
Select Staffing, Oakland, CA
March 2011 – Present 2014 Prep
Served catered food to Oakland A's fans attending the game. Catered in skybox during home games. Catered and Christmas parties for Facebook, Google and The Box, and the Oracles company Red Hot Chili Peppers company Christmas concert. Catered using kitchen equipment such as chaffers, tongs, wok, blender, oven, hand-woven baskets.
Served catered French, greek, English and Spanish cuisine

Education

HS DIPLOMA Fremont High School
June 2000
Media Academic Studies /Honors/ Business Administration

Business/Clerical Certificate Treasure Island Job Corps San Francisco, CA
June , 2002
N/A The Art Institute of CA – S.F. San Francisco, CA
January 2003 - July 2003
Fashion DESIGN

Interests [Briefly list interests that might pertain to the job you want.]

References References are available on request.

Multiple Choice (1 point each)

13/20

a 1) A gallon is equal to ____ounces
a. 56
b. 145
c. 32
d. 128

C 2) Mesclun are what type of vegetable?
a. Roots
b. Beans
c. Salad Greens
d. Spices

h 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

a 7) What is Al Dente?
a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft

b 8) Food should be left out no more than
a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

A

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

S

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) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

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