

MacArthur McDaniel

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OBJECTIVE

- To reach my full potential in this culinary career I have grown to love. Im motivated and dedicated to the culinary arts world. There is no I in TEAM.

KEY QUALIFICATIONS

- Certificate in Restaurant management two year program at Laney College Culinary Arts Program. Certificate in Basic culinary one year program at Treasure Island Jobs Crops. Ten years of Culinary experience.

WORK EXPERIENCE

Crogan's Montclair Oakland, CA

Line Cook

June 2010 April 2011

- First real fast paced restaurant I worked coming fresh out of Culinary school so I accomplished having learned the grill, fry, pantry, and sautee stations at a fast paced and was productive.

Souls Restaurant, Oakland, CA

Lead Line Cook

April 2011 - January 2012

- Learned key techniques in a busy fast paced breakfast shift. Cook mass production quantities at a fast paced. Order produce and other restaurant supplies.

Montclair Bistro, Oakland, CA

Sous Chef

August 2011 - February 2014

- I got promoted to Sous Chef from all the hard work I put in Montclair Bistro. I learned so much from Chef Henry in fine dining French cuisine.

Marc 49 Restaurant and Bar, Oakland, CA

Lead Line Cook

March 2014 - March 2015

- I won best employee award three times. Running a brunch and seeing the success of the brunch take off

Hutch Bar & Kitchen

Line Cook

March 2014 - October 2014

- I learned a Memphis bourbon style of soul food from an awesome Chef David King

Fresh Fuel, Oakland, CA

Restaurant Manager

September 2014 - March 2015

- I learned how to work FOH and cashier.

Angelines Louisiana Kitchen, Oakland, CA

Line Cook

April 2015 - August 2015

- Excelling at all stations and being fast and productive

EDUCATION

Laney College, Oakland, CA

Certificate Restaurant Management, 3.4/4.0 gpa

August 2008 - May 2010

- Culinary Arts

Treasure Island Jobs Crops

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

70%

- 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
- 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
- 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

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)

1/2 Fat & 1/2 Flour
Soups & Sauces

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

the
Bring Butter up to a light Boil and strain off the top fat
Clarified Butter is use for the rich flavor of Butter

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

1. Espagnole - Brown Sauce
2. Marinara
3. Velouté
4. White Wine Sauce Alfrêdo
5. Bechamel

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

Use a raw Onion and rub it against the Grill,
And fire the Grill up.

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

Egg Yolks, Lemon Juice, and Cream