

James R. Canova
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Clifton, New Jersey 07013
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PROFESSIONAL EXPERIENCE

Flik Hospitality Group a division of Compass Group Montvale, New Jersey
2003-2016 (present)
Roundsman for the last 13 years in various kitchens.

Basin Harbor Club Vergennes, Vermont
May to October 1992 to 2003

Executive Sous Chef:

Insures and maintains operation of Lodge Kitchen. Oversees and instructs as well as takes charge of daily food preparations, service, and weekly scheduling.

The Great Atlantic and Pacific Tea Co. Dumont, New Jersey
January 1999 to April 1999

Assistant Chef:

Helps Chefs prepare and package a wide variety of items for sale in the hot and cold display cases.

Bath and Tennis Club Palm Beach, Florida
November to April 1981 to 1998

Chef Garde Manger:

Salad chef responsible for all cold food production, service, and buffet set-up. Supervise a five person crew and coordinate with the Chef on all parties and functions.

Mara Lago Palm Beach, Florida
Winter of 1987

Assistant Chef:

Worked in the kitchen preparing meals for Donald and Ivana Trump.

Education

Saint Paul Grammar School Clifton, New Jersey

Paul VI High School Clifton, New Jersey
Graduated 1978

Johnson and Wales University Providence, Rhode Island
Graduated 1980 with an Associates in Science Degree, Culinary Arts

References

Mr. Jeff Kasich
KPMG
3 Chestnut Ridge Road
Montvale, New Jersey 07645
(201) 307-7867

Chef Tim Hurley
Bath and Tennis Club
1170 South Ocean Blvd.
Palm Beach, Florida 33480
(561) 832-4271

Multiple Choice Test (1 point each)

- 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

- E 10) Food-handling gloves must be changed frequently and also:
- a) After handling garbage
 - b) After every break
 - c) After picking things up off the floor
 - d) Between handling raw and cooked foods
 - e) All of the above
- C 11) A Julienne is:
- a) to cut food into 1 inch X 1 inch cubes
 - b) A cooking method using high heat
 - c) To cut food into 1/8 X 1/8 slices
 - d) A rough cutting method producing oblong shapes
- D 12) A gallon is equal to _____ ounces
- a) 56
 - b) 145
 - c) 32
 - d) 128
- B 13) How many cups are in a quart?
- a) 2
 - b) 4
 - c) 6
 - d) 8
- A 14) A Chiffonade is:
- a) To slice an herb or leafy vegetable into thin ribbons
 - b) To de bone a fish
 - c) Another name for parchment paper
 - d) To cook food in liquid, or at just below the boiling point
- A 15) Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be safe
- a) 145° F
 - b) 135° F
 - c) 160° F
 - d) 180° F
- C 16) Which of the following explains the process of poaching?
- a) Poke poultry on the thickest part in order to make sure it's tender
 - b) To cook food in an oven that has reached 350° F
 - c) Cook gently in water that is hot but not boiling (160°-180°)
 - d) Submerge protein in boiling liquid to speed cooking time
- C 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?
- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
 - b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
 - c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
 - d) 2 oz of celery, 10 oz of carrot, 2 oz of onion
- C 18) Which of the following best describes braising?
- 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

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

A

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

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

A

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)

A roux is equal parts of flour + fat (Butter, oil ect).
It is a thickening agent for soups + sauces.

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

Melting (not boiling) the butter then skimming off the impurities off the top. - It is used because it is pure, with no milk solids in it.

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

1. Bechamel
2. Espangol
3. ~~Tomato~~ Tomato
4. Brown
5. Velouté

It fries at a high heat. also Clarified butter is used for

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

To season it means coating a grill with oil + heat this is important for a clean

egg based sauces
ex. (Hollandaise
Choron
Ect.)

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

Egg Yolks
Lemon Juice
Shot of Tabasco
" " Worcestershire
A Little Water
Clarified Butter . Salt + Pepper. a little Cayenne pepper.

clean
heat
on
your
Product.

Interview Note Sheet

Name: XXXXXXXX James Canova	Interviewer: Jo Paik
Date: 11/18/2016	Rate of Pay: \$13
Position (s) Applied for: Code	Referred by: Jaime Perez

Test Scores					
Server	/35	% Bartender	/30	%	
Prep Cook	/15	% Barista	/10	%	
Grill Cook	/40	% Cashier	/10	%	
Dishwasher	/10	% Housekeeping	/16	%	

Seeking:
Full-Time
Part-Time

Relevant Experience & Summary of Strengths Total of _____ in Food Service

Fik - ~~XXXX~~ KPMG in Montvale
 2003-2016 Roundabout
 Great Atlantic & Pacific Tea Co. - Dumont, NJ
 Jan 1999 - April 1999
 Assistant chef
 Basin Harbor Club - Vergennes, Vermont
 May 1992 to 2003
 Beth - Tennis Club - Palm Beach, FL
 1981 to 1988 chef garde manager

P.O.S. Experience: Y / N details: _____

Transportation ☒ Car ☐ Public Transit ☐ Carpool (Rider / Driver)

Regions Available to work: ☒ North NJ ☐ South NJ ☐ Central NJ ☐ Jersey Shore

Certifications (if any) TIPS ☐ Serv-Safe ☐ LEAD ☐ Other _____ Will Submit ☐

Availability Open ☐ AM only ☐ PM only ☒ Weekdays only ☐ Weekends only ☒ Sat Sun

Details: _____
 Uniforms Owned: ☒ Bistro ☒ Black Bistro ☐ Tuxedo ☐ 1/2 Tuxedo ☐ Black Vest ☐ Long Black Tie ☐ Chef Coat ☒ Chef Pants ☒ Knives ☐ Black Pants ☒ Non-Slip Shoes ☐ Bow Tie ☐ Other: _____

Would you recommend this applicant for Ad. Inst. Academy? _____
 Convention Candidates? _____
 Other Languages Spoken: _____