

James R. Canova
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Clifton, New Jersey 07013
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PROFFESIONAL 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

Grill Cooks Test

Score / 40

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

DX

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

BX

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

CX

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

35/40

88%

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. It fries at a high heat, also clarified butter is used for egg based sauces ex. (Hollandaise, Bearnaise, etc.).

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

1. Bechamel
2. Espagnole
3. Tomato
4. Brown S.
5. Velouté

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

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

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

Interview Note Sheet

Name: REDACTED James Canova
 Date: 11/18/2016
 Position (s) Applied for:
 Cook

Interviewer: Jo Park
 Rate of Pay: \$13
 Referred by:
 Jaime Perez

Last Names		Total		Seeking
Server	Prep Cook	Bartender	Cashier	
/35	/15	/10	/10	%
/40	/10	/16	/16	%

Full-Time
 Part-Time

Relevant Experience & Summary of Services

Total of _____ in Food Service

F&B - REDACTED KPMG in Mortdale
 2003-2016 Roundabout

Great Atlantic & Pacific Tea Co. - Dumont, NJ
 Jan 1999 - April 1999

Assistant Chef

Rosin Harbor Club - Vergennes, Vermont
 May 1992 to 2003

Bath & Tennis Club - Palm Beach, FL
 1981 to 1988 chef grande Manager

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

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:

if close to home

Uniforms Desired

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: _____

Other Languages Spoken:

Would you recommend this applicant for Act One
 Academy?

Conversion Candidate?