
Culinary Skills and Training

- Basic Knife Skills
- High-Volume Environments
- Prep Cook, Sauté, Broil, Bake, and Grill
- Menu Planning, Recipe Writing, and Conversion
- Prepped Stocks, Sauces, Roux, and Dressings
- Monitors Equipment Temperatures
- Strict Quality Inspections of Deliveries
- Inventory Management
- Monitors Sanitation Standards
- Knowledge of kitchen equipment and terms
- Able lift up to 45 lbs. repeatedly
- Valid California Food Handler's Card
- Valid California Driver's License
- *Seeking Serv Safe Alcohol Certificate*
- *Seeking growth in Wine and Liquor Knowledge*

Business Administration/Marketing/Management and Software Familiarity

- Windows / MS Office Suite/POS Cashiering
- 10-key by touch / Types 55 WPM
- Records/Database Management
- Consultative Sales Style
- Excellent Guest Service
- Group Sales / Catering
- Marketing Support
- Lead Generation
- Social Media Savvy
- Simple Menu Design/Graphics
- Hotel / Travel Accommodations
- Meetings / Events/AV/Catering
- Light Bookkeeping (AP/AR)
- 6-months of Staff Management
- Cash Handling / Deposits / Pick ups
- Prior Exposure to Food and Beverage Industry
- Positive Team Management

Employment History

✓ Line Cook

Temporary Placement Agency November 2016 -Present

I am working with a San Francisco-based employment agency as a Line Cook at upscale, private higher-education institute. On call for no less than 10-hours per week.

✓ Intern Prep/Line Cook

Farmer Brown – October 2016 to December 2016*

I am serving as a Prep/Line Cook at an upscale Soul Food restaurant. For the next 8 weeks I will be honing my professional knife skills, prepping many ingredients, and serving on more than one cooking station.

✓ Student

CHEFS– July 2016 to December 2016*

A 6-month hands-on culinary program that uses in-kitchen learning modules. Knife skills are taught daily and my estimated graduation date is December 2017. In October 2016 I became an Intern with Farmer Brown.

Manager on Duty and Keyholder –

Goodwill Industries – December 2015 to July 2016

Manager selected for cash handling, customer disputes, employee scheduling, daily shipments, and stocking merchandise. Resigned on good-terms prior to starting Culinary training.

Data Entry and Reception – Contracted for 3 months

Arnold Berschler Associates – June 2015 to August 2015

3-month contract with a personal injury attorney with reception, legal scanning, mail and correspondence.

Graduate – 14 Week internship

Asian Neighborhood Design – March 2014

14-week internship learning construction basics, hand tools, power tools, painting, and CalOSHA regulations.

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Employment History Cont'd

Clerk

City and County of San Francisco- November 2010 to November 2011

Provided telephone coverage and managed day-to-day correspondence.

Program Coordinator / Front Desk - Contracted for 6 months

Goodwill Industries, San Francisco – October 2009 to April 2010

6-month position providing telephone coverage, medical filing and database management.

Program Support Administrative Assistant

Convention Management Resources, San Francisco– June 2007 to February 2009

SF-based call center for hotel accommodations and group blocks for association members.

Extended Stay Specialist and Lead Reservationist

Personality Hotels, San Francisco – June 2005 to April 2007

Group sales, corporate housing, room sales, up selling, marketing, and guest support.

Education and Training

CHEFs – 6-month Culinary Training – *Graduating December 2016*

Asian Neighborhood Design – *Graduate, Class of 2013*

City College of San Francisco – *Ongoing for skills refreshment*

References Provided on Request

100 %

C 1) After washing your hands, which item should be used to dry them?

- a) Clean apron
- b) Sanitized wiping cloth
- c) Single use paper towel
- d) Common used cloth

Amc 2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- c) Rubber glove
- d) Nothing

D 3) When should you wash your hands?

- a) Before you start work
- b) After handling non-food items (garbage, money, cleaning chemicals)
- c) After using the restroom
- d) All of the above

B 4) If you need to move a heavy load, you should PULL and not PUSH the object.

- a) True
- b) False

E 5) Which of the following could you be at risk for getting burned from?

- a) Steam from boiling pots
- b) Hot liquids (coffee, soup, tea)
- c) Hot equipment (ovens, pots, chaffing dishes)
- d) Harsh chemicals
- e) All of the above

A 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- a) True
- b) False

C 7) What should you do if you spill liquids or see a liquid spill?

- a) Leave it for someone else to clean-up
- b) Wait until the end of your shift to clean it
- c) Flag the spill and clean it immediately
- d) Not sure

C 8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- c) Use an oven mitt or dry cloth towel
- d) Nothing

A 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- a) Rinsing
- b) Scraping
- c) Washing
- d) Sanitizing

C 10) What is the proper method for cleaning and sanitizing stationary equipment?

- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- b) Spray with a sanitizing solution, then rinse with clean water and dry
- c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

50%

D 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

A 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 blanch 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

A 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

Prep Cooks Test

_____ 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

A or B
_____ 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- 3* {
- a. Sweat
 - b. Boil
 - c. Roast
 - d. Grill

Fill-in the Blank (1 point each)

19) _____ & _____ are the basic seasoning ingredients for all savory recipes.

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