

Tyeshia M. Brown
1807 25th Street San Francisco, CA 94107

tyemaria@yahoo.com
1 (415) 375-2894

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

ServSafe

National Restaurant Association

California Food Handler

Certificate of Achievement

This certificate is awarded to

YESHIA BROWN

Congratulations! You have completed

ServSafe® California
Food Handler Assessment

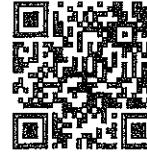
Certificate Number 2436055

Date 7/22/2016

Expiration Date 7/22/2019

Note: This certificate may not receive reciprocity outside the state of California,
or in the counties of Riverside, San Bernardino, and San Diego.

National Restaurant Association
175 W. Jackson Blvd, Ste. 1500
Chicago, IL 60604-2814
800.765.2122 in Chicago area 312.715.1010
Restaurant.org | ServSafe.com



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

100 %

HMC 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, chafing 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

50%

Multiple Choice (1 point each)

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

AB

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

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

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

A or B

- 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.