

Robert C. McCaffrey

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(415)487-3300 x6120 (Message)

**I am passionate about cooking healthy and delicious meals
and am seeking a position in the food service industry**

SKILLS

Knife Skills	Grilling, Sautéing, and Deep Frying, Baking	Teamwork and Professionalism
Prep up to 300 meals a day	Vegetarian and Vegan meals	Food Safety and Sanitation
Preparation of Stocks, Sauces, Roux, and Dressings	Kitchen equipment and terms	Menu planning, Recipe Writing, and Conversion

EDUCATION

CHEFS Culinary Program: San Francisco, CA 3/16-9/16 Graduated 9/28/2016
John Adams Community College, General Ed 2005-2006

EMPLOYMENT

COOK Saint Anthony's-San Francisco, CA **2007-2015**

- Prepared and served food promptly and courteously.
- Assisted with food service item stocking as required.
- Ensured quality of raw and cooked food items on a regular basis.
- Maintained clean and sanitary kitchen area and equipment.
- Measured ingredients required for specific food items being prepared.
- Mixed ingredients such as pancake or waffle batters.
- Operated large-volume cooking equipment such as grills, deep-fat fryers, or griddles.
- Prepared and served beverages such as coffee and fountain drinks.
- Verified that prepared food met requirements for quality and quantity.
- Washed, cut, and prepared foods.
- Cleaned, stocked, and restocked workstations and display cases

COOK City Team Ministries-San Francisco, CA **2002-2006**

Prepared and served food promptly and courteously. Assisted with food service item stocking as required. Ensured quality of raw and cooked food items on a regular basis. Maintained clean and sanitary kitchen area and equipment. Measured ingredients required for specific food items being prepared. Prepared and served beverages such as coffee and fountain drinks. Verified that prepared food met requirements for quality and quantity. Washed, cut, and prepared foods.

DISHWASHER Kentucky Fried Chicken-Vacaville, CA **2000-2002**

Cleaned, rinsed, and organized the dishes, glassware, utensils, and pans. Operated, maintained, and cleaned dishwashing machine, properly. Swept and cleaned floor of all assigned areas, efficiently. Collected and dumped all trash in designated areas, as specified. Monitored and maintained sufficient stock levels of detergents and cleaning supplies. Completed all assigned tasks, in a timely manner. Interpreted and complied with established sanitation and safety standards.

DRIVER Central Valley Towing-Sacramento, CA **2 Years**

Thorough knowledge of DOT, OSHA and all local and state rules and requirements.

Dishwasher Test

Score 9 / 10

90/

- 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
- C 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/A 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

