

Cord Grady
San Francisco, CA 94112
(415) 318-6151
cody.grady@yahoo.com

OBJECTIVE

- Seeking a prep-cook or cook position where I can utilize my experience.

QUALIFICATIONS

- Experienced prep cook and cook
- Fast learner and performs with excellence
- Well organized and follows directions to the precise detail
- Works well collaboratively with a team, as well as independently
- Knowledgeable in food and kitchen sanitation and safety rules
- Skilled in inventory control
- Extremely punctual and gives 100% effort

EXPERIENCE

Salvation Army **August 2016-Present**
Volunteer Cook **San Francisco, CA**

- Prepares breakfast and lunch meals for 100+ residence daily.
- Cleans and sanitizes the kitchen and dinner area prior to and after meals.
- Prepares menu for breakfast and lunch meals weekly.
- Trains new volunteers on kitchen rules; and how to prep and prepare meals.

Panther Athletics **August 2006-November 2016**
Cook **Salida, CA**

- Cooked and B.B.Q for canteen at various sporting events.
- Prepared and cooked hotdogs, hamburgers, hot sandwiches, ribs, and links.
- Prepared salads, nachos, chili, enchiladas, taco, and tamales.

Lucy's Mini Meat Market & Deli **April 2014- February 2015**
Stock Clerk /Cook **Modesto, CA**

- Packed and unpacked merchandise and stocked the entire store.
- Received and counted merchandise; and sorted and labeled.
- Stocked beverages and kept them ice cold.
- Cleaned the inside and outside of the store.
- Cooked chicken, hotdogs, sausages, hamburgers, and chili.

EDUCATION & TRAINING

Western Pacific Truck Driving School **Modesto, CA**
Truck Driving License Received

Independence High School **San Jose, CA**
GED Received



Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

9 1) A gallon is equal to ____ ounces

- a. 56
- b. 145
- c. 32
- d. 128

A 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

165 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

D 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

A

8) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

A

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

C

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

D

12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, Mince
- d. Mince, dice, chop

C

13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

C

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

C

15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

B

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

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

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

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

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

