

Latoya Rembert

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PROFILE

I am a chef and I am pursuing my career as a photographer as well. I enjoy cooking and I also enjoy taking photos. My goal is to one day have my own Catering, Event Planning, and Photography business. You can get it all in one stop.

WORK EXPERIENCE

- 3/2015-Present Drake Staffing – Cook, Create or Assist in the creation of specialty dishes and menu items
- 06/2015-01/2016 Elite Staffing – Prep Cook, Prep and setup production line and ensure proper supplies of all food items represented in men
- 05/2002-02/2012 Moxey Daycare – Cook, Control food cost by adhering to proper methods of food preparation and handling.

EDUCATION

08/2016- Present ATLANTA TECHNICAL COLLEGE, DESIGN & MEDIA
PRODUCTION ATLANTA, GA

08/2015- 08/2016 ATLANTA TECHNICAL COLLEGE, CULINARY ARTS DEGREE
ATLANTA, GA

08/2013- 08/2015 ATLANTA TECHNICAL COLLEGE, CULINARY ARTS DIPLOMA
ATLANTA, GA

04/2012- 06/2013 ATLANTA TECHNICAL COLLEGE, GED
ATLANTA, GA

SKILLS, ACCOMPLISHMENTS, AND VOLUNTEER EXPERIENCE

Member of NTHS

Prep Cook Certification

ServSafe Certification

Event Planning Certification

Design & Media Specialist

Adobe Photoshop and Illustrator CS

2015 & 2016 Atlanta Food and Wine Festival - Cook

2014 Taste of Atlanta Festival - Cook

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

d 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

d 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

aa 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

a/d 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

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

b 20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

c 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 mixture of flour and ~~grease~~ butter use to make sauces.

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

Melt it and put in one of those cloths to get all the fat out of the butter.

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

1. Hollandaise
2. Tomato Sauce
3. Espagnole
4. Velouté
5. Béchamel

26) What does it mean to season a grill and why is this process important? (3 points)

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

Egg whites, lemon juice, and hot sauce