

Stephen McMullen

Over 30 years in high volume food & beverage establishments

SKILLS

- Inventory control
- Food cost reduction
- Staff management.
- Food preparation
- Kosher knowledge
- Menu development
- Staff scheduling
- Team builder
- Organization

Woodbridge, NJ

Drives

Open Availability
Travel - 45 min

PROFESSIONAL ACCOMPLISHMENTS

- Excellent state & federal survey records
- Proven history of budget reductions
- Rearranging kitchens to increase productivity
- Upgrading plate presentations leading to overwhelming customer satisfaction

EXPERIENCE

Cook, Princeton Windrows

Princeton, NJ June 2014-Present

Duties & Accomplishments

- Oversee daily food preparation
- Break down proteins & vegetables
- Make soups, stocks, & sauces
- Operate variety of kitchen machinery (deli slicer, steam kettle, meat tenderizer, buffalo chopper, etc.)

Cook, Imperial Care Center

Neptune, NJ July 2012-January 2014

Duties & Accomplishments

105 Van Buren St 2nd FL Woodbridge, NJ 07095

T: 908-380-5239

Stephen McMullen

Over 30 years in high volume food & beverage establishments

- Managed tray line for breakfast & lunch
- Broke down & sanitized at conclusion of meal
- Served 150 residents per meal

Cook, Nutritional Mgmt. Services

Somerset, NJ December 2007-March 2011

Duties & Accomplishments

- Responsible for kosher meal preparation
- Served meals in timely manner
- Ensured plate presentation was first class with proper garnishing
- Followed all state sanitation codes.

Assistant Food Service Director, The Chelsea at Tinton Falls

Tinton Falls, NJ September 2006-December 2007

Duties & Accomplishments

- Managed all food operations
- Ensured proper consistencies in meal prep for therapeutic diets
- Handled purchasing, staffing, quality control, & menu coordination

Cook/Sous Chef, Showboat Hotel & Casino

Atlantic City, NJ April 1989-February 2000

Duties & Accomplishments

- Worked line for deli, buffets, banquets, & specialty kitchens
- Held kitchens to highest standard of sanitation & professionalism

EDUCATION

Academy of Culinary Arts

Mays Landing, NJ — 1985

ServSafe Certified

105 Van Buren St 2nd FL Woodbridge, NJ 07095

T: 908-380-5239

Interview Note Sheet

Name: Stephen Mc Mullen

Interviewer: Jo Park

Date: 1/4/2017

Rate of Pay:

Position(s) Applied for:

Referred by:

Grill / Prep Cook

Craigslist

Test Scores:

Server	/35	%	Bartender	/30	%
Prep Cook	/15	%	Barista	/10	%
Grill Cook	/40	%	Cashier	/10	%
Dishwasher	/10	%	Housekeeping	/16	%

Full-Time

Part-Time

Previous Experience & Summary of Strengths

Princeton Windrows - COOK
living Retirement Community
June 2014 - present

Total of _____ in Food Service
The Chelsea @ Clinton Falls
Assistant Food Service Director
Sept 2006 - Dec 2007

Imperial Care Center - COOK
Rehabilitation Center
July 2012 - Jan 2014
Nutritional Management Services - COOK
Nursing Home
Dec 2007 - March 2011

Showboat Hotel & Casino
Cooper Sons Chef
April 1989 - Feb 2000

willing to travel up to
45 min for work.

P.O.S. Experience: Y / N details: _____

Car

Public Transit

Carpool (Rider / Driver)

Regions Available to Work:

North NJ

South NJ

Central NJ

Woodbridge Jersey Shore

Contractors Preferred:

TIPS

Serv-Safe

LEAD

Other _____

Will Submit

Availability:

Open

AM only

PM only

Weekdays only

Weekends only

Details:

Bistro

Black Bistro

Tuxedo

1/2 Tuxedo

Black Vest

Long Black Tie

Chef Coat

Chef Pants

Knives

Black Pants

Non-Slip Shoes

Bow Tie

Other: _____

Would you recommend this applicant for Acrobet Academy?

Convention Candidates?

Other Languages Spoken:

Grill Cooks Test

Score / 40

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

35/40

93%

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

b 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

c 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

b 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

c 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

e 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

c 11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

b 12) A gallon is equal to _____ ounces

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

b 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

d 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

c 15) Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

c 16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

c 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

c 18) Which of the following best describes braising?

- 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

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

C 20) What temperature should chicken be cooked to?

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

b 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)

COOKED FLOUR & FAT USED FOR THICKENING

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

MELT BUTTER SKIM TOP REMOVE SOLIDS
USED FOR LOBSTER FISH ETC

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

1. ESPAGNOLE
2. VELOUTE
3. TOMATO
4. BECHAMEL
5. HOLLANDAISE

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

CLEAN WITH WIRE BRUSH SPRAY WITH OIL
PREVENTS FOOD FROM STICKING & NICE GRILL MARKS

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

Egg YOLKS CLARIFIED BUTTER