

# Beverly E. Williamson

214 54<sup>th</sup> Street San Diego CA 92114\* 619-316-9078\* ebeverly\_47@yahoo.com

## Objective

Looking for a position to utilize my skills while offering the opportunity for professional and personal growth.

## Highlights

- \*Management
- \*Customer Service
- \*Stock clerk
- \* 20yrs. Experience Food service
- \* Supervisory skills
- \* Cashier

## Work experience

### Cox Copley

San Diego, CA

#### Grill Cook

- Food Prep ,Cook breakfast and lunch
- Prepare specialty items, Ensure overall quality of meals
- Ensure health and safety code compliance

San Diego, CA

#### Service Staffing

#### Grill Cook

- Food Prep ,Cook breakfast and lunch
- Prepare specialty items, Ensure overall quality of meals
- Ensure health and safety code compliance

San Diego, CA

### DNC Sports Service Petco

#### Cook 3

- Supervise concession operations
- Ensure adequate inventory and supplies
- Ensure health and safety code compliance
- Assistant the Manager with all areas in the park

San Diego, CA

### Dream Girls

#### Manager

- Create Menus for the week, Order all the inventory
- Serve Breakfast, Lunch and Dinner
- Banquet Catering, Maintain Inventory
- Manage the Kitchen

San Diego, CA

### Air Mark Solar Turbine

#### Grill Cook

- Grill Cook , Food prep, Deli, Cashier

San Diego, CA

### Sam's Club

#### Team Leader

- Assisted customers with purchasing and paper work
- Operated forklift and pallet jack to load and unload merchandise
- Accepted shipments/Verified outgoing shipments per invoice
- Performed inventory, pricing, coding, and stocking

San Diego, CA

### Food Team Staffing

#### Grill Cook

- Food Prep ,Cook breakfast and lunch
- Prepare specialty items, Ensure overall quality of meals
- Ensure health and safety code compliance

## Grill Cooks Test

Score / 40

### Multiple Choice Test (1 point each)

- A 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
- d 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
- A 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
- d 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
- c 12) A gallon is equal to \_\_\_\_\_ ounces
- a) 56
  - b) 145
  - c) 32
  - d) 128
- 4 13) How many cups are in a quart?
- a) 2
  - b) 4
  - c) 6
  - d) 8
- 2 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
- 2 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
- 2 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

- a 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
- c 21) What temperature should ALL ground meat be cooked to?
- a) 145°F
  - b) 155°F
  - c) 165°F
  - d) 175°F
- c 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)
- To make gravy  
Flour & oil or drippings from meat that has been cooked.
- 24) What is the process of making clarified butter, and why is clarified butter used? (3 points)
- To add to your food while cooking so that the butter will mix with other ingredients.
- 25) What are the 5 mother sauces? (5 points)
1. Au Jus
  2. Gravy
  3. Cream
  4. ~~Butter~~
  - 5.
- 26) What does it mean to season a grill and why is this process important? (3 points)
- add oil to grill surface
- 27) What are the ingredients in Hollandaise sauce? (5 points)
- egg yolk & Butter