

Mr. Jameel Uqdad  
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To the Owners, Managers and Chefs engaged with considering the eligibility of a candidate seeking employment with the **Experienced Cooks and Dishwashers Establishment.**

I have enclosed my resume in response to the Craigslist Ad posted on June 26, 2017 for Experienced Cooks needed. The position interests me for several reasons. My education and work experience has prepared me for this position. The Experience Cook responsibility you have outlined is one I feel I can enhance with my practical and academic background. I am a talented cook with an upscale casual dining experience and a strong emphasis on station readiness in a fast pace, high volume restaurant environment.

My intentions are to give my support to the restaurants commitment to provide an excellent dining experience to its customers.

I am a hand on person who is use to a twelve hour work day with the ability to follow the recipe instructions and assist the culinary production team in a professional and courteous manner.

To that end, I am a responsible and dependable person concerned with the performance and accountability of this position of responsibility and a team player committed to a high standard of excellence.

I would appreciate an opportunity to discuss with you about how I might best meet your needs.

Thank you for your consideration.  
Sincerely, Jameel Uqdad

Jameel Uqdah  
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**Education:**

1986-87 Essex College of Business, Newark, New Jersey, Culinary Arts Program, Diploma, Academic Achievement Award, ServSafe & Food Handler Certifications.

**Employment History:**

January 07 to Present Date, AM Sous Chef

Princeton Tower Club

13 Prospect Avenue

Princeton, New Jersey 08540

Phone: 609-924-0437

General Manager: Mr. James Forkel

**Position Responsibility:**

- To prepare and display the Continental Breakfast Station, serving daily: freshly baked muffins, freshly baked cookies, croissants, English muffins, assorted breads, pastries, donuts, bagels, fresh fruits, fresh fruit salad, fruit flavored butters and cream cheese spreads, cottage cheese, house made granola and assorted yogurts for the yogurt bar.
- To set up and refill self service breakfast station hot line serving, Bacon, Ham, Turkey Sausage, French Toast, Buttermilk Pancakes, Breakfast Potatoes and assorted Breakfast Sandwiches.
- To set up and operate to Breakfast Short Order Griddle Station serving Whole Fried Eggs, Whole Egg and Egg White Omelets, Scrambled Eggs and Poached Eggs to order, along with the meats, vegetables and cheese for each order.
- To prepare and display the Salad Bar Station serving an ever changing seasonal assortment of lettuces, proteins, grains, vegetables, house made vinaigrettes.
- To prepare and set up Smoothie Station, Mango, Raspberry, Strawberry, and other seasonal choices along with different protein options.
- Short Order Grill Cook for the Lunch Service Menu preparing and serving Burgers, Grilled Chicken and Vegetarian Sandwiches, Wraps and other types of hot and cold menu items including some Vegan and Gluten Free preferences.

Feb. 04 to Dec. 06 Executive Chef  
J.W. Ginty's (Olde Meyersville Inn)  
632 Meyersville Road  
Meyersville, New Jersey 07933  
Phone: 973-647-6302

Responsibility:

- To coordinate the daily kitchen activities of 5 cooks to ensure safe food production and a high standard of kitchen sanitation methods are applied and maintained.
- Menu planning and development, the testing of recipes for the seasonal change of the daily menu items, its food cost and economical production also assisted with establishing menu prices, employee work scheduling and training.
- Daily inventories and product rotation of refrigerators, freezers, and dry storage to assess projected needs and order foods, supplies for the weekly restaurant activities.
- Reading, verifying the invoice and inspecting the quality of the products ordered.
- Checking the reservation guest list for guest arrival times, amount of guests and inquiries concerning any special needs or food allergies.
- Station of operations Sautee and assisted with production on all other stations.

Oct. 03 to May 04 First Cook

Main Streets Café  
50 Main Street  
Madison, New Jersey  
Phone: 973-966-0132

Responsibility:

- Sautee, grill, salad, and brunch carving stations.
- Pantry station serving cappuccinos, espressos and desserts.
- Prepared and cooked items described on menu.
- Assisted Executive Chef with special desserts and entrees.

April 02 to October 03 First Cook

Pershing Insurance/ Restaurant Associates  
95 Christopher Columbus Drive  
Jersey City, New Jersey  
Phone: 908-688-0259

Responsibility:

- Open kitchen at 6am, starting ovens, grills, griddles, steamers, tilt kettles, and ice stations.
- Checking and logging all refrigerators, freezers and ovens for proper operating temperatures.
- Reading the production sheets to prepare and plate the items ordered for the different office functions.
- Cooking the meats, vegetables, and starches for the dinning service.

**Grill Cooks Test**

**Score / 40**

**Multiple Choice Test (1 point each)**

d  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

31/40  
78%

C 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

C 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**

3 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

d 12) A gallon is equal to \_\_\_\_\_ ounces

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

d ~~X~~ 13) How many cups are in a quart?

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

A 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

a ~~X~~ 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

C ~~X~~ 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)

to thicken sauces

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

COOKING BUTTER ON MED-LOW TEMP  
UNTIL THE BUTTER BECOMES CLEAR OR THE MAJORITY OF THE  
SOLIDS ARE GONE

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

1. BECHAMEL  
2. ESPAGNOLE



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

To REMOVE ANY IMPURITIES

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

Egg yolks + CLARIFIED BUTTER