

Ajali Necole Towns

AjaliTowns@gmail.com

Norwalk, CA

(424) 223-0215

Skills & Abilities

- Customer service
- Food safety/sanitation
- Microsoft Windows
- Food-handling/preparation
- Menu planning & execution
- Inventory control

Work Experience

South Bay Workforce Investment Board

Oct. 2015 – May 2016

American Red Cross – Front Desk Administrative Assistant

Whittier, CA

Acted as front desk support, ensuring inquiries from both agency staff and patrons were addressed

Managed multiline phones, ensuring all calls in queue were answered in a timely manner

Assisted with conference room reservations and meeting set-up

Set up and managed paper and electronic filing systems, maintained documents

Private Catering Service

Dec. 2013 – Present

Owner

Norwalk, CA

Conduct one on one consultations with prospective clients

Responsible for menu planning, purchasing of goods, and coordination of events of up to 200 guests

Lead team of 2 in the preparation of hot and cold food items, cake baking and decorating, as well as food service

Investigate and resolve complaints regarding food quality, service, or accommodations

Levy Restaurants

Apr. 2015 – May 2017

Specialty Cook

Los Angeles, CA

Inspect and clean food preparation areas to ensure safe and sanitary food-handling practices

Ensure that execution of food is done in a timely manner to guarantee customer satisfaction

Responsible for the training of new incoming team members

Maintained open communication with team members and supervisors to ensure productivity

Culinary Staffing Service

July 2016 - Present

Cook, Pastry cook, Grill Cook, Line Cook, Server, Cashier, Bar

Back, etc

Los Angeles, CA

Fine dining cook and pastry chef at various locations around southern California. Assisting Chef with a myriad of tasks including prep, pastries and plating.

Education & Training

Cerritos College - 2014

Culinary Arts Fundamentals Training Program

ServSafe

Expires 10/2017

California Food Handler Certificate

John Glenn High School - 1998

Diploma

Multiple Choice (1 point each)

- C 1) A gallon is equal to _____ ounces
- a. 56
b. 145
c. 32
d. 128
- C 2) Mesclun are what type of vegetable?
- a. Roots
b. Beans
c. Salad Greens
d. Spices
- B 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
- B 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
- A 5) How do you blanch 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
- B 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
- C 8) Food should be left out no more than
- a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

- D 9) 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
- B 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
- B 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

Prep Cooks Test

A

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

