

Jay Nichols

905 E 2nd Street
Los Angeles, CA 90012

310-505-5014

jaynichols1231@gmail.com

Profile

Creative Culinaire with over 10 years of experience in food photography, styling, food writing, and a broad background spanning branding, marketing, development, and consulting. Blends innovation with practicality and unwavering focus on business results. Extremely deadline and budget-oriented. Talent for building supportive environments that bring out the best in creative professionals. High-integrity, energetic leader known for ability to envision and create successful outcomes in complex situations.

Experience

Research and Development/Executive Chef; Passione Pizza, Berkeley, CA – 2013-2016

- Supervised the dining and service operations of a catering company and food facility housing 3 food trucks, a 2000sqft commercial kitchen and tasting studio.
- Designed and implemented a creative menu with the use of fresh, local organic ingredients to provide a true farm-to-table dining experience; consulted weekly with organic farmers (planting and harvest schedules for an 18-acre organic farm).
- Coordinated and executed catering services, both on and off site for events ranging from weddings to conferences.
- Created and implemented kitchen designs for facility and trucks.

Consulting Chef, "Spice Hunter"; Cacao Atlanta Chocolate Company, Atlanta, GA – 2011-2013

Provided a full range of support services for CEO/President and COO/Vice-President, enabling them to become more productive. In charge of document preparation, confidential file management, mail handling, supply ordering, and record maintenance. Coordinated and carried out special events, requests, projects, and communication plans. Processed time sheets, weekly payroll, and accounts payable/receivable.

Chef de Cuisine, Sprig Restaurant, Decatur, GA - 2006-2011

Weekly menu and recipe development for full service farm-to-table restaurant. In charge of overseeing 12 person kitchen staff, placing grocery orders, and assisting Executive Chef with overall development of business and brand.

Education

Le Cordon Bleu College of Culinary Arts, Atlanta, GA – Culinary Arts, 2012

Clark Atlanta University, Atlanta, GA — B.A. Digital Marketing, 2010

Multiple Choice (1 point each)

D 1) A gallon is equal to ____ounces

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

2

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 blanche 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

C 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

A 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

Prep Cooks Test

C

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

A

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

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 & Pepp are the basic seasoning ingredients for all savory recipes.

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

