

Jarrett Randolph
415 South 14th Street
Newark, NJ 07103
973-393-7088

TRAINING:

2016—Food Service Training Academy, Hillside, NJ - - a 16 week program (640 hours), providing experience in all phases of food production for cafeteria-style service - - including menu planning, prep work, cooking, baking, serving, wareroom and clean-up; also:

- Nutrition and Sanitation
- High Volume cook/chill, with meals (2300 daily) prepared for 24 Satellite Kids Café Sites
- Catering for in-house events and external clients
- A la carte dining
- **Certified by the National Restaurant Association and Educational Foundation as a ServSafe Food Protection Manager(2017)**

Education

Paulo Freire Charter School

Diploma

Newark, NJ

Activities

Human Rights Conference, Yale University, Howard University – School Visitation Collage Week
Stock Market Club, Photography Club

EF Tours – Ten days in France, England, Italy – Worked with Chefs and learn about different cultures and foods

Experience

2010-2012

BabyLand

2016

Burger Walla

2015

Goodwill Volunteer

Cook

Newark, NJ

- Clean food preparation areas, cooking surfaces, and utensils
- Maintain sanitation, health, and safety standards in work areas
- Operated large-volume cooking equipment
- Wash, cut, and prepared foods designated for cooking
- Clean, stock, and restock work stations
- Measured ingredients required for specific food items being prepared
- Verified that prepared food met requirements for quality and quantity
- Coordinated with other kitchen staff
- Reported any mishaps in kitchen
- Cleaned kitchen before and after food service

Interview Note Sheet

Applicant Information

Name: <u>Jarrett Randolph</u>	Interviewer: <u>Jo Park</u>
Date: <u>08/06/17</u>	Rate of Pay:
Position (s) Applied for: <u>Cook</u>	Referred by: <u>Food Bank → David Wyche</u>

Test Scores

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

Seeking:

Full-Time

Part-Time

Relevant Experience & Summary of Strengths

Student @ Food Bank
June 2017

Total of _____ in Food Service

Wells Burger
DEC 15 - NOV 16
- COOK

getting license in NOV.

Volunteer @ Soup Kitchens

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

Transportation

Car Public Transit Carpool (Rider / Driver)

Regions Available to work:

North NJ South NJ Central NJ Newark Jersey Shore

Certifications (if any)

TIPS Serv-Safe LEAD Other _____ Will Submit

Availability

Open AM only PM only Weekdays only Weekends only

Details: M, W-Sat subject to change after Sept

Uniforms Owned:

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 Acrobat Academy?

Convention Candidate?

Other Languages Spoken:

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

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

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- ☒ c) 40°F
- d) 20°F

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

~~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

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

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

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

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

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

34/40

85%

Grill Cooks Test

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

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

12) A gallon is equal to _____ ounces

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

13) How many cups are in a quart?

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

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

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

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

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

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 coved, 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

- 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

- 20) What temperature should chicken be cooked to?

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

- 21) What temperature should ALL ground meat be cooked to?

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

- 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)

A ~~thick~~ thickening agent
it is equal parts of fat and flour

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

clarified butter is removing the ~~fat~~ dairy
from the butter, you can use it for sauces

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

1. Hollandaise
2. Bechamel
3. Veloute
4. ~~Alfredo~~
5. ~~Sauce~~

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

coat the grill with oil, so the
food doesn't stick

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

eggs
egg yolks
butter