

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

Cook

Newark, NJ

BabyLand

2016

Burger Walla

2015

Goodwill Volunteer

- 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</u> → <u>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

getting license in Nov.

Walla Burger
Dec 15 - Nov 16
-COOK

Volunteer @ Soup Kitchen

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

Transportation

Car	Public Transit	Carpool (Rider / Driver)
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Regions Available to work:

North NJ	South NJ	Central NJ	<u>Newark</u>	Jersey Shore
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Certifications (if any)

TiPS	<u>Serv-Safe</u>	LEAD	Other _____	Will Submit
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Availability

Open	AM only	PM only	Weekdays only	Weekends only
<u>Details: M, Tu, W-Sat</u>	<u>subject to change after Sept</u>			

Uniforms Owned:

Bistro	Black Bistro	Tuxedo	1/2 Tuxedo	Black Vest	Long Black Tie
Chef Coat	<u>Chef Pants</u>	Knives	Black Pants	<u>Non-Slip Shoes</u>	Bow Tie

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

31/40

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

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

85%

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

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 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

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
at 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 sautes

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

1. Hollandaise
2. Bechamel
3. Veloute
4. ~~Velouté~~
5. ~~Velouté~~

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)

~~egg~~
egg yolks
Butter