

**EXECUTIVE CHEF • PAINTER (2006 – 2007)**

**JOHN "J.P." PAINTER**

1970 Port Locksleigh Place, Newport Beach, CA 92660

Telephone: (949) 287-2972 • E-mail: jppainter3@gmail.com

**SUMMARY OF QUALIFICATIONS**

**EXECUTIVE SOUS CHEF** • Royal Hawaiian Restaurant – Laguna Beach, CA (2002 – 2003)

Highly Creative, dedicated and self-motivated professional Sous Chef and Executive Chef. Exceptional interpersonal talents with proven customer service skills; able to effectively communicate with club members, guests and all levels of staff. Resourceful and flexible; possess the ability to achieve in both first-class, fine dining and high volume operations. Skilled in a variety of cuisines, including but not limited to: Pacific Rim, Asian Fusion, Regional Mexican, Hawaiian, Contemporary American, French, Italian and Irish.

**EXECUTIVE SOUS CHEF** • Desert Princess Country Club - Cathedral City, CA (2003 – 2005)

Supervised a staff of 32 staff members and 3 outlets.

**Professional Experience**

**ASSISTANT KITCHEN MANAGER** • Cruisers Bar & Grill – Newport Beach, CA (2016 to present)

In charge of 14 employees and production

**EXECUTIVE SOUS CHEF** • Royal Hawaiian Restaurant – Laguna Beach, CA (2015 – 2016)

Managed small kitchen with 13 employees; responsibilities included menu design and implementation, member relations, ordering, inventory, scheduling, preparation, cooking, banquet design and instigation.

**EXECUTIVE CHEF** • Desert Princess Country Club - Cathedral City, CA (2013 – 2014)

Managed and trained a fresh staff of 14. Created and costed all new Breakfast, Lunch, Dinner and Banquet menus to drive more revenues. Implemented Brunch Buffet and increased revenues by \$2000.

*Created daily specials, desserts, soups, sauces and stocks all from scratch.*

**SOUS CHEF / INTERIM CHEF** • Aliso Viejo Country Club (Club Corp) - Aliso Viejo, CA (2011 – 2013)

Managed and trained 9 newly hired assistants. Redirected menu items to minimize daily expenses. Order all food and supplies. Oversaw the preparation of both daily meals in the club house and food for banquets, weddings and special events.

*Designed new menus for the clubhouse and banquets.*

**EXECUTIVE SOUS CHEF** • Thunderbird Country Club - Rancho Mirage, CA (2009 – 2011)

Created specialized dinners for 900 members of this private equity club. Managed all meal preparation for the 300-seat clubhouse and for banquets with up to 300 guests. Interviewed, hired and supervised a staff of 28. Created daily lunch and dinner specials. Ordered all food and supplies. Designed menus. Assisted with ice sculptures.

*Paired wines and beverages with special dinners. Served as a personal chef for individual members.*

**SOUS CHEF** • Flemings Prime Steakhouse - Newport Beach, CA (2007 – 2008)

Prepared nightly fine dining dinner specials and soups. Followed strict recipes that had been approved by management. Daily butchering of all proteins, steaks and fish.

*Expedited dinner service and maintained consistent high quality.*

**EXECUTIVE CHEF** • Pelagic Yacht Charters - Puerto Vallarta, Mexico (2006 – 2007)

Cooked breakfast, lunch and dinner for up to 24 crew members and passengers on week long tours in the Pacific. Purchased food and supplies each week.

*Designed daily menus.*

**SUMMARY OF QUALIFICATIONS**

**EXECUTIVE SOUS CHEF** • Rancho La Quinta Country Club - La Quinta, CA (2002 – 2006)

Oversaw meal preparation the 150-seat clubhouse. 500 outdoor seats with banquets for up to 500. Supervised a staff of 14. Managed inventory, cost controls and ordering. Determined daily specials. Designed and implemented new seasonal menus. Wrote menus for special golf events.

*Met with club members to plan menus for special events.*

**EXECUTIVE SOUS CHEF** • Mission Hills Country Club (Club Corp) - Rancho Mirage, CA (2000 – 2002)

Supervised a staff of 32 at this large country club with 1600 members and 3 outlets.

*Engaged in extensive planning for the LPGA Nabisco Championship, with over 5000 guests.*

**ASSISTANT CHEF / BAKER** • Culver's Bar & Grill - Newport Beach, CA (2003 to present)

Managed a staff of 14 employees and production

**EXECUTIVE SOUS CHEF** • Royal Hawaiian Restaurant - Laguna Beach, CA (2005 – 2008)

Managed small kitchen with 3 employees. Duties included menu design and implementation, member service, scheduling, preparation, cooking, banquet design.

*Attended Orange Coast College, CA*

**EXECUTIVE CHEF** • Royal Hawaiian Restaurant - Laguna Beach, CA (2005 – 2008)

**Computer Skills:** Windows • Word • Aloha  
Managed and trained a staff of 14 employees to create new breakfast, lunch, dinner and Banquet menus to drive more sales. Increased Brunch Buffet and increased revenues by \$2000.  
Created daily specials, desserts, soups, sauces and stocks all from scratch.

**SOUS CHEF / INTERIM CHEF** • Also Vino Country Club (Club Corp) - Aliso Viejo, CA (2011 – 2013)

*References available upon request. Compensation open to discussion.*  
Managed a staff of 14 employees. Duties included menu design, scheduling, preparation, daily expenses, Order all food and supplies. Oversee the preparation of both daily meals in the clubhouse and food for banquets, weddings and special events.  
Designed new menus for the clubhouse and banquets.

**EXECUTIVE SOUS CHEF** • Thunderbird Country Club - Rancho Mirage, CA (2008 – 2011)

Created special diets for 900 members of this private equity club. Managed all meal preparation for the 300-seat clubhouse and for banquets with up to 300 guests. Interviewed, hired and supervised a staff of 20. Created daily lunch and dinner specials. Ordered all food and supplies. Designed menus. Assisted with ice sculptures.  
Paired wines and beverages with special dinners. Served as a personal chef for individual members.

**SOUS CHEF** • Flemings Prime Steakhouse - Newport Beach, CA (2007 – 2008)

Prepared highly fine dining dinner specials and soups. Followed strict policies that had been approved by management. Daily butchering of all proteins, steaks and fish.  
*Expedited dinner service and maintained consistent high quality.*

**Grill Cooks Test**

**Score 35/ 40**

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

**B**

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

**-5**

**87%**

**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

**D**

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

**B**

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

**G**

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

**X**

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

**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**

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

B 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)

**EQUAL PARTS OF FLOUR TO BUTTER  
FOR THICKENING, SOUPS, STOCKS, SAUCES**

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

**DISSOLVING FATS FROM IT BY COOKING IN DOUBLE BOILER NOT TO BURN,  
SKIN FAT, USED FOR MOTHER SAUCES AS SUCH HOLLANDAISE**

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

1. BÉCHAMEL
2. HOLLANDAISE
3. VÉLOUTE
4. ESPAÑOL (DEMI-GLACE)
5. TOMATO SAUCE

26) Which of the following is NOT an approved method to thaw potentially hazardous foods?

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

**TO PUT FLAVORS ON GRILL SUCH AS FATS, AS TO SEASON  
MEATS & ADD FLAVOR WHILE COOKING**

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

**CLARIFIED BUTTER, EGG YOLKS, LEMON JUICE, SALT, WHITE PEPPER,  
TABASCO, WATER**

**Multiple Choice** (1 point each)

D 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 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

B 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

*Check second word of your handwriting at right*  
**-3**  
**85%**

**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 - *Actually 41-140*
- 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

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

- a. 125 degrees F
- b. 145 degrees F
- c. 175 degrees F
- d. 185 degrees F

A

3) How do you blanch vegetables?

- a. Boil for a short time in boiling water
- b. Cook hard in butter over mid heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

C

4) Which of the following ingredients would you soak before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

Y

5) What is A1 Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. very hard
- d. Very soft

A

6) Food should be left out no more than

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

**Servers Test**

**Multiple Choice**

A 1) Food is served on what side with what hand?  
 a) On the left side with the left hand  
 b) On the left side with the right hand  
 c) On the right side with the left hand  
 d) On the right side with the right hand

-2

94%

D 2) Drinks are served on what side with what hand?  
 a) On the left side with the left hand  
 b) On the left side with the right hand  
 c) On the right side with the left hand  
 d) On the right side with the right hand

D 3) Food and drinks are removed on what side with what hand?  
 a) On the left side with the left hand  
 b) On the left side with the right hand  
 c) On the right side with the left hand  
 d) On the right side with the right hand

A 4) What part of a glass should you handle at all times?  
 a) The stem  
 b) The widest part of the glass  
 c) The top

D 5) When you are setting a dining room how should you set up your tablecloths?  
 a) Neatly and evenly across the tables  
 b) The creases should all be going in the same directions  
 c) The chairs should be centered and gently touching the table cloth  
 d) All of the above

D 6) If you bring the wrong entrée to a guest what should you do?  
 a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn  
 b) Inform the guests that you will bring the correct entrée once everyone else in the dinning room is served  
 c) Try to convince the guests to eat what you brought them  
 d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

**Match the Correct Vocabulary**

D Scullery

A. Metal buffet device used to keep food warm by heating it over warmed water

C Queen Mary

B. Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron)

A Chaffing Dish

C. Used to hold a large tray on the dining floor

B French Passing

D. Area for dirty dishware and glasses

G Russian Service

E. Large metal shelving unit for prepared food to be held or for dirty trays to be stored

F Corkscrew

F. Used to open bottles of wine

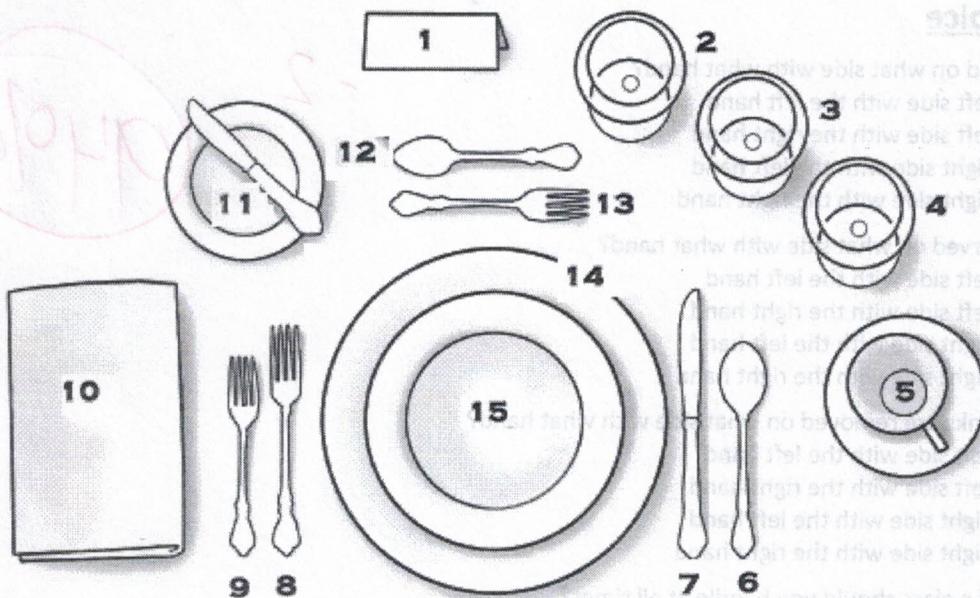
E Tray Jack

G. Style of dining in which the courses come out one at a time

Name JP Parava

Score / 35

**Servers Test**



**Match the Number to the Correct Vocabulary**

<u>10</u>	Napkin	<u>8</u>	Dinner Fork
<u>11</u>	Bread Plate and Knife	<u>5</u>	Tea or Coffee Cup and Saucer
<u>1</u>	Name Place Card	<u>7</u>	Dinner Knife
<u>12</u>	Teaspoon	<u>2</u>	Wine Glass (Red)
<u>13</u>	Dessert Fork	<u>9</u>	Salad Fork
<u>6</u>	Soup Spoon	<u>14</u>	Service Plate
<u>15</u>	Salad Plate	<u>3</u>	Wine Glass (White)
<u>4</u>	Water Glass		

**Fill in the Blank**

1. The utensils are placed \_\_\_\_\_ inch(es) from the edge of the table.
2. Coffee and Tea service should be accompanied by what extras? SUGAR, CREAM
3. Synchronized service is when: ALL PLATES ARE DROPPED AT ONCE
4. What is generally indicated on the name placard other than the name? TABLE #
5. The Protein on a plate is typically served at what hour on the clock? 6
6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately?

LET EXPEDITOR OR SERVICE MANAGER KNOW IMMEDIATELY