

Ahmal Williams

28 Rutgers Street
New Brunswick, New Jersey 08901
732 763 8741
Ahmal732@gmail.com

Objective

To seek a cook position to increase my knowledge and skill set while expanding my passion in culinary. I am a motivated individual seeking to enhance my customer service experience and further develop my food preparation and production skills.

Education

New Brunswick High School – New Brunswick, New Jersey
Middlesex County College – Edison, NJ

Sept. 2010- June 2014
July 2014 – Present

Experience

Revolution Foods- Edison, NJ
Cook

November 2016- Present

- Maintains consistency in food quality standards.
- Follows recipes carefully and completed production goals by the end of their shift. Cleans area as you work.
- Completes and follows prep list in a timely manner.
- Assists in monthly inventory Uses preventive maintenance on all kitchen equipment.
- Complies with all state Health and safety codes and maintains a high standard of cleanliness in the kitchen area.
- Performs other duties, as assigned, and follows through on requests in a timely manner.
- Ensures proper product rotation of all breakfast, snack and fruit inventory.

Heldrich Hotel – New Brunswick, NJ
Steward/Prep Cook

Jul. 2016- Oc. 2016

- Stocked and organized supplies and controlled inventory on a regular basis
- Assisted in cleaning when short on staff
- Set up and performed initial prep work for food items
- Cook and prep foods in timely and safe productive manner
- Cook foods for specific diets to fit the standards of customers
- Cleaning duties such as washing dishes and intense kitchen cleaning.

BJs Wholesale Club- North Brunswick, NJ
Deli Clerk

Mar 2014 – Sept. 2015

- Provided outstanding guest service by greeting customers suggesting menu items efficiently making sandwiches slicing meats and cheeses and completing sales.
- Coordinated specialty food sections including olive bar salad bar and soup bar to increase deli profits by 11 percent.
- Prepared specialty salads side dishes and other food products.
- Filled and maintained store displays and cases to ensure prompt service for walk-up customers.
- Prepared more than 400 deli trays for standing orders and special events

Core Qualifications

An excellent understanding of food handling procedures
Outstanding customer Service Skills- Strong attention to detail
Knife Skills
Food Sanitation Knowledge
Established a culture of respect, hard work, consistency and effective communication in the kitchen

Interview Note Sheet

Applicant Information	
Name: <u>Ahmed Williams</u>	Interviewer: <u>Jo Poik</u>
Date: <u>11/28/2017</u>	Rate of Pay: <u>\$12</u>
Position (s) Applied for: <u>Line, Prep Cook</u>	Referred by: <u>Indeed</u>

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

Seeking:
Full-Time
<u>Part-Time</u>

Relevant Experience & Summary of Strengths

- BJs - Deli Cook
2014-2015
- The Heldrich - New Brunswick
Prep Cook
- Revolution Foods
Cook

Total of _____ in Food Service

Max travel 20 miles.

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

Transportation
<u>Car</u> Public Transit Carpool (Rider / Driver)

Regions Available to work:
North NJ South NJ <u>Central NJ</u> <u>New Brunswick</u> Jersey Shore

Certifications (if any)
TIPS Serv-Safe LEAD Other _____ Will Submit

Availability
Open AM only PM only Weekdays only Weekends only
Details: <u>Mon-Fri</u> — <u>Sun</u>

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

Would you recommend this applicant for Acrobat Academy?	Convention Candidate?	Other Languages Spoken:
---	-----------------------	-------------------------

Multiple Choice (1 point each)

- _____ 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- _____ 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- _____ 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
- _____ 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
- _____ 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
- _____ 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- _____ 7) What is Al Dente?
- a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- _____ 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours

13/20
65%

Prep Cooks Test

- 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
- 10) Which of the following can you use to put out a grease fire?
- ☒ a. Baking Soda
 - b. Baking Powder
 - ☒ c. Flour
 - d. Water
- 11) What is the temperature range of the danger zone?
- ☒ a. 25-135
 - ☒ b. 40-140
 - c. 50-160
 - d. 30-130
- 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
- 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
- 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - ☒ c. Liquid
 - d. Oil
- 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - ☒ b. Ladle
 - ☒ c. Slotted Spoon
 - d. Portion Spoon
- 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

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

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