

# Ahmal Williams

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## 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

Jul. 2016- Oc. 2016

**Steward/Prep Cook**

- 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

Mar 2014 – Sept. 2015

**Deli Clerk**

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

Full-Time

Part-Time

## Relevant Experience & Summary of Strengths

Total of \_\_\_\_\_ in Food Service

BJ's - Deli Cook

2014-2015

- The Heldrich - New Brunswick  
Prep Cook
- Revolution Foods  
Cook

Max travel 20 miles.

P.O.S. Experience: Y / N details: \_\_\_\_\_

## Transportation

<input checked="" type="checkbox"/> Car	Public Transit	Carpool ( Rider / Driver )
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## Regions Available to work:

North NJ	South NJ	Central NJ	New Brunswick Jersey Shore
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## Certifications (if any)

TiPS	Serv-Safe	LEAD	Other _____	Will Submit
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## Availability

Open	AM only	PM only	Weekdays only	Weekends only
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Details: Mon-Fri — Sun

## 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

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 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
- 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%

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

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*