

# Jean Basile

## **Prep and Cook all food items consistently - Three Sister's Catering**

Conyers, GA 30013

jean.basile69@yahoo.com

(404) 539-4618

Executive Chef possessing an innate skill in creating exceptional menu items. Leads productive working environments that attract top-notch talent. An motivated individual offering over 15 years' experience in the food industry. Focused on high standards for taste and quality, while maintaining profitable margins with superior communication and leadership skills.

Authorized to work in the US for any employer

## Work Experience

### **Prep and Cook all food items consistently**

Three Sister's Catering

October 2015 to Present

Sous Chef Position)

- In charge of daily productions for all catering events
- Ordering all products and item for consumption on behalf of every party event
- Prep and Cook all food items consistently and in compliance with all recipes
- Follow all instructions according to the BEO's
- Cook onsite at each catering event
- Cook and Cater private parties
- Work catering events as a Bartender, Server, Event Chef or Event Manager
- Delivery of meals for Catering To Go
- Properly labeled, stored, and practiced safe food handling procedures at all times
- Keep all kitchen's clean and sanitized according to standards

### **Lead Cook**

LGC - Hospitality Staffing

January 2014 to September 2015

Cook Position)

- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Verified proper portion sizes and consistently attained high food quality standards.
- Regularly interacted with guests to obtain feedback on product quality and service levels.
- Maintained smooth and timely operations in preparation and delivery of meals and kitchen sanitation.
- Properly labeled and stored all raw food ingredients including produce, meat, fish, poultry, dairy and dry goods in the appropriate storage room, walk-in refrigerator, freezer or cooler.
- Cooked and served food and meals in accordance with planned menus, diet plans, recipes, portions, temperature control procedures and facility policies.
- Practiced safe food handling procedures at all times.

- Strong attention to safe food handling • Quick learner procedures • Thrives under pressure
- Hospitality and service industry • Skilled up seller and Rapid order background processing
- Food presentation talent • Organized multi-tasker
- Customer-focused • Fast and efficient service worker
- Exemplary customer service • Dedicated team player

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## Prep Cooks Test

### Multiple Choice (1 point each)

17/20

- 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 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
- c 6) Which of the following ingredients would you pack before measuring?  
a. Olive Oil  
b. Salt  
c. Brown Sugar  
d. White Sugar
- a 7) What is Al Dente?  
a. Firm but not hard  
b. Soft to the touch  
c. Very hard  
d. Very soft
- c 8) Food should be left out no more than  
a. 2 hours  
b. 3 hours  
c. 4 hours  
d. 5 hours
- a 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

## Prep Cooks Test

- 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
  - 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
- b 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)

## Prep Cooks Test

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19) Salt & pepper are the basic seasoning ingredients for all savory recipes.

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

chop