

Kiva L. Blount

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EXPERIENCE:

Erven Restaurant Santa Monica, California

Junior Sous Chef

2016-2017

*Assistant to Sous Chef and Executive Chef/Owner.

*Trained new hires on proper cooking practices, specs, presentation and recipes.

*Supervised lunch staff to ensure that all dishes are prepared according to specification and served at the correct quality, portion size and temperature.

*Managed production of restaurant preparation for both lunch and dinner shifts. Communicated to Sous Chef when items are low and need to be replenished.

*Responsible for checking in and storing produce and maintaining a clean and functional walk-in and dry storage area.

Wood and Vine Bar/Restaurant Hollywood, California

Lead Line Liaison

2015

*Responsible for meal prep for a 200 seat restaurant.

*Executed menu selections on all stations of the kitchen with high degree of quality control.

*Demonstrated ability to work on a team as well as man the entire kitchen alone.

*Monitored Kitchen inventory.

*Specialize in large scale kitchen operations requiring strong communication and quick reaction time.

Splash of Color Catering Philadelphia, PA San Francisco, CA

Creative Culinary Consultant

2009-2012

*Accommodated parties of 2- 100

* Develop and prepare all menus ranging in cuisine and cooking methods

*Specializing in artistic presentation of ambiance and cuisine

* Hired and trained staff for functions

Culinary Concepts Philadelphia, PA
Catering Chef
2007-2009

- *Award winning catering establishment
- * 4-5 days per week in production kitchen and 2-3 nights per week on premise
- * Accommodating parties up to 10,000 people
- * Highlight of career: Catering for President Barack Obama twice during his 2008 campaign

Rock Bottom Brewery King of Prussia, PA
Lead Expediter
2005-2009

- *Liaison between the FOH and BOH to ensure highest food quality
- *Displayed time management and organizational skills
- *Demonstrated ability to multi-task
- *Able to perform under fast paced and stressful conditions

Quintessentials, New York City, NY
Asst. Sous Chef/ Executive Chef
2002-2004

- *Supervised staff of 30 people in all 3 locations
- *Became knowledgeable in raw vegan and vegetarian cuisine
- *Developed and prepared daily and seasonal main menus

EDUCATION:

A.E Beach High School Savannah, Georgia

- *High School Diploma was awarded

Art Institute of Atlanta Atlanta, Georgia

- *Associates of Arts in Culinary Arts Safety and Sanitation certified and Hotel and Restaurant management certificate was awarded

Prudential Development Partnership Philadelphia, Pennsylvania

- *Certificate of Completion in Business Development was awarded

Grill Cooks Test

Score / 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
- 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
- B 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 * PREVENTS HAIR FROM FALLING INTO FOOD AS WELL.
- C 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
- C 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
- D 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
- A 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

E 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

D 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

D 12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- d) 128

B 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

A 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

A 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

C 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

C 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

C 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 coved, 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

- C 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 AND FAT. COOK TO DESIRED BROWNESS.
USED AS THICKENING AGENT

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

Slowly melt butter, skim fat off top. usually used as a seafood condiment
as well as an emulsifier for sauces such as Hollandaise

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

1. Brown
2. Red
3. Bechamel
4. Cream
5. Hollandaise

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

Means to oil and salt the grill. Prevents sticking, gives food great taste

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

Egg yolks
Clarified butter
Parsley
Salt

