

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 or 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 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

D

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

Q

23) What is a roux and what is it used for? (2 points)

EQUAL PARTS OF FLOUR AND FAT. COOK TO DESIRED BROWNNESS.

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
PARICKA
SALT

