

Stanley Colbert
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Summary: A professional and enthusiastic Sous Chef with 40+ years of Culinary experience ranging from restaurants to catering events.

Experience: Acrobat Outsourcing Staffing Atlanta, GA
Specialty, Foreign Food Cook 2004 to 2019

- Planned menus and cooked foreign-style dishes, dinners, desserts
- Responsible for prepping meats, soups, sauces, and vegetables
- Successfully seasoned and cooked, according to recipes
- Properly portioned and garnished food.
- Distributed food to waiters.
- Trained cooks to achieve significant improvement in productivity.
- Efficiently estimated food consumption and requisitioned for purchased supplies.

Dennis Dean Catering Atlanta, GA
Cook 2015 to 2019

- Executed daily operations
- Cleaned, washed and sterilized equipment in cooking area
- Tended and operated and controlled equipment such as kettles, cookers, vats and tanks, and boilers, in order to cook ingredients and prepare products for further processing.

Bridge Catering Atlanta, GA
Sous Chef 2011 to 2019

- Responsible for maintaining several parties once
- Handle scheduling of all parties and menus
- Ordered and maintained inventory and supplies

Education: Riches Baking Class Atlanta, GA
Baking Certification 2000

Multiple Choice Test (1 point each)

- A 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
- 40 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
- D 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
- D 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
- B 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

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

175

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

175

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

165

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)

Flour and oil
to thicken sauce

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

Melt Butter to remove fat & water
for better flavor

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

1. Brown sauce or ~~meat sauce~~
2. Tomato sauce
3. meat sauce
4. cream
5. .

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

To oil the

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

Egg yolk & Butter, Lemon Juice
Tobasco