

Cook / Server

Tosha Brown

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EXPERIENCE

Line Cook

Pro Sports Catering

Buford, Ga

April, 2015 / Present

Prepare food for hungry baseball fans, cook and execute food to window being time conscious, maintain a clean n slip environment.

Picker/Packer/Housekeeping

Hire Dynamics

Jefferson, Ga

June, 2015 / November, 2016

Attend daily meeting, receive assignment, prepared cart, go to assigned area, clean cafeteria twice, bathrooms, vacuum cubbies, emptied trash, clean refrigerators, microwaves and cabinets, return to area, put away used cart, refill cart for next shift. Using Rf scanner receive assignment go to location, pick product, put in tote onto conveyor belt. Recieve assignment scan product, put in cubby from tote by counting items, package, put on conveyor belt.

Assembly Worker/Packing

King Hawaiian

Oakwood, Ga

July, 2016 / October, 2016

Wait till product come down the line, assemble good pieces for packing, discard broken pieces, send down line. Stop line for jammed product in machine, start line back.

EDUCATION

Olive Harvey College

Certificate

1998/ 1998

SKILLS

- Certified Nursing Assistant
- Assembly Worker
- Machine Operator

** Braves stadium*

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
e. 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

9) Which is the improper way to thaw frozen food?
a. In the fridge
b. In a sink with cold water
e. On the counter
d. In the microwave

TB
20

C ✓

Prep Cooks Test

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

A

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

B

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

C

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

D

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

E

15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

F

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

G

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

H

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

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

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

Julien
Chop