

Derek Williamson

Los Angeles, CA • 213-835-8285 • Derekwllmsn@gmail.com

Objective

Highly self-motivated, hard-working, and organized individual seeking a team member position within a well-established organization where I can utilize my extensive skills in culinary art to maximize the profits of the organization.

Experience

Big Catch Seafood House - Line Cook, *Alhambra, CA*

November 2016 - May 2017

- Prepared all seafood dishes on restaurant menu including oysters, lobster, crab, etc.
- Produced entrees within a high-speed kitchen environment in a highly pristine and organized manner
- Operated industrial kitchen equipment efficiently
- Cooked entrees table-side and catered buffet service

Umami Burger - Line Cook, *Los Angeles, CA*

January 2016 - May 2016

- Food preparations for restaurant menu
- Produced entrees within a high-speed kitchen environment in a highly pristine and organized manner
- Operated industrial kitchen equipment efficiently

The Black Cat - Line & Pantry Cook, *Silver Lake, CA*

September 2014 - November 2015

- Food preparations for restaurant menu
- Produced entrees within a high-speed kitchen environment in a highly pristine and organized manner
- Operated industrial kitchen equipment efficiently

Whole Foods - Grocery Clerk, *Los Angeles, CA*

January 2014 - September 2014

- Verified price of grocery items in question against price of items on stock shelf upon request
- Returned grocery items left at checkout counter to specified stock shelves
- Cleaned work area
- Price and restocked grocery articles on shelves
- Assisted in unloading delivery trucks

Skills & Other Information

- Safe Serve / Food Handlers Certification
- Excellent knife skills
- Excellent time management skills and ability to meet strict deadlines
- Very strong attention to detailAbility to work quickly and efficiently under pressure
- Positive attitude and strong work ethic
- Ability to multitask in a fast-paced environment

Grill Cooks Test

Score 30 / 40

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
- 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
- c 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 handler's hair in place
d) None of the above
- 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
- 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

c 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

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

- c 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

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

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

- b 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)

Gumbo

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

Rendering FAT

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

1. Tomato
2. Veloute
3. Hollandaise
4. Espagnole
5. Bechamel

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

heat up the pores in the cast iron on grill
with oil

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

Egg yolk BUTTER

~~Secondary SAUCES: Bechamel~~

