

Derek Williamson

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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)

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

-10

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

752

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

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

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

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

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

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

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

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

12) A gallon is equal to _____ ounces

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

13) How many cups are in a quart?

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

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

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

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

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

- 19 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

- 20 20) What temperature should chicken be cooked to?
- a) 145°F
 - b) 155°F
 - c) 165°F
 - d) 175°F

- 21 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

Y

- 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. BÉCHAMEL
5. BEURRE

- 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: Bearnaise~~

