

# Robert Allamby

507 Bencer Street ♦ Raritan, NJ 08869 ♦ 732.877.4338 ♦ [robert.allamby@yahoo.com](mailto:robert.allamby@yahoo.com)

## Profile

A highly talented First Cook with experience in preparing, seasoning, and cooking a wide variety of meats, fish, poultry, vegetables, soups, breakfast dishes, and other food items in large quantities within a corporate environment.

**Motivated and personable professional with a successful 10+ years track record working for large Fortune 500 companies. Customer focused and tactful with all levels of management within an organization. Excellent communication and interpersonal skills, supervisory, time management, planning and organizational skills. In depth knowledge of OSHA, HACCP and ServSafe health and safety guidelines to be followed while preparing and cooking.**

## Summary of Qualifications

- Experienced professional in preparation and presentation methods, materials, techniques, and quality standards and practices of volume food preparation in accordance with company standards.
- Superior knowledge of sanitary methods used in food preparation and ability to safely use cleaning equipment and supplies to ensure corporate and OSHA safety standards are met.
- Exceptional ability to prepare routine administrative paperwork as well as supplies, equipment and services ordering and inventory.
- Manage, coordinate, instruct and functionally supervise the activities of other kitchen staff.

## Professional Experience

- Review production schedule to determine food requirements including variety and quantity of food for preparation and to assemble supplies and equipment needed for daily cooking activities.
- Season and prepare a wide variety of foods such as vegetables, fruits, meats, soups, salads, pizzas, cereals and other sides in accordance with prescribed recipes.
- Slice, grind, and cook meats, fish, poultry and vegetables using a full range of cooking methods.
- Carve and display meats, vegetables, fruits, and salads; replenish service lines as necessary.
- Prepare special diets according to prescribed standards.
- Cater for special events for as required.
- Test foods being cooked for quality, proper temperature, taste, smell and discusses necessary recipe adjustments with supervisor and/or team.
- Receive food ingredients and supplies from main kitchen and pantry as required for daily operation.
- Maintain sanitation and orderliness of work areas, utensils, and equipment to meet HACCP standards.
- Attend to day-to-day problems and needs concerning equipment and food supplies; detect and ensure disposition of spoiled or unattractive food, defective supplies/equipment, and other unusual conditions.
- Record inventory of supplies and order stock from main storeroom; estimate daily and weekly requirements and replenish items as appropriate.
- Perform miscellaneous job-related duties as assigned.

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## Employment History

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- **BRIDGEWAY CARE AND REHABILITATION CENTER – Hillsborough, NJ**  
10/2016 to Present
- **COMPASS GROUP (EUREST) – Johnson & Johnson, New Brunswick, NJ**  
3/2011 to 10/2016
- **ARAMARK – Johnson & Johnson, New Brunswick, NJ**  
7/2002 – 3/2011

## Education

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**ELIZABETH COMMUNITY COLLEGE – Elizabeth, NJ**  
GED

**FOOD SAFETY MANAGER #20874249-ANSI**  
Certified – June 2013

**Submission Date** 04-12-2018 08:19:23

**First Name**

Robert

**Last Name**

Allamby

**E-mail Address**

robert.allamby@yahoo.com

**Phone**

7328774338

**Address**

507 Bencer Court

**Unit or Number**

507

**City, State**

Raritan, NJ

**Zip Code**

08869

**What region(s) are you applying to work within?**

- New Jersey


**Which position(s) are you applying for?**

- Cook

**Are you applying for:**

- Full-Time
- Part-Time

**When can you start?**

 Monday, April 16, 2018

**Can you work overtime?**

Yes

**How did you hear about us?**

- Google

**What days/times can you work? Select all that apply:**

- Monday AM
- Tuesday AM
- Wednesday AM
- Thursday AM
- Friday AM
- Saturday AM

**Have you ever applied to or worked for Acrobat before?**

Yes

**Do you have any friends or relatives working for Acrobat? If so, please let us know who:**

No

**If hired, would you have reliable means of transportation to and from work?**

Yes

**If hired, can you present evidence of your legal right to live and work in this country?**

Yes

**Are you able to perform the essential functions of the job for which you are applying?**

Yes

**Name of School**

Elizabeth community collage

**City & State**

Elizabeth, NJ

**Grade/Degree**

NO

**Graduated?**

No

**Do you have any special licenses? (If so, label under "Special")**

No

**Are you computer literate? (If so, label which programs under "Special")**

Yes

**Are you proficient with Point of Sale systems? (If so, label which under "Special")**

No

**Do you have any experience, training, qualifications or special skills? (If so, label under "Special")**

Yes

**Special:**

Certified Food Safety Manager

**Are you currently employed?**

No

**Can we contact your current employer?**

No

**Name and Address of Employer**

Bridgeway Care Rehabilitation Center

**Type of Business**

Nursing

**Phone Number**

732-524 4400

**Your Position & Duties**

First Cook - Cooking Cleaning, Taking Temps Manage Staff,Taking Inventory ,Dating & Labeling.

**Date of Employment (from/to):**

10\2016 to 1\2018

**Reason for Leaving**

Temp Position.

**Still Employed:**

No

**Have you ever been fired from a previous place of employment? If yes, please explain:**

No

**Have you obtained any special skills or abilities as the result of service in the military? If yes, please explain:**

No

**First Name**

Gerri

**Last Name**

Battista

**E-mail Address**

Gerri365@yahoo.com

**Phone**

732-977-5751

**Relationship:**

Friend

**Years Acquainted:**

7

**First Name**

Brandon

**Last Name**

Fair

**E-mail Address**

Brandon3546@Yahoo.com

**Phone**

7324251309

**Relationship:**

friend

**Years Acquainted:**

5

**First Name**

Melven

**Last Name**

Thomas

**E-mail Address**

melvin\_10467@yahoo.com

**Relationship:**

friend

**Years Acquainted:**

30+

**I hereby certify that I have not knowingly withheld any information that might adversely affect my chances for employment and that the answers given by me are true and correct to the best of my knowledge. I further certify that I, the undersigned applicant, have personally completed this application. I understand that any omission or misstatement of material facts on this application or on any document used to secure employment shall be grounds for rejection of this application or for immediate discharge if I am employed, regardless of the time elapsed before discovery.**

- (Checked box indicates acknowledgement)

**I hereby authorize Acrobat Outsourcing to thoroughly investigate my references, work record, education and other matters related to my suitability for employment and, further, authorize the references I have listed to disclose to the company any and all letters, reports and other information related to my work records, without giving me prior notice of such disclosure. In addition, I hereby release the company, my former employers and all other persons, corporations, partnerships and associations from any and all claims, demands or liabilities arising out of or in any way related to such investigation or disclosure.**

- (Checked box indicates acknowledgement)

**I hereby authorize Acrobat Outsourcing and its authorized representatives to solicit information regarding my background, which may include but not be limited to, information about my employment, education, and/or criminal history, which may be in the files of any federal, state, or local criminal justice and law enforcement agency and general public records history.**

- (Checked box indicates acknowledgement)

**I understand that if selected for hire, it will be necessary for me to provide satisfactory evidence of my identity and legal authority to work in the United States, and that federal immigration laws require me to complete an I-9 form in this regard within three days of my hire date.**

- (Checked box indicates acknowledgement)

**Acrobat Outsourcing is an at-will employer. I understand that nothing contained in the application, or conveyed during any interview, which may be granted or during my employment, if hired, is intended to create an employment contract between me and the company. In addition, I understand and agree that if I am employed, my employment is for no definite or determinable period and may be terminated at any time, with or without prior notice, with or without cause, at the option of either myself or the company,**

and that no promises or representations contrary to the foregoing are binding on the company unless made in writing and signed by me and the company's designated representative.

- (Checked box indicates acknowledgement)

**I hereby acknowledge that I have read and understand the above statements.**

- (Checked box indicates acknowledgement)

**Applicant Digital Signature (Type Name):**

Robert Allamby

**Date:**



Thursday, April 12, 2018

**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
- 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
- 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

33/40  
82%

## 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
- C 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
- A 12) A gallon is equal to \_\_\_\_\_ ounces
- a) 56
  - b) 145
  - c) 32
  - d) 128
- A 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
- D 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
- A 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

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

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

A 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)

↑ ONE part Fat and one part FLOUR.  
It is a Thickener

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

1. To get the milk out of the Butter
2. ALSO to compound the Butter
3. you have to melt the Butter First.

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

1. white sauce
2. Red sauce
3. Veloute
4. Brown sauce
5. Hollandaise sauce

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

1. To keep it healthy and none stick.
2. To preserve the grill.
3. you have to season the grill with oil.

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

1. Butter
2. yoke
3. Bay Leaf
4. Lemon Juice or vinegar
5. Pinch of salt