

Ayodele Henderson

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Objective

Obtain line cook position

Utilize and further expand culinary and hospitality experience

Experience

JP's Place

2005 –2009

Server, Cook, Kitchen Manager

Creating great customer experiences, cooking, practicing and enforcing food safety and cost control, utilizing appropriate sanitary and hygiene practices, training and supervising employees

Hardees

2009- 2012

Cook

Cooking, practicing food safety and cost control, practicing cleanliness, training new employees

McDonalds

2012- 2015

Crew Trainer, Grill Supervisor, Cook

Trained and supervised crew members in grill area

New City Deli

2015- 2018

Cook

Cooking, food prep, practicing food safety and cost control, creating the best experience possible for military personnel and their families

Dunkin Donuts/Baskin Robins

2016- 2018

Shift Leader

Supervised shift operations, enforced cost control, safety, and sanitation, handled customer complaints

Education

Beaufort High- Beaufort, SC

2000 – 2003

General Education

Academy Of Career Excellence- Ridgeland, SC

2002- 2003

Culinary Arts and Business Communication courses

Craven Community College- New Bern, NC

2014 - 2015

Obtained High School Diploma in the adult education program and then completed core classes for Hospitality Management degree.

Carteret Community College- Morehead City, NC

Skills

Food Safety (***Servsafe Certification Enclosed***), Culinary, Food Prep, Cost Control, Accounting, Business Communication, Human Resource Management, Computer Literacy, Sales and Marketing, Customer Service

References

Gerald Nunes: (252) 725-4745

Lula Hudson: (252) 622-1763

Shannon Anthony: (540) 779-4759

Lyn Pestana MD: (310) 713-4515

Grill Cooks Test

Multiple Choice Test (1 point each)

b 1) How much time should you take to wash your hands with soap? (3)

- 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

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

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

a 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

c 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

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)

a pot used by the Amish to make sauces and soups.

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

Cook butter on med/high heat until milk proteins settle at bottom. Strain milk solids. Store in refrigerator.

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

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

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

using oil or fat to cook on the grill.

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

egg yolk, butter, water, lemon juice, cayenne pepper

