

KEITH HALL

OBJECTIVE *To work with an established and growing company where I can have a rewarding career. To always further my education, develop new skills, and improve the skills I already have.*

SKILLS AND ABILITIES I am able to work well in teams and individually. I am a quick learner, great with people, efficient, clean, organized, focused, prompt, and responsible. I have skills in International Cuisine, American Regional Cuisine, Garde Manger, Soup and Sauce Making, Professional Baking, and Cooking Essentials.

- Knife Skills
- Temps Knowledge
- Prep Skills
- Catering
- Menu Planning
- Line Cook/Saute Cook
- Flat Grill/Broiler
- Reliable
- Punctual
- Coachable
- Flexible
- Team Player
- Good Communicator
- Leadership

EXPERIENCE KITCHEN SINK

08/11-03/18

- Prep Cook, Line Cook, all around restaurant utility
- Prep all ingredients for menu
- Make Soup and Sauces
- Garde Manger

OCEAN GRILL-LINE COOK/PREP COOK

01/15-01/17

- Supervised restaurant when owners were away
- Prepped and Cooked 100+ orders a day
- Maintained efficiency while also maintaining all sanitation regulations

ST LOUIS ITALIAN RESTAURANT AND PIZZA SHOP-PIZZA MAKER

01/14-01/15

- Helped to open and close restaurant
- Prepped all vegies and meats for pizzas
- Consistently met time and quality goals

CATERING ST LOUIS-KITCHEN UTILITY

02/14-03/15

- Load and unload catering supplies for events, parties, and banquets
- Set-up and breakdown for all arrangements
- Wash dishes, Prep work, Line Cook, Server, Host

EDUCATION FARE START

I obtained a culinary certificate with this program, prepped, and served meals for multiple different events with 200+ covers.

LE'COLE CULINAIRE

I am in the process of obtaining my AA in Culinary Arts. I have already completed all the hands on labs and Culinary related classes and am in the process of completing the academic side of the degree.

Grill Cooks Test

Multiple Choice Test (1 point each)

1 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

B 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

A 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

C 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

12802 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

135 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

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) What temperature should chicken be cooked to?

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

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

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

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 roux is equal part flour and butter used to prepare a brown sauce or gravy

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

clarified butter is when the solid butter separates melted down and the cream and oil

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

1. Brown
2. RED X
3. white X
4. yellow X
5. clear X

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

using some type of animal fat and rails to prevent sticking

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

egg yolk drizzle in oil salt, whip until soft peaks form add a pinch of ~~the~~ cayenne pepper and a squeeze of lemon