



Kelsey Jeffords <kelsey@acrobatoutsourcing.com>

Fw: John Wright Resume

1 message

John Wright <chefjwright@yahoo.com>

Thu, Aug 23, 2018 at 10:45 AM

Reply-To: "chefjwright@yahoo.com" <chefjwright@yahoo.com>

To: "kelsey@acrobatoutsourcing.com" <kelsey@acrobatoutsourcing.com>

Sent from Yahoo Mail on Android

----- Forwarded Message -----

From: "John Wright" <chefjwright@yahoo.com>

To: "chefjwright@yahoo.com" <chefjwright@yahoo.com>

Sent: Thu, Nov 19, 2015 at 9:27 AM

Subject:

JOHN WRIGHT*Los Angeles, CA 90034**(323) 707-1730 • chefjwright@yahoo.com***CHEF/FOOD PREPARATION****SKILLS AND ABILITIES:**

- | | |
|-------------------------------------|--------------------------------------|
| • Culinary Arts Certificate | • Work quickly and resourcefully |
| • 4+ yrs Head Chef experience | • Able to work well unsupervised |
| • Catering skills | • Excellent communication skills |
| • Customer service skills | • Strong sense of responsibility |
| • Flexible-willing to take on tasks | • Cheerful outlook-positive attitude |

SUMMARY OF QUALIFICATIONS:

- Check the quality of raw or cooked food products to ensure that standards are met.
- Monitor sanitation practices to ensure that employees follow standards and regulations.
- Check the quantity and quality of received products.
- Order or requisition food or other supplies needed to ensure efficient operation.
- Supervise or coordinate activities of cooks or workers engaged in food preparation.
- Inspect supplies, equipment, or work areas to ensure conformance to established standards.
- Determine how food should be presented and create decorative food displays.
- Instruct cooks or other workers in the preparation, cooking, garnishing, or presentation of food.
- Estimate amounts and costs of required supplies, such as food and ingredients.
- Clean and sanitize work areas, equipment, utensils, dishes, or silverware.
- Store food in designated containers and storage areas to prevent spoilage.
- Prepare a variety of foods, such as meats, vegetables, desserts, according to customers' orders or supervisors' instructions, following approved procedures.

- Take and record temperature of food and food storage areas such as refrigerators and freezers.
- Wash, peel, and cut various foods, such as fruits and vegetables, to prepare for cooking or serving.
- Place food trays over food warmers for immediate service, or store them in refrigerated storage cabinets.
- Portion and wrap the food, or place it directly on plates for service to patrons.

WORK HISTORY:

*04/2009 to Present**Executive Chef, Chef Mico's Catering, Los Angeles, CA**08/2009 to Present**Grill Cook, Patinas Restaurant Group, Los Angeles, CA**10/2009 to 03/2011**Grill Master, Mavericks Flat Jazz Bar & Grill, Los Angeles, CA****EDUCATION:***

*Los Angeles Trade Technical College**Los Angeles, CA**Culinary Arts and Restaurant Management**2011*

Grill Cooks Test

Multiple Choice Test (1 point each)

- A ~~X~~ 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 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 d) All of the above
- D ~~X~~ 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 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 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 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 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 d) On a clean counter, at room temperature
- C ~~X~~ 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 c) Sanitizing the blade of utensils such as knives
 - d) Maintaining moisture on the wiping cloth

+ 30 / 40

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

A 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 roux is a form of gravy for flavor

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

To take fat out of butter, and used for sauces

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

1. ESPAGNOLE
2. VINAIGRE
3. BECHAMEL
4. BROWN
5. TOMATO

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

A SEASONED GRILL KEEP your grill NON-STICK
So food items don't stick to grill (like eggs)

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

Egg, Butter, S/P
Yolks Melted

CREAM
Lemon Juice

