

SHAWN A. BLACK

187 Roycroft Ave, Long Beach CA. 562-372-1049

Shawnblack735@gmail.com

Professional Summary: Military Veteran with a passion for cooking, a Professional Diploma in Culinary Arts, with 12 years of experience in the catering service industry.

Education:

- August 2018 received Diploma from New School of Cooking in Professional Culinary Arts with the following certifications:
 - 900 instructional hours
 - 120 onsite practical hours
 - Kitchen Safety and Sanitation
 - Food safety certification

Work Experience:

UPA December 2015 – June 2017

Duties: Read and record gas meters, clean and inspect, repair and replace (Commercial/Residential) gas meters. Operation of company vehicle. Inventory equipment

Miller/Coors Brewery March 2014-October 2015

Duties: Operate forklift to load and unload product to assigned bays and trucks. Set up and close out trucks. Receive incoming product. Inspect, record, and store material.

FEDERAL EXPRESS May 1992-July 2012

Duties: Operation and maintenance of company vehicle utilized to deliver packages in timely manner. Scan and sort incoming packages for delivery. Belt pull and load trucks. Maintain delivery and pick-up logs. Perform pre and post vehicle reports

Military Service:

UNITED STATES NAVY July 1986-June 1990

Assistant Leading Petty Officer, (E5)

Duties: Safety Officer and Rig Captain: Receive, record and stow incoming ship supplies. Forklift and 10 ton cargo boom operator.

Awards:

- JUNIOR SAILOR OF THE MONTH
- BATTLE GROUP CHARLIE SAILOR OF THE MONTH
- ARMED FORCES EXPEDITIONARY MEDAL
- SEA SERVICE RIBBON

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Experience:

- Line Cook New School of Cooking Pasadena California
- Proven knowledge of basic principles of food prep, various cooking methods
- Responsible for cooking and preparing food according to recipes and production guidelines
- Set up workstations with needed equipment and ingredients
- Operates equipment such as ovens, stoves, mixers and slicers
- Properly storing of food by adhering to food safety policies and procedures
- Owner Operator Big Ronnie's Bar-B-Que
- 12 years of Catering Onsite/ Drop off Service
- 2018 Long beach Bayou Festival
- 2015 and 2013 Los Angeles Taste of Soul
- 2015 Long beach Jazz Festival
- 2013 Black Entertainment Experience

Multiple Choice Test (1 point each)

- D 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
- 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
- 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

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

B 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

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)

Roux is a mixture of FAT AND FLOUR
used to thicken and combine a dish

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

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

1. Hollandaise
2. Red (Tomato Base)
3. Brown (Roux)
4. Yellow
- 5.

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

ADD A FLAVOR - Butter or herb spice to ADD FLAVOR to
dish being cooked

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

water
SALT
pepper
Butter
Lemon Juice