

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

(Handwritten mark: A checkmark)

C 2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

(Handwritten mark: A circled 'B')

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. Velouté
- 5.

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

Add a flavor - Butter or herbs/spice to add flavor to
dishes being cooked

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

water

SALT

pepper

Butter

Lemon juice