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Tameka s. Johnson

Objective

To obtain a position with great chance for advancement and promotional opportunities.

Highlight of Skills

- ❖ Knowledge of health and safety codes and regulations; ServSafe Certified (2005) Cert # 4580274.
- ❖ Experienced in safe operation of commercial food service equipment, including deep fryers, ovens, cook tops, and slicers
- ❖ Performed multiple tasks smoothly and efficiently in a fast-paced environment.
- ❖ Ability to follow recipes, instructions, and guidelines.

Job Experience

Events/Birthday Parties

- ❖ Set up room and buffet, took drink orders, for birthday parties.
- ❖ Served food and drinks, bussed and cleaned up.
- ❖ Prepared salads, sandwiches, appetizers and entrees.

Food Prep

- ❖ Gained familiarity with braising, breading, fat frying, and grilling
- ❖ Set up and cleaned equipment for daily food preparation.
- ❖ Cut, trimmed, and boned meats; cleaned and prepared vegetables and fruits.

Organization & Cash Handling

- ❖ Inventoried and ordered kitchen supplies
- ❖ Received, inspected, and stocked supplies
- ❖ Prioritized prepping duties to meet deadlines in a fast-paced, crowded kitchen.
- ❖ Maintained safe, sanitary, and orderly work area
- ❖ Operated electronic cash register: processed cash and credit card purchases.

Work Experience

- ❖ Prep Cook: Waffle House (Atlanta, GA) 2009-2010
- ❖ Cook. AMF Bowling (Atlanta, GA) 2006-2008
- ❖ Burger King (Atlanta GA) 2004-2007

Education

- ❖ Booker T. Washington High
- ❖ Atlanta Job Corps ServeSafe Certification 2005



Prep Cooks Test

Multiple Choice (1 point each)

- C 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- D 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- _____ 3) What does the term braise mean?
- a. Sear quickly on both sides
 - b. Slowly cook in covered pan with little liquid
 - c. Cook on high heat and quickly
 - d. Slowly cook in simmering water
- B 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- a. 155 degrees F
 - b. 165 degrees F
 - c. 175 degrees F
 - d. 185 degrees F
- C 5) How do you blanch vegetables?
- a. Immerse for a short time in boiling water
 - b. Cook lightly in butter over med heat
 - c. Soak in cold water overnight
 - d. Rub with salt before cooking
- A 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- B 7) What is Al Dente?
- a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- C 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours



Prep Cooks Test

- B 9) Which is the improper way to thaw frozen food?
- a. In the fridge
 - b In a sink with cold water
 - c. On the counter
 - d. In the microwave
- C 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - c Flour
 - d. Water
- B 11) What is the temperature range of the danger zone?
- a. 25-135
 - b 40-140
 - c. 50-160
 - d. 30-130
- D 12) Which of the following is listed from smallest to largest?
- a. Dice, chop, mince
 - b. Mince, chop, dice
 - c. Chop, dice, Mince
 - d Mince, dice, chop
- B 13) Which direction should pan handles be turned while cooking on the stove?
- a. Over the fire at all times
 - b Turned towards you for better control
 - c. Turned towards the right or left at all times
 - d. Over the countertop at all times
- C 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - c Liquid
 - d. Oil
- B 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - b Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- B 16) Which of the following means to cook in a small amount of fat?
- a. Season
 - b. Sauté
 - c. Broil
 - d. Boil
 - e. Fry



Prep Cooks Test

A

17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

A

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) Salt & pepper are the basic seasoning ingredients for all savory recipes.

20) braising : to cut into very small pieces when uniformity of size and shape is not important.
Knife