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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 c. 32
 d. 128

D 2) Mesclun are what type of vegetable?
 a. Roots
 b. Beans
 c. Salad Greens
D 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 b. 165 degrees F
 c. 175 degrees F
 d. 185 degrees F

C 5) How do you blanche vegetables?
 a. Immerse for a short time in boiling water
 b. Cook lightly in butter over med heat
C 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 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 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

~~B~~ 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 Knife: to cut into very small pieces when uniformity of size and shape is not important.