

Jashaun Jones

Newark, NJ

jashaunjones@rocketmail.com

(973) 223-0861

To work as a team player or leader in a challenging environment that will allow me to utilize my Culinary skills to prepare a variety of dishes in a professional and rewarding manner.

Work Experience

Cook

The Waiting Room - Rahway, NJ

June 2018 to Present

Responsible for daily preparation of daily menu items, soups and salads. Set up my work station on the line to prepare for the lunch and/or dinner service

Prep Cook

Cleo Restaurant - New York, NY

October 2017 to December 2017

Prepped for the lunch/dinner service for the grade manger, fryer and sauté while also assisting others with preparing breakfast meals and other daily prep

Cook

RIVER CLUB - New York, NY

June 2017 to September 2017

Prep/Prepared daily meals/snacks for club members

Prepared meals for club member banquets and summer events for kids

Cook

Benchmark Hospitality International - New Brunswick, NJ

September 2015 to February 2017

Responsibilities

Prep

Cook food for bar, restaurant, and room service

Make staff meals for lunch, dinner and overnight workers

Banquets (cooking, plate-ups)

Cook/Prep Cook

Saison Fine Dining Restaurant

October 2013 to June 2015

Prep/prepare daily/special meals for my stations

- Garde Manger
- Sauté

Line Cook

Urban Table Restaurant
December 2012 to September 2013

Salad station

- Mexico station (sauté/fryer)
- Grill
- Prep (sauces, meats, soups)

Line Cook

Le Grand Comptoir Wine Bar and Restaurant
December 2010 to May 2012

I prepped in the mornings for the afternoon and night shifts

- I worked at the salad station and pizza/sandwich station
- I opened once a week for the breakfast hours

Catering

Book Club
July 2010 to September 2010

I prepared and served 5 different appetizers and wine for 15 people

The Water Works Restaurant and Lounge

(Internship) Prep cook

Water Works Restaurant
January 2010 to April 2010

Responsible for daily preparation of daily menu items, soups, salads, deserts

- Responsible for all vegetable preparation including washing and Sautéing
- Maintained a highly clean and hygienic work station
- Practiced and maintained good health, hygiene and sanitation of food utensils and self
- Work effectively with Management Executive Chef, cooks, kitchen staff

Shipment Handler

Automatic Switch Company
June 2008 to September 2008

Shipment Handler

- Responsible for loading and unloading freight shipments
- Responsible for daily preparation and packaging of parcels

Education

Associate

Skills

Food Prep, Grill, Food Service, Kitchen Staff, Italian, Fast Food, Culinary

Grill Cooks Test

Score ³²~~29~~ / 40

Multiple Choice Test (1 point each)

A 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

C 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

B 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

80%

Grill Cooks Test

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

A 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

C 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

B 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 CLARIFIED BUTTER AND FLOUR PASTE DOUGH LIKE MIXTURES USE AS A THICKENING AGENT

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

MELT BUTTER AT LOW HEAT SO THAT BUTTER AND FAT SEPARATE THEN SKIM FAT OFF THE TOP

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

1. TOMATO
2. BROWN
3. ~~VEGETABLE~~ HOLLANDAISE
4. VECOUTE
5. BECHAMEL

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

TO OIL THE GRILL DOWN SO FOOD DOESN'T STICK

27) What are the ingredients in Hollandaise sauce? (3 points)

EGG YOLKS
OIL
MILKX
SALT AND PEPPER