

**KM****KEVIN MCSTAY**

CHEF

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OBJECTIVE

A position which allows me to continue to explore my culinary skills and develop management skills

SKILLS

Cooking is an expression of love for me. I take pride in preparing food that tastes good, looks good, and makes the guest feel good. My grandfather was a cook and he inspired me to follow his path. The grill is where my talent excels. I love bringing out the flavor of beef, pork, and chicken and sharing that with others.

EXPERIENCE

HEALTHCARE CHEF • SPRINGPOINT – MONROE VILLAGE • 2018

Senior Living Community with 300 independent living residents and 150 healthcare residents. Responsible for nutritional diets and special formulations such as puree and mechanical soft. Made daily soups, prepared meals on menu cycle, advance prep for upcoming recipes. Worked service line and directed utility staff as needed. Assisted with setting up new kitchen facility.

CREW LEADER • APPLE AMERICA (APPLEBEES) • 2007 – 2018

Over eleven years working at multiple franchise locations, all shifts, trainer for new crew members. Master of broil, flattop, fry, advance prep. Responsible for enforcing brand standards. Experienced in maintaining health and safety standards at all times.

COOK • LONGHORN STEAKHOUSE • 2013 – 2014

Prepared food on broil, flattop, fry. Maintained proper brand and safety standards.

HEAD CHEF • THE FOUNTAINS/BENTLEY SENIOR CARE • 2005 – 2007

Led a kitchen team of 20 employees for a residential and nursing home for approximately 300 seniors which served three meals daily. Responsibilities included staff hiring and scheduling, menu planning (including special dietary requirements), food ordering, food preparation, serving clientele.

COOK • SHADY LANE NURSING HOME • 1993 – 2004

Nursing home with approximately 300 seniors serving three meals daily. Responsible for preparing foods to multiple dietary requirements. Assisted with serving when needed.

EDUCATION

CULINARY ARTS DEGREE • 1993 • ATLANTIC COMMUNITY COLLEGE

Course work included: hot and cold food preparation, international cuisine, baking, pastry, restaurant management, menu planning, food safety, food purchasing, wine selection and serving, front of house cooking and serving.

Grill Cooks Test

Score 32/40

Multiple Choice Test (1 point each)

80%

b 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

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

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

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

A 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)

To thicken sauces

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

Melt butter and take the liquid part and leave the milk solids. For season veg + cook food at a higher point

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

- 1. Demi - Espagnole
- 2. Velouté
- 3. Béchamel
- 4. Hollandaise
- 5. Tomato

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

To spray the grill with oil so the meat won't stick to the grill

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

Butter

Eggs

SALT

Pepper

Chives

Lemon juice
Cayenne