

Chef Solomon Lovejoy Cole III
3940 Laurel Cyn Bl. Ste. 801, Studio City, CA 91604 (818) 983-2674

Private Chef
Bridges To Recovery
10201 Charing Cross Rd,
Los Angeles, CA 90024

10/2017 to 05/2018

Job duties include cooking breakfast, lunch and dinner for 20 clients plus staff.

Proficient in placing orders for product and managing all aspects of the kitchen, also has high-end catering experience and able to work independently.

Very comfortable working around clients in an open kitchen with frequent interactions with the clients.

*Prepares all food items as directed in a sanitary and timely manner

*Wash, peel, cut and cook various foods, such as fruits, vegetables and proteins, to prepare for cooking or serving

*Basic baking knowledge

*Knowledge of special diets; i.e. vegetarian, vegan, gluten free, paleo, keto

*Ensure that leftover food is stored properly for 3 days max.

*Cleans and sanitizes work areas, equipment, utensils, dishes, or silverware and maintains station while practicing exceptional safety, sanitation and organizational skills

*Stocks/restocks items in pantry and refrigerator

*Plans Menu and orders appropriate product from vendors to execute menu

*Properly stores all food items delivered on delivery days

*Stores food in designated containers and storage areas to prevent spoilage

*Rotates product according to "First In, First Out" to maintain shelf-life standards

*Logs and discards all products not used by the end of the shift on the "use by" date

*Understands and complies with food safety and temperature standards

*Take and record temperature of food and food storage areas such as refrigerators and freezers

*Check all refrigerators daily to ensure cleanliness and proper stock is in place

*Performs additional responsibilities as requested by the Supervisor at any time

License:

- Food Handler Certification

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Private Chef

Cliffside Malibu
29160 Heathercliff Rd #200,
Malibu, CA 90265

04/2016 to 02/2017

- *Prepares all food items as directed in a sanitary and timely manner
- *Wash, peel, cut and cook various foods, such as fruits, vegetables and proteins, to prepare for cooking or serving
- *Basic baking knowledge
- *Knowledge of special diets; i.e. vegetarian, vegan, gluten free
- *Prepare breakfast, lunch, and dinner items for residents
- *Ensure that leftover food is stored properly
- *Cleans and sanitize work areas, equipment, utensils, dishes, or silverware and maintains station while practicing exceptional safety, sanitation and organizational skills
- *Stocks/restocks items in pantry and refrigerator
- *Plans Menu and orders appropriate product from vendors to execute menu
- *Properly store all food items delivered on delivery days
- *Store food in designated containers and storage areas to prevent spoilage
- *Rotates product according to "First In, First Out" to maintain shelf-life standards
- *Logs and discards all products not used by the end of the shift on the "use by" date
- *Understands and complies with food safety and temperature standards
- *Take and record temperature of food and food storage areas such as refrigerators and freezers
- *Inform supervisors when equipment is not working properly and when food and supplies are getting low, and order needed items
- *Has understanding and knowledge of how to properly use and maintain all equipment in the station
- *Check all refrigerators daily to ensure cleanliness and proper stock is in place
- *Performs additional responsibilities as requested by the Supervisor at any time

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Private Chef

**The Discovery House Drug and Alcohol Treatment Center
1246 Darby Ave.
Reseda, CA**

09/2014 to 4/2016

At The Discovery House we make Breakfast, Lunch, and Dinner as well as snacks and desserts for 20 to 35 clients per day. Daily Task include individual client attention with special eating request consisting of vegan, vegetarian, gluten free, paleo, holistic, diabetic etc. Other Task that take place is weekly inventory and ordering of items for 3 In-houses and 3 Out-patient houses that we provide food and dry goods for on a weekly basis. Also able to lead a kitchen support team to make excellent food, desserts, and salads for our clients on a daily basis as well as interact with the clients on a professional level that makes them feel appreciated and safe.

Private Chef

**BELLA VITA Eating Disorder Clinic
488 Oakhurst Drive, Thousand Oaks, CA**

03-2014 ~ 08-2014

Prepared meals for eating disorder patients on a daily basis . With the help of the appointed nutritionist several healthy meal plans were constructed for the clients of Bella Vita

Menu for the clients which included measuring and plating and serving every ounce of food for them in a specific manner because each client had a specific eating plan, and making sure all meals were on time so not to disrupt the trust issues the clients had with food. Also my duties included taking weekly inventory of all dry storage, refrigerated, and frozen foods in the facility and ordering the needed products. Keeping the kitchen clean and in well working order and most importantly being there for the clients when they needed help making food or asking any type of food question

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Private Chef

Monte Nido Eating Disorder Retreat
27162 Sea Vista Drive, Malibu, CA 90265 03-2012 ~ 10-2013

Made delicious food for the clients and staff of the facility. By following the pre-planned

Menu for the clients which included measuring and plating and serving every ounce of food for them in a specific manner because each client had a specific eating plan, and making sure all meals were on time so not to disrupt the trust issues the clients had with food. Also my duties included taking weekly inventory of all dry storage, refrigerated, and frozen foods in the facility and ordering the needed products. Keeping the kitchen clean and in well working order and most importantly being there for the clients when they needed help making food or asking any type of food question.

Private Chef

Milestone Ranch Drug&Alcohol Rehab Retreat
327 Latigo Cyn Rd., Malibu CA 90265 07-2011 ~ 02-2012

In the beautiful Malibu Mountains we created a safe environment for clients to recover and my job was to come up with and ever changing gourmet menu filled with flavor and vibrance that clients could enjoy while reflecting on their recovery. Executing menu development, shopping and ordering of food and also inventory and washing my own dishes as well. Meals had to be on time and on the buffet station. Making snacks and flavored waters for the clients to enjoy was also part of the joy of working for Milestones.

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Private Chef

Sigma Phi Epsilon/USC
700 West 28th St., Los Angeles, CA 90008

05- 2009 ~ 06-2011

Cooked for 50 young men of USC, breakfast, lunch, and dinner Mon thru Thur and leaving Fridays for cleaning and ordering of food. My duties also included making late plates for students that were unable to attend dinner and organizing chores for the pledges. Coordinating with the alumni and parents association about special functions. Responsible for all the ordering of meat, fish, produce and all paper products and chemicals for the house. Checking in orders and stocking it neatly in the kitchen or wherever else the product was needed. Making sure the kitchen was kept in pristine condition and the wash area was clean as well. Also I made sure the cereal supply was fully stocked and that the milk was up to date.

Private Chef

Tau Kappa Epsilon/USC
700 West 28th St., Los Angeles, CA 90008

02- 2008 ~ 06-2011

Duties included creating interesting lunch and dinner meals for about 90 distinguished college males of USC five days a week. Responsible for ordering all the food for the entire house. Periodically stocking three refrigerators with essentials such as milk, cream cheese, bagels, yogurt, as well as a variety of juices and fruits. Preparing delicious desserts and making sure salad bar is stock with 15 to 20 items. Extended duties required catered functions (i.e. Alumni dinners, new member meetings and joint fraternity or sorority parties). Knowledgeable with food prices, balancing kitchen budgets and ordering from various food purveyors also experience with handling employee payroll and work schedules.

Private Chef

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Lambda Chi Alpha Fraternity/USC
720 West 28th St., Los Angeles, CA 90008

10-2008 ~ 4-2010

Cooked for 60 to 75 young men of USC, breakfast, lunch, and dinner 4 days a week and Brunch on Fridays. As well as catered all events for tailgates, rush, and parents Christmas Dinner and Brunch with glowing reviews. While I was there I oversaw the restructuring of the kitchen by adding 2 more ovens, ordering new refrigerators and assembling food cages for the security of the non perishables. Responsible for ordering all the food for the entire house. Periodically stocking them with essentials such as milk, cream cheese, yogurt, cottage cheese as well as a variety of juices and fruits. Preparing delicious desserts and making sure salad bar is stock with 15 to 20 items. Extended duties required catered functions (i.e. Alumni dinners, new member meetings and joint fraternity or sorority parties). Knowledgeable with food prices, balancing kitchen budgets and ordering from various food purveyors also experience with small maintenance problem we had from time to time.

Private Chef

Kappa Kappa Gamma Sorority/UCLA
744 Hilgard Ave., Westwood, CA 90025

09-2007 ~ 07-2008

Duties included creating interesting lunch and dinner meals for 75 - 100 distinguished college females of UCLA five days a week. Responsible for ordering all the food for the entire house. Periodically stocking three refrigerators with essentials such as milk, cream cheese, yogurt, cottage cheese as well as a variety of juices and fruits. Preparing delicious desserts and making sure salad bar is stock with 15 to 20 items. Extended duties required catered functions (i.e. Alumni dinners, new member meetings and joint fraternity or sorority parties). Knowledgeable with food prices, balancing kitchen budgets and ordering from various food purveyors also experience with handling employee payroll and work schedules.

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Nook Bistro
11628 Santa Monica Bl, W. Los Angeles, CA 90025

09-2002 ~ 04-2004

As a participant in the opening of this restaurant and aiding to it's addition to the Los Angeles Magazines Top 25 and promoted to Sous Chef which duties included ordering/receiving food for the establishment's menus and specialty menu items. Prepping vinaigrettes, various condiments and certain items for the salad station as well as the grill station. Worked the grill station and pantry station for about 75 covers per day also responsible for all training of new employees.

Sous Chef/Line Cook

Jonathan Beach Club,
850 Palisades Beach Road, Santa Monica, CA 90403

03-1999 ~10-2003

Oversaw line cook and prep cook assignments which included assisting banquet staff with preparation of food for events. Assigning banquet duties such as omelet cooking and/or meat carving to staff. Also responsible for staff meals for 100 to 200 employees per day. Ordering/Receiving food items from purveyors. Responsible for employee evaluations, hiring, and training.

Sous Chef/Line Cook

Molinari's,
8900 Mentor Av, Cleveland, OH 44060

02-1997 ~ 02-1999

Responsible for all the seafood and appetizer orders that came thru the line. Also helped with the cleaning of the grill and in charge of the changing and disposal of the oil in the deep fryer.

220 Franklin Court, Suite 110, San Jose, CA 95111 (408) 265-7621
Fax: (408) 265-7622

11638 Bunker Mountain Rd, W. San Anselmo, CA 94929
Phone: (415) 265-2004

00-2002-00-2004

As a participant in the following test of the 1992 California
Gasoline Marketing Test at San Jose, California, I
hereby declare that the following statement is true and accurate:
I am the owner of the above named company and have
been granted the right to sell the above named
gasoline to the public for the above named period
of time.

Good Quality Gas

1160 Professional Business Road, San Anselmo, CA 94929
Phone: (415) 265-2004

00-2002-00-2005

Owner of the above named company and have
been granted the right to sell the above named
gasoline to the public for the above named period
of time.

Good Quality Gas

3800 Main St, #4, Cleveland, OH 44103
Phone: (216) 522-1888

00-2002-00-2006

Handwritten for the above named company
and have been granted the right to sell the above named
gasoline to the public for the above named period
of time.

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Private Chef

Alpha Epsilon Phi Sorority/UCLA
632 Hilgard Ave., Westwood, CA 90025

4-2004 ~ 6-2007

Duties included creating interesting lunch and dinner meals for 75 - 100 distinguished college females of UCLA five days a week. Responsible for ordering all the food for the entire house. Periodically stocking three refrigerators with essentials such as milk, cream cheese, yogurt, cottage cheese as well as a variety of juices and fruits. Preparing delicious desserts and making sure salad bar is stock with 15 to 20 items. Extended duties required catered functions (i.e. Alumni dinners, new member meetings and joint fraternity or sorority parties). Knowledgeable with food prices, balancing kitchen budgets and ordering from various food purveyors also experience with handling employee payroll and work schedules.

Prep Cook/Line Cook

O-bar Restaurant

8279 Santa Monica Blvd, West Hollywood, CA 90046

10-2003 ~ 05-2004

Main duties were prepping/cooking at grill, sauté station for dinner service which was fast paced with an average of 200 covers per night. Aiding the sous chef with problem solving, ordering food. Communicating with servers and hostess with special meal needs. Special Events leader for celebrity/vip clients.

Sous Chef/Prep/Line Cook

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

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

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

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

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

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

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

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

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

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

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

10
85%

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

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

C 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

A 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)

A Roux is a mixture of Flour, oil, & water
Cooked over medium heat to make Dishes for Sauces

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

Melting the butter and scraping the fat off
the top

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

1. Bechamel
2. Tomato Sause
3. Espagnole
4. Béchon or Velouté
5. Hollandaise

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

Seasons them

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

~~Clarified~~ Butter cold cubes
~~Grated~~ Lemon Juice
Eggs Volks
Sal +

