

# CEDRIC FORD

5199 Hanover St, College Park, Georgia 30349 | (404) 403-5125 | ccford25@gmail.com

## Professional Summary

Talented Supervisor with excellent issue and conflict resolution skills, bringing more than 10 years of experience driving team and organizational success. Highly effective and knowledgeable in process improvement and inventory control.

## Skills

- Accounting
- Inventory control
- Scheduling
- Managing
- Budgeting
- Customer service
- Teamwork and collaboration
- Staff management

## Work History

### Cook

Aug 2014 - Jan 2018

Fulton County Government

Atlanta, GA

- Inspected food for preparation ,serving areas to ensure observance of safe, sanitary food-handling practices.
- Weigh, measure, and mix ingredients according to recipes or personal judgment, using various kitchen utensils and equipment.Portion, arrange, and garnish food, and serve food to patrons.
- Maintain a prepared and sanitary work area at all times.Close the kitchen correctly and follow the closing checklist for kitchen stations.
- Led shifts while preparing food items and executing requests based on required specifications.

### Suites Coordinator

Oct 2011 - Dec 2017

Levy Restaurants

Atlanta, GA

- Assist Suites Manager with running suites for all events, which includes creating and distributing Suite Packets for managers, attendants, supervisors and pantry Coordinator's.
- Closing out of all pre-orders to their appropriate payment method.
- End of event procedures and reports including settling credit cards.
- Sending all of these reports to accounting.
- Knowledge in scheduling.
- Supervise 4 to 5 Supervisors, 15 to 20 suite attendants as well as 2 pantry coordinators, and 10 runners.
- Coordinate with sales staff for Philips throughout events to ensure a great Vendor Client relationship.
- Assist in end of month inventory and theoretical knowledge in premium area primarily in catering and suites.

## **Additional Information**

- Authorized to work in the US for any employer

## Grill Cooks Test

### 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

d 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

d 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

a 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

A

- 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

C

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

C

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 mixture of fat (butter) and flour

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

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

1. bechamel
2. Veloute
3. brown
4. Hollandaise
5. tomato

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

Rub down grill with oil cooking oil

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

4 egg yolks  
1 tablespoon ~~unsalted~~ butter of  
Pinch cayenne  
Pinch salt  
1/2 cup unsalted butter