

Revised 1/28

Cook

Robert Sanders

Self motivated, attentive and responsible.

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To maintain a position within an organization that will utilize my skills, experience, and professionalism to enhance the growth of the company.

Willing to relocate: Anywhere

Authorized to work in the US for any employer

Work Experience

Line Cook

IHOP - Hasbrouck Heights, NJ

November 2018 to Present

Prep and cook all food needed for service

Maintain and clean all kitchen equipment

Flip and restock for the next days Service

Caterer/Cook

Vintage Pro Inflight Catering - Hackensack, NJ

November 2018 to Present

- Responsible for creating and packaging fruit plates, charcuterie, and cheese boards
- Prepare all food from scratch following companies recipe specs

Creative freedom for producing baked goods from scratch

Line Cook

The Cheesecake Factory - Short Hills, NJ

March 2018 to Present

- Open and close the line for service
- Cook all foods and sauces needed for service
- Maintain clean work environment
- Produce all food in a timely manner

Line Cook

FIRST WATCH RESTAURANTS, INC. - Newport News, VA

February 2016 to October 2017

- Open and close cook line
- Prep and cook all food for service
- Responsible for training new employees in company specifications

- Follow all health code guidelines
- Receive and organize food deliveries
- Rotate all products
- Ensure that all food is labeled and dated properly
- Prepare prep sheet for the following days service

Supervisor

Deptcor Bakery - Leesburg, NJ
2010 to 2015

- Supervised a staff of 12
- Cross-trained associates on various baking techniques
- Assured all special orders were fulfilled in a timely manner
- Adhered to OSHA regulations
- Maintained good moral within the work environment

Manager

Homie & Son Landscaping - Irvington, NJ
2007 to 2010

- Followed landscaping plan designs to determine placement of sod, seed grass, or plant grass and foliage
- Maintained irrigation systems including winterizing the systems and revitalizing them in the spring
- Pruned and trimmed trees, shrubs and hedges using prune shears or chain saws
- Advised customers on plant selections and care
- Provided proper upkeep for driveways, sidewalks, parking lots, fountains, planters, burial sites, and other grounds features

Supervisor

Convanta Energy Corp - Newark, NJ
2006 to 2007

- Supervised the transition of waste to energy
- Transported metal and garbage to designated processing room
- Monitored facilities bulk processor
- Observed to make sure conveyor belt's entrance was free of debris

Education

GED

Essex County College - Newark, NJ

Skills

Excellent knife skills (8 years), Excellent baking fundamentals (5 years), Event Planning (2 years), Problem Solving (10+ years), Kitchen Staff (8 years), Culinary (8 years), Saute (2 years), Pizza Maker (1 year), Scratch Cooking (5 years), Grill (8 years), Experienced, Broil (8 years), Garde Manger (2 years)

Certifications/Licenses

Certified ServSafe Sanitation Manager

2016 to 2021

ServSafe

Food Handler

Groups

American Culinary Federation

2016

Additional Information

TECHNICAL SKILLS:

- Operator of reel, rack, and conventional ovens, bread and bun slicers as well as dough mixers
- Forklift operation
- Extremely proficient in Microsoft Word, Microsoft Excel, Microsoft PowerPoint, and Microsoft Access
- Type 50 words per minute

Grill Cooks Test

Score 34 / 40

Multiple Choice Test (1 point each)

34/40

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

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

A 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
- B C X 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)

Flour & Butter
Thicken Sauces & Stocks

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

Removal of milk fat
Higher smoke content

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

1. Bechamel
2. Hollandaise
3. Veloute
4. Espagnole
5. Tomato Sauce

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

Coat all surfaces with high heat cooking oil
Prevents rusting and food from sticking

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

Egg yolk, melted Butter, Lemon juice
water
Cheese