

Emily Gingery

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Professional Chef with 6 years of experience working in a variety of well-established restaurants, as an event caterer, and for client's as a private chef. Holds an A.A.S in Culinary Arts from University of Alaska Anchorage and is thrilled to be relocating to Seattle with its thriving food culture. Passionate about contemporary cuisine, driven to achieve total guest satisfaction, and extremely detail oriented. Timely and reliable, comfortable working in all types of environments including open kitchens and intimate events and is always ready to learn and improve while bringing a positive and upbeat personality to your team!

PROFESSIONAL EXPERIENCE

South Restaurant + Coffeehouse

Anchorage, AK

Manager, Instructor, Back Room Event Coordinator, Line Cook

(May 2016 – Present)

- Responsible for running all dining events held in our private kitchen including ticketed dinners featuring guest chefs, classes for all age groups, holiday parties, weekend brunches, cocktail receptions, and other social gatherings.
- Develops menu concepts, sources product, creates order guides, sets up and breaks down events, completes drink pairings, orders equipment, and teaches classes.
- Stays organized and efficient in management of time, sets own schedule as the needs of the job dictate, takes a leadership role and guides others, and cultivates a positive tone for all shifts.
- Assumes ownership of creating and instructing classes such as:
 - Week-long kids' camps with themes including cuisine from around the world, grilling, and holiday desserts.
 - Baking classes for all ages where students learn how to make pies, cookies, breads, and pastries.
 - High Tea events with gourmet British food paired to local tea from vendors around Anchorage.
- Assists the Executive Chef with the cultivation of seasonal menus, specialty catering projects, off site banquets, and works all line and prep positions in both the AM and the PM.

Haute Quarter Grill

Anchorage, AK

Grill, Pantry, & Lead

July 2015 – July 2016

- Developed an in-depth knowledge of menu items, ingredients, cooking methods, knife techniques, communication skills, and the ability to cook all types of meat (filets, scallops, fish, ribeyes, poultry, lamb, duck, etc.) to guest's specified temperature.
- Gained experience in creating foods from scratch including sauces, stocks, and soups.
- Practiced versatility between stations and was willing to learn and undertake the responsibilities of others both on line and in the prep kitchen.

Simon & Seafort's

Anchorage, AK

Sauté, Pantry and Lead

July 2012 – July 2015

- Worked multiple stations and shifts at a 200-seat fine dining restaurant open 365 days a year for breakfast, lunch, and dinner.
- Created eye appealing food while having a driven work ethic and a team-player attitude.
- Monitored sanitation practices to ensure that standards and regulations are met.

ADDITIONAL SKILLS

Private Chef

March 2017 – Present

- Designs meal plans for clients including those with strict dietary restrictions, allergies, or specific nutritional goals.
- Writes recipes, organizes shopping lists, procures ingredients, and cooks on a weekly basis for clients, leaving each home cleaner than upon arrival.
- Demonstrates the ability to work without supervision while maintaining high standards and a driven work ethic.

Silver Fork Catering Co.

March 2013 – Present

- Creates menus highlighting local elements, emphasizes flexibility while cultivating total satisfaction with each guest, prepares beautiful food with culinary twists, and manages to effectively control costs while adhering to food, alcohol, and supply budgets.
- Works all varieties of events including weddings of 200+ guests, intimate dinner parties, annual retreats, outdoor summer barbeques, holiday dinners, and weekend luncheons.
- Documents and executes all financial aspects of events while using systems such as ChefTec, Gather, Google Docs, Microsoft Office products, BEO's, and Quickbooks.

Piano Instructor

April 2008 – Present

Teaching private piano lessons for 10 years, which includes 8 years working at a reputable studio, 1 unpaid year as an apprentice, and 1 year running a tutoring business. Instructing all age ranges and skill levels, in addition to those with learning and behavioral disabilities. This job emphasizes skills such as:

- Writing lesson materials that give each student the tools necessary to achieve their goals, overcome their individual obstacles without getting disheartened, and develop their own unique style of playing.
- Communicating efficiently by listening, speaking, or writing to students, parents, and potential clients over the phone, in person, and via email.
- Handling billing and invoicing, remaining driven and motivated in the absence of a boss, and developing relationships in place of advertising to attain and maintain business.
- Continual ambition and eagerness to learn while striving to develop more informative, exciting, and in-depth lesson materials for students.

Education

University of Alaska Anchorage

A.A.S. in Culinary Arts, May 2012 (4.0 GPA)

Alcohol handler certification

Current

Food handler certification (ServSafe)

Current

References

Shane Moore: (907)854-9046 / shane@southak.com

Yael Kaufman: (907)947-1374 / yael@alaska.org

Caleb Hanson: (907)268-8783 / caleb@summitspiceandtea.com

Christine Flanum: christine.flanum@gmail.com

Prep Cooks Test**Multiple Choice** (1 point each)

- _____ 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - ☒ d. 128
- _____ 2) Mesclun are what type of vegetable?
- ☒ a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- _____ 3) What does the term braise mean?
- a. Sear quickly on both sides
 - ☒ b. Slowly cook in covered pan with little liquid
 - c. Cook on high heat and quickly
 - d. Slowly cook in simmering water
- _____ 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- a. 155 degrees F
 - ☒ b. 165 degrees F
 - c. 175 degrees F
 - d. 185 degrees F
- _____ 5) How do you blanch vegetables?
- ☒ a. Immerse for a short time in boiling water
 - b. Cook lightly in butter over med heat
 - c. Soak in cold water overnight
 - d. Rub with salt before cooking
- _____ 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - ☒ c. Brown Sugar
 - d. White Sugar
- _____ 7) What is Al Dente?
- ☒ a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- _____ 8) Food should be left out no more than
- ☒ a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours
- _____ 9) Which is the improper way to thaw frozen food?
- a. In the fridge
 - b. In a sink with cold water
 - ☒ c. On the counter
 - d. In the microwave

Prep Cooks Test

10) Which of the following can you use to put out a grease fire?

- ☒ a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

11) What is the temperature range of the danger zone?

- a. 25-135
- ☒ b. 40-140 **40-135**
- c. 50-160
- d. 30-130

12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, Mince
- ☒ d. Mince, dice, chop

13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- ☒ b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- ☒ c. Liquid
- d. Oil

15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- ☒ b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

16) Which of the following means to cook in a small amount of fat?

- a. Season
- ☒ b. Sauté
- c. Broil
- d. Boil
- e. Fry

17) What is a Julien cut?

- ☒ a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- ☒ a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

Prep Cooks Test

19) SALT & PEPPER are the basic seasoning ingredients for all savory recipes.

20) ROUGH CHOP : to cut into very small pieces when uniformity of size and shape is not important.

BRANDISE
MINCE?

Grill Cooks Test

Score 39 / 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

1

99%

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

Grill Cooks Test

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

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

12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- ☒ d) 128

13) How many cups are in a quart?

- a) 2
- ☒ b) 4
- c) 6
- d) 8

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

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

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

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

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

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

20) What temperature should chicken be cooked to?

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

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

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

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 EQUAL PARTS BUTTER (SOMETIMES OTHER FATS) + FLOUR, COOKED IN A PAN TO VARYING DEGREES OF "BROWNNESS" AND USED AS A THICKENING AGENT.

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

BUTTER CAN BE CLARIFIED OVER LOW HEAT, WITH THE CLEAR, GOLDEN PORTION LADLED OFF THE TOP. USED TO PREVENT MILK FAT FROM ENTERING FOOD (EG. HOLLANDAISE WILL BREAK IF THIS DOES NOT HAPPEN).

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

1. TOMATO
2. ESPAGNOLE
3. HOLLANDAISE
4. VELOUTÉ
5. BECHAMEL

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

IT IS THE BEST WAY TO KEEP YOUR GRILL CLEAN, IT IS THE PROCESS OF SCRUBBING AWAY DEBRIS AND APPLYING

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

ACID (LEMON JUICE IS A FAVE)
FAT (CLARIFIED BUTTER)
EGG YOLKS
SALT
WHITE PEPPER

A THIN LAYER OF OIL WITH A HIGH SMOKE POINT. PREVENT FOOD FROM STICKING!

Grill Cooks Test

17) 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 with 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.

18) What temperature should chicken be cooked to?

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

19) What temperature should all ground meat be cooked to?

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

20) What temperature should fish be cooked to?

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

21) What is a roux and what is it used for? (2 points)

A roux is a mixture of equal parts butter (sometimes other fats) + flour, cooked in a pan to brown. It is used as a thickener agent. It is the process of making clarified butter, and why is clarified butter used? (3 points)

Butter can be clarified over low heat, with the cream, golden brown, poured off the top, used to prevent milk fat from entering food. (This does not happen). (Eg. Hollandaise with butter if prevent milk fat from entering food)

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

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

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

It is the best way to keep your grill clean, it is the process of scrubbing away debris and applying a thin layer of oil with a high smoke point. Prevents food from sticking!

ACID (Lemon Juice is a fat)
 FAT (Clarified Butter)

egg yolk

White Pepper
 Salt