

rec'd
2/17

Cock

218
12pm

Warner Brador

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Summary:

Accomplished leader with distinguished culinary in high-end catering, contract food services and hotels. Strong leadership qualifications combined with outstanding team building skills and client relations. Background in providing regional support while directing multiple units simultaneously. Significant contributor to revenue/profit growth through improvements in quality, productivity, operational efficiency and customer service and client satisfaction.

Highlights:

Inventory management knowledge
Quality assurance
High volume production catering
ServSafe Certified
P & L Experience

Staff hiring and training
Payroll forecasting/scheduling
Focused and Disciplined
Knowledge of culinary trends
Multi-unit experience

Microsoft: Word
Excel
PowerPoint
Outlook

Professional Experience :

Executive Chef

Kenilworth Hotel

Kenilworth, NJ

February 2018- Present

Managed all dining services operations and ensured compliance in all facility dining operations

- Provide leadership in culinary production, operations and procurement
- Develop culinary team members through appropriate coaching, training and mentoring
- Maintain compliance standards for meal service, food quality and task performance
- Develop unique menu items and plate presentations for multiple, conference service and catered events and restaurant patrons
- Responsible for maintaining food costs at 30% and implemented new products that increased customer satisfaction

Exécutive Chef

Sodexo Inc.

Creative Gourmet

Cooper Medical Center

Sanofi Pasteur

April 2014-January 2018

New York City, NY

Camden, NJ

Swift water, Pa

Responsible for managing daily operations of the kitchen's, implementing production process, menu planning, catering, managing food and labor cost.

- Responsible for all culinary development, systems and production oversight
- Performs daily audits of safety, sanitation, food quality, meal delivery at point of service, and quality standards to optimize financial and operational productivity
- Conducts meetings with employees on a regular basis to ensure satisfaction with dining services
- Develop unique menu items and plate presentations for multiple, conference service and catered events
- Work directly with Catering and Marketing Department to increase banquet business
- Trained staff on various techniques and cooking procedures
- Empowered team members to ensure they exceed expectations and achieve targeted performance and quality
- Responsible for maintaining food costs at 28% and implemented new products that increased customer satisfaction

Prep Cooks Test

Score 17 / 20

Multiple Choice (1 point each)

85%

- d 1) A gallon is equal to d ounces
a. 56
b. 145
c. 32
d. 128
- c 2) Mesclun are what type of vegetable?
a. Roots
b. Beans
c. Salad Greens
d. Spices
- b 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
- b 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
- a 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
- c 6) Which of the following ingredients would you pack before measuring?
a. Olive Oil
b. Salt
c. Brown Sugar
d. White Sugar
- a 7) What is Al Dente?
a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft
- a 8) Food should be left out no more than
a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

- C 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

- A 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - c. Flour
 - d. Water

- b 11) What is the temperature range of the danger zone?
- a. 25-135
 - b. 40-140
 - c. 50-160
 - d. 30-130

- D b X 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

- C b X 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

- C 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - c. Liquid
 - d. Oil

- b 15) Which spoon is used to remove fat from soups and stews
- a. Basting Spoon
 - b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon

- b 16) Which of the following means to cook in a small amount of fat?
- a. Season
 - b. Sauté
 - c. Broil
 - d. Boil
 - e. Fry

Prep Cooks Test

a 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

a 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)

19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

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