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C.M

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10am

James Bogar

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PROFESSIONAL EXPERIENCE:

1/2017 – Present

IRG / Mack Staffing / People Ready

New Jersey

- Staffing agency consultant and working chef on a need basis all-across NJ
- Working as Chef, Sous Chef and Executive Chef roles

(Reason for leaving: only temp. roles or consulting roles)

01/2014 – 06/2015

LAROUGE RESTAURANT & LOUNGE

Newark, NJ

Executive Chef

- Overseeing all executive functions of the Kitchen
- Designed Brand new Kitchen
 - Redesigned kitchen structure from logistical hardware to existing Sanitation Protocols
 - Established all Human Resource Policy and Procedures, including Employee Handbook
- Creating Menu Specifications & Cuisine Specialties
 - Fused Soul Food Concept with established Caribbean Cuisine to increase Variety and sales
- Increased Sales 30% over previous year due to new Menu
- Food cost established and kept at 30% with hands on inventory and ordering
- Implemented Showcase Visual Cooking/Outdoor dining experience

(Reason for leaving: Needed to take time off to have double hip replacement surgery and upon his return, his position had been filled)

03/2013 - 01/2014

Joe's Crab Shack

Clifton & Newark, NJ

Chef

- Hired as a Grill cook and promoted to Broiler cook after 1 month
- Promoted to Sauté cook after 1 month and promoted to Fry cook after 1 month
- Promoted to head chef in 2013
- Reduced turnover and increased morale by cross training BoH staff
- Worked every line position, fill in when needed

(Reason for leaving: Moved back to PA)

Additional Experience:

2012	Grill Cook	Sodexo	Summit, NJ
2012	Grill Cook/Pizza Cook	AMC theaters	West orange, NJ
2007 – 2012	1 st Cook	Career Center	Union, NJ
2010 – 2011	Sauté Cook /Pizza Cook	Dave and Busters	New York City, NY

EDUCATION:

GED, Seton Hall Prep, West Orange, NJ

Grill Cooks Test

Score 30 / 40

Multiple Choice Test (1 point each)

159

B A X

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 d X

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

d

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

X C X

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

- c 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 64 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 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 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 & butter and is used as a thickener for gravies / or soups.

- 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. Hollandaise
2. veloute
3. Bechamel
4. Espagnol
5. Tomato

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

To season a grill is to oil it, so food is cooked on a better surface.

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

-1 Eggs
Butter
cream
salt