

Bernard Robert Gilbride

Chef

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Summary

To support and be a reliable asset to the staff and company. I possess a passion for cooking and teaching that is secondary only to my family. During my extensive years of experience, training, learning and hands-on education I have developed a skillset that I now need to convey to others. I am ready to take my career to the next level.

Health Care Services Group - Chef / Acting Assistant Director;
July 2018-December 2018.

Responsible for the Breakfast and lunch for the residents pertaining to our weekly cycle Menu. Organize and following strict guidelines pertaining to temperature logs, label dating and computer organization of diet cards. Conduct bi-weekly inventory in a achieving budget minded order in regarding of items for the operation.

Star Staffing Services, Manhattan, New York January 2010 – January 2018
Subcontractor chef to various hospitality venues throughout the Greater New York Tri-State area.

Aramark Corporation - Saint Thomas Aquinous Sparkill New York - Cook January 2018- July 2018
Create various items of a Sicilian profile to include, but not limited to various pasta dishes, pizzas and proteins and entrees.

Hilton Garden Inn Ridgefield Park New Jersey - Lead cook
October 2016 -April 2017

Responsible for inventory, ordering, scheduling and banquets. Additional responsibilities include setting up for the breakfast buffet consisting of numerous breakfast items as well as the ala carte line for the evening shift.

Flik at Netaporter Mahwah, New Jersey - Cook – I July 2015 - October 2016 Responsibilities: Breakfast preparation, catering events for National Football League (Giant Stadium)
Assist Executive Chef with the setting up of all stations, production and various action stations.
Productions of Entrees, soups, deli items and vegetables.

Hilton Garden Inn Ridgefield Park New Jersey - Interim Chef
August 2013- October 2014

Responsible for inventory, ordering, scheduling and banquets. Additional responsibilities include setting up for the breakfast buffet consisting of numerous breakfast items as well as the ala carte line for the evening shift.

Education:

Institute of Culinary Education, Manhattan NY 10/2000 Culinary Arts: Culinary Arts and Baking / Pastry -
GPA: 3.0

Grill Cooks Test

Score 33 / 40

Multiple Choice Test (1 point each)

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

D 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

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

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

82%

Grill Cooks Test

E A X 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 A 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

B X 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)

ITS A Thicken Agent Used TO Tighten Soups
Or gravy

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

Slowly Melt The Butter and Then Skim The FAT Away

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

1. V~~eloute~~ Cloute
2. ~~Bechamel~~ Bechamel
3. Brown
4. Hollandaise
5. Tomato

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

So The Protein Doesn NOT STICK TO The Grill b-cause It and Using Salt,

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

① Egg Yolks

④ Butter

② Black Pepper (cay)

③ Vinegar