

Sundiata Daaka
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sdaaka@gmail.com
Pasadena, California

Education:

Trenton Central High School

2004-2008

Trenton, NJ

University of Massachusetts

2009-2010

Amherst, MA

Political Science/Nutrition

University of The District of Columbia

2012-2015

Washington, DC

Political Science/ Nutrition

Qualifications:

- Excellent communication skills, both written and oral
- Enthusiastic, mature, professional, creative, detailed, and accurate
- Semi fluent in the Spanish language
- Firm knowledge and execution in culinary skills and techniques

Experience:

January 2018-Current

Dedicato Treatment Center

Sierra Madre, CA

I am a private chef for Dedicato Treatment Center. I typically serve classic american cuisine and also Mexican American cuisine.

June 2018-December 2018

St.Anselm

Washington, DC

Line cook at St.Anselm in Washington DC. St. Anselm is a upscale Steakhouse that focuses on locally sourced meats and vegetables.

June 2017- June 2018

That Special Occasion Catering

Vancouver, Washington

I am a overnight baker, prep, grill cook and saute for a fine dining and special events catering company in the Vancouver-Portland area.



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March- September 2010

Green Acre Baha'i School

Eliot, ME

I was Sou Chef and the closing manager of the kitchen at the Green Acre Baha'i School Conference and Retreat Center in Southern Maine. I helped manage a kitchen staff of seven. Green Acre's food service is buffet style and does fine dining for weddings, holidays, and other special events. We served food from various cultures with an emphasis on organic and meatless cuisine. We typically served 200+ people per seating.

August 2009- January 2010

Charley's

Camp Springs, MD

I was a grill and prep cook at Charley's in the Andrews Air Force Base AAFES Exchange. Some of my responsibilities included prepping, grilling, cooking, arrangements, baking, cash transactions, and cleaning.

October 2006- April 2007

Chuck E Cheese

Princeton, NJ

I was a host for birthday parties. I was responsible for planning the logistics of the birthday party which included; live entertainment, food service, food prep, customer service, cleanup, and money transactions.

January 2006- June 2008

Linda's Catering

Princeton & Trenton, NJ

I helped operate a Soul Food catering company. I cooked, prepped, and served this delicious and mouthwatering Southern style cuisine.

Grill Cooks Test

Score / 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

71
82.5%

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 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

c 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

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

d 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 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

7 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

6

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

6

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 base for sauces and gravy.
It always has ~~some~~ sort of flour & butter.

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

To ~~liquify~~ liquify butter and remove the solids that float to the top. It's ~~more~~ easier to cook with ~~butter~~ and holds better with heat.

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

1. ~~Roux~~ Bechamel
2. Veloute
3. Espagnole
4. Hollandaise
5. Tomatoe sauce

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

1) To put a base seasoning into the metal of the grill, usually salt & pepper. All products cooked on it will have this seasoning base.

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

1. Clarified Butter
2. Egg yolks
3. Water (Warm)

