

Anthony Henry
Los Angeles, Ca.
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(516) 395-4815

OBJECTIVE

I'm a highly self-motivated individual, looking to secure a position in the food service industry, alongside others who share the same vision as mine, that being, creating high quality food and taking pride in giving patrons an amazing guest/dining experience.

EXPERIENCE

GPX Catering~ *Sous Chef*

October 2018- Current

- Consulted weekly with head chef to create breakfast and lunch menus for the week.
- Prepared a menu of alternatives to account for patrons with food allergies.
- Operate and maintain all food services equipment and machinery.
- Estimate food service timing to have meals prepared at scheduled time.
- Assist in evaluating new recipes and products.
- Assist with weekly ordering of supplies and food products.
- Participate in the preparation of a wide variety of dishes.

Urban Pie/Hearth&Olive~ *Sous Chef*

April 2018 –Current

- Managed, prepped and executed many large quantity, high profile events, efficiently while keeping food cost in mind.
- Increased sales potential by maintaining knowledge of new menu items and house specialties.
- Prepared a wide range of Italian cuisine items (i.e. pizza dough, fresh mozzarella, pancetta, dressings, sauces, etc.)
- Consulted and helped conceptualize new menu items for Hearth&Olive (Mediterranean fusion concept)

Zen Craft Catering~ *Chef de Cuisine*

Nov 2017 – Mar 2018

- Planned and executed a wide variety of catered events, as well as overseeing production and delivery of drop-off catering.
- Ensured that all items for every event were prepared in a timely and efficient matter to increase work productivity.
- Choreographed food line set up at locations providing the most effective flow.
- Ordered and prepared food while minimizing waste and maintaining a low food cost.

Hilton Hotel~ *Garde Manager/ Banquet Chef*

Mar 2017 – Dec 2017

Set up and performed preparation work for food items including, but not limited to, soups, sauces, salads, etc.

- Stocked and maintained designated food stations.
- Maintained cleanliness and food sanitation standards at all times.
- Practiced correct food handling and food storage procedures according to federal, state, local and company regulations.

Aramark~ Head Chef

Sept 2015 – Mar 2017

- Maintained production and all serving schedules; ensuring quality and that all food was served per menu specifications in a safe and appropriate manner according to departmental policies and procedures.
- Performed duties as requested by the Food Service Director whenever his/her skill and/or experience would be necessary to initiate, coordinate, or complete any given program.
- Maintained a sanitary department following health and safety codes and regulations.

Bracco's Clam and Oyster Bar~ Head Chef

Apr 2014 – Sept 2016

- Cooked at one of the top outdoor, high volume venues in Long Island.
- Insured that orders were being correctly executed and delivered in a timely manner.
- Managed a busy kitchen with over 15,000 covers a weekend and a staff of 20+ kitchen employees.
- Oversaw cooks and other employees in the preparation, cooking, garnishing, and presentation of food.

ADDITIONAL SKILLS

- Proven ability to multi-task and juggle competing goals in fast paced environments.
- Strong interpersonal skills.
- Consistent production of delicious, yet cost-effective, quality dishes through appropriate planning.
- Excellent managerial ability with extensive experience overseeing various teams with great efficiency.
- Experience in retail sales and concessions.
- Extreme attention to detail, inventory control and food and labor cost.

(References upon request)

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Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

87.5

A 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 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

E 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

A 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 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

C 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 usually flour and butter and it is used to thicken sauces.

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

Melt butter ~~separate~~ allowing to separate then removing what floats to top. Clarified Butter is sometimes used for sauces, steaks, etc

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

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

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

Coating cold grill with cooking oil

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

Eggs yolk, butter, lemon juice, Sop options

