

# Chanel M Green

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## SUMMARY OF SKILLS

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- Over 7 years of outstanding experience in catering and cooking management
- Diplomatically resolved customers complaints on as-needed basis
- Solid ability to work in fast-paced environments
- Punctual, fast learner with excellent attention to detail
- Self-motivated and able to complete tasks with little supervision

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## PROFESSIONAL EXPERIENCE

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### Catering

- Ensure exemplary guest service through all forms of banquet service, carving stations, running food during events, buffets, plated, replenishing product and supplies in compliance with event standards.
- Ensure that events are properly equipped and executed by transporting, pulling, setting up and breaking down, as well as returning equipment to designated storages in compliance with event standards and instructions.
- Resolved guest issues promptly and professionally.
- Completed various job duties including prep cooking, salad station, grill cook, as well as dishwashing and sanitation.
- Clean, organize and restock equipment as well as product returning from catering events.
- Understand safety responsibilities as well as environmental laws by following established procedures, policies, training and involvement activities

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## EMPLOYMENT HISTORY

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Welbrook South Bay Torrance, CA	May 2017 to June 2018
Line Cook/Supervisor	
Hollywood Park Casino, Inglewood, CA	August 2016 to July 2017
Line Cook, Catering	
CMG Catering Los Angeles, CA	June 2014 to Present
Cook	
Culinary Staffing, Los Angeles, CA	January 2013 to Present
Cook Line Cook	
USC Radisson Hotel Pantry Cook (6 months)	
The Athenaeum Alfresco Line Cook, Catering (7 months)	
The Langham Hotel Line Cook (3 months)	
Cal -Tech Dining Hall Cook (4 months)	
Securitas Security, Los Angeles, CA	December 2008 to August 2012
Security Supervisor/Security Officer	
Time Warner Cable, Hollywood, CA	November 2008 to December 2008
Customer Service Representative with Billing and Service Issues	
Remedy Temp Agency at the Federal Reserve, Los Angeles, CA	August 2006 to August 2007
Customer Service Representative with Billing and Service Issues	
Catholic Charities of Los Angeles, CA	August 2002 to July 2005
Office Administration and Teachers Aide	

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## EDUCATION AND TRAINING

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Los Angeles Trade Tech College, Los Angeles, CA	Projected Graduation Date of 2019
Certification in Culinary Arts	
Crenshaw High School, Los Angeles, CA	June 2005
High School Diploma	
Chrysalis Enterprises	Training Completed 2016
Certificate Received	
South Bay 1 Stop Center Blueprint 2 Training	Training Completed 2016
Certificate Received	



**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

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

C

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

B

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

A

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

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**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

C 12) A gallon is equal to \_\_\_\_\_ ounces

- a) 56
- b) 145
- c) 32
- d) 128

D 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

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

A 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

A

- 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

B

- 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)

to thicken Sauces ~~thicken~~

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

to Caramelize  
and heating the butter until all fat is  
gone.

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

- 1. Espagnole
- 2. Bechamel
- 3. Vinaigrette
- 4. Mornay
- 5. Hollandaise

*Homework  
TEST*

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

to oil it to butter or spray it with oil down  
so the food will cook properly.

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

egg yolk and clarified butter

2 more

