

Chanel M Green

Los Angeles, CA 90062

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SUMMARY OF SKILLS

- 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

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

Welbrook South Bay Torrance, CA Line Cook/Supervisor	May 2017 to June 2018
Hollywood Park Casino, Inglewood, CA Line Cook, Catering	August 2016 to July 2017
CMG Catering Los Angeles, CA Cook	June 2014 to Present
Culinary Staffing, Los Angeles, CA Cook ,Line Cook	January 2013 to Present
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 Security Supervisor/Security Officer	December 2008 to August 2012
Time Warner Cable, Hollywood, CA Customer Service Representative with Billing and Service Issues	November 2008 to December 2008
Remedy Temp Agency at the Federal Reserve, Los Angeles, CA Customer Service Representative with Billing and Service Issues	August 2006 to August 2007
Catholic Charities of Los Angeles, CA Office Administration and Teachers Aide	August 2002 to July 2005

EDUCATION AND TRAINING

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

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
- Do 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

82.5%

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 ~~to 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. Espangoli
2. Bechamel
3. Tomato
4. White
5. Hollandaise

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 wipe it down so the food will cook properly.

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

egg yolk and clarified butter

2 more

