

ShaTore Thomas  
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Chef with four-years' specialized culinary experience in West Indies and Creole cuisines. Possesses expertise in creating sauces and cooking seafood and poultry, as well as following and creating new recipes. Presentation with meticulous detail and demonstrates skills in improving cooking processes and reducing food waste and cost.

Professional Experience  
Culinary Staffing Agency  
Traveling chef, Oct 2018 to April 2019

Universal Music Group, Corporate Dining Room Cook, November 2017 to April 2018

Simply Wholesome, Lead Line Cook, November 2016 to November 2017

- Worked in prep and grill station within 50 seat casual dining Caribbean and Mexican restaurant, with expertise cooking seafood and poultry.
- Supervised Night Shift of 5 kitchen staff, including prep and sandwich
- Consistently receiving positive feedback from patrons for quality, presentation, and taste of food.
- Prepared several meals for celebrities and high-end customers.
- Created and recommended new sauces and cooking styles to the owner, which were subsequently added to menu.
- Created specials on specific days that eventually sold out.
- Catered for parties that ranged from 10 to 100 people.
- Developed processes that accurately tracked food costs more efficiently.

Catering Company, Self Employed Caterer, May 2015 to November 2016

- Specialized in West Indies cuisine

Resident inn Marriott, Overnight House Person, March 2014 to April 2015

Staple Center, Guest Service Representative, June 2011 to November 2014

A Place Called Home, Bridge to the Future, Intern, Jr Sous Chef, January 2011 to June 2011  
(short term life-development program)

- Prepped Food within a non-profit organization for at-risk kids and teenagers
- Ability to accurately and quickly prep ingredients according to specifications as well as prepare stocks and long cook items
- Trained 4 new preps who had no prior experience
- Ensured supplies were consistently available, replenishing items as required
- Managed and checked food quality, prioritizing ingredients and reducing food waste
- Quickly learned new recipes

Additional

- Food handlers card
- Skilled in utilizing different kinds of knives grinders, mixers, etc.
- Experience hospitality and FOH experience



**Multiple Choice Test** (1 point each)

72.5

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

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

A 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

A 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

ABC 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

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

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

A 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)

1/2 flour & butter or oil used for sauce or dish like gumbo

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

milk (oil), yolk clarified butter is used because it contains NO salt. doesn't affect the food taste

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

1. Jus sauce
2. Burr Blanc sauce (veloute)
3. Hollandaise sauce
4. ROUX
5. gravy (Brown)

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

have grill hot & ready and flame (heat) and/or oil or butter to cook protein or veggies correctly & evenly

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

egg yolk, salt, lemon, onion (not sure)

Butter & Cayenne

