

MICHAEL SEAWRIGHT

imyahsrael777@gamil.com | H: 404-317-3907 | 369 connecticut Ave a, Alanta, Ga30307

4/16 @ 10am
DPM

Summary

Focused Culinary Assistant dedicated to developing new skills through learning opportunities. Strives for growth and offers phenomenal ambition to see projects through to completion and ultimate succes

Dedicated Customer Service represenative skilled at meeting needs of diverse customers while keeping calm and maintaining professionalism at all times. Capable of working on feet for long periods of time and training incoming staff. Solid history of success in food service field, with 5 years of experience.

Skills

Verbal communication	Culinary arts background
Multitasking and prioritization	Customer service oriented
Safety standards training	Food safety understanding
Organizational ability	Buffet setup and takedown
Food inspection	Outstanding cleanliness

Experience

04/2011 - 02/2015 Banquet Captain

ELEGANT STAFFING I gave excellent Service at various events all throughout the metro Atlanta area.
Atlanta, GA Sought out and implemented methods to improve service and team performance, boosting business sustainability with continuous enhancements.

Supervised food preparation, delivery and quality to ensure satisfaction.
Prepared food table side, including carving meats and deboning fish.
Greeted all customers.
Maximized table turns and rotated seating for optimal guest satisfaction.

03/2011 - 02/2015 Utility Worker

L.G.C Completed routine and deep cleaning procedures on machinery, vehicles and facility areas.
Atlanta, Ga Maintained clean, organized and fully stocked work areas for maximum efficiency.
Followed daily maintenance lists to keep work areas operating effectively.

Culinary Assistant

DRAKE STAFFING
Atlanta, GA Cleaned walls, fans and drains in bakery coolers, display cases and work areas.
Cleaned and inspected food preparation areas for safe and sanitary food-handling practices.
Upsold customers effectively and optimized table-turns, outperforming wait staff average sales by up to [Number]%.
Handled and bagged groceries carefully and according to customer preference.
Stocked newly delivered inventory in storage, kitchen and food prep stations.
Arranged and stocked department displays.

Michael
Seawright

4/16/2019

Prep Cooks Test

Multiple Choice (1 point each)

13/20

- D 1) A gallon is equal to _____ ounces
a. 56
b. 145
c. 32
d. 128
- a 2) Mesclun are what type of vegetable?
a. Roots
b. Beans
c. Salad Greens
d. Spices
- c 3) What does the term braise mean?
a. Sear quickly on both sides
b. Slowly cook in covered pan with little liquid
c. Cook on high heat and quickly
d. Slowly cook in simmering water
- b 4) At what internal temperature must chicken be cooked so that it is safe to eat?
a. 155 degrees F
b. 165 degrees F
c. 175 degrees F
d. 185 degrees F
- a 5) How do you blanch vegetables?
a. Immerse for a short time in boiling water
b. Cook lightly in butter over med heat
c. Soak in cold water overnight
d. Rub with salt before cooking
- b 6) Which of the following ingredients would you pack before measuring?
a. Olive Oil
b. Salt
c. Brown Sugar
d. White Sugar
- a 7) What is Al Dente?
a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft
- a 8) Food should be left out no more than
a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours
- c 9) Which is the improper way to thaw frozen food?
a. In the fridge
b. In a sink with cold water
c. On the counter
d. In the microwave

Michael Seawright
2/1/16/2019

Prep Cooks Test

C 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

C 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

D 12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, Mince
- d. Mince, dice, chop

b 13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

C 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

b 15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

b 16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

a 17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

a 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

Michael
Sawright

4/16/2019

Prep Cooks Test

- ✓ 19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.
- ✓ 20) Dice : to cut into very small pieces when uniformity of size and shape is not important.

Buffet Service Test

Multiple Choice:

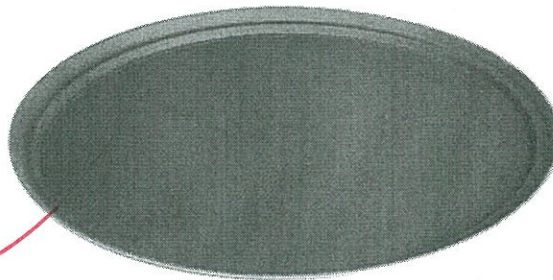
6/10

1. The first thing a client is going to notice about you is:
 - A. How much you went through to get there
 - B. How far you had to park
 - C. What you look like when you report for duty
 - D. How Punctual you are
 - E. A&B only
 - ☒ F. C&D only
 - G. All of the above
2. BEO stands for:
 - A. Banquet Efficiency Order
 - B. Better Events Organization
 - C. Banquet Event Order
 - D. Best Ever Odor
 - E. None of the above
3. Once your chaffing dish is set up, the next step is to add what to the pan:
 - A. The food
 - B. Hot Water
 - C. Cold Water
 - D. Jelly from the Sterno can
 - E. None of the above
4. Which is an acceptable way to lite a sterno can?
 - ☒ A. With matches
 - B. With a regular cigarrete lighter
 - C. With a long-neck lighter
 - D. All of the above
 - E. None of the above

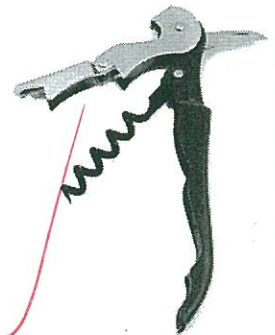
Name that item:



Brunson
Sterno



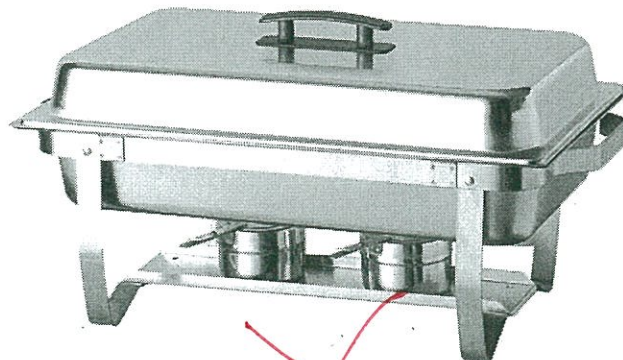
serving Tra



can opener



DRINK TRAY



Lighter

Name: Michael Seawright Date: 4/16/2019

Dishwashing Test

10/13

Fill In The Blank:

1. Name two of the four potential hazards of working in a professional kitchen discussed in this training:

X

2. Name two of the four rules mentioned for lifting safely:

Lift with Legs ✓

3. What is a good way to prepare your body for the rigors of your work day before you start your day?

Good Night Rest ✓

4. What type of cleaner should you use when cleaning up an oil-based spill?

absorbant X

5. What type of item should never be used to scoop ice out of an ice machine?

glass ✓

6. What type of item should you use if you have to handle a hot item?

cloth ✓

7. How do you put out a grease fire?

FLOUR ✓

8. List the 6 steps of proper handwashing:

✓ USE HOT WATER

✓ RINSE 10 SEC

apply soap 10 SEC

RINSE 10 SEC

Repeat

dry hands

✓ 9. When using a 3-compartment sink, the first sink is used for: WASH RINSE SANITIZE

~~SOAK, WASH, SANITIZE~~

10. When using a 3-compartment sink, the second sink is used for:

✓ ~~WASH~~ RINSEING

11. When using a 3-compartment sink, the third sink is used for:

✓ SANITIZE

12. When stacking dishes to dry, it's important to leave room for air to pass through.

✓ 13. When preparing dishes for an industrial dishwasher, it is important to choose the appropriate detergent and to load it accordingly