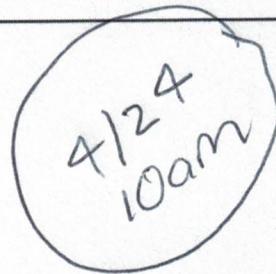


Simone Carey

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OBJECTIVE

My current objective is to become more marketable, by gaining more experience and knowledge in all areas of business, and customer service. I am a hard worker and quick learner who is willing to go the distance to become successful in the years to come. My dream in the next 5 years is to open my own restaurant. I posses the natural cooking skills, outgoing personality, and beautiful smile to accomplish this.

EMPLOYMENT

March 2014- Currently employed **Star Staffing/ Banquet server** **Metuchen, NJ**

- cooking in varsity hotels. Bridgewater Marriott, precision Marriott, Hyatt regency, renascence hotel
- company parties, weddings, proms ect.
- room service
- stocking, taking Inventory, packing, unloading trucks
- bartending events

March 20017- December 2017 **Classic Cafe** **Cranford, NJ**

- Cooking hot entree daily
- 2 soups from scratch daily
- slicing deli meats and cheeses daily
- made to order breakfast-lunch daily (GRILL)
- made to order sandwiches, Panini, and salads / creating deli special daily

June 2015- November 2017 **Robert Treat Hotel** **Newark, NJ**

- Running the guest lounge
- cooking breakfast
- cleaning, and restocking lounge
- giving my great customer service

August 2014- December 2014 **Brock & Co. / Deli / grill cook** **Bridgewater, NJ**

- slicing all deli meats and cheeses daily
- made to order breakfast and lunch/ Grill&Deli
- taking phone orders
- heavy clean up at the end of the day
- place sing bread, and produces, and Sysco orders for net morning

EDUCATION

UCVTS High School – Graduated 2006
Empire Beauty School for Cosmetology - Graduated 2009

Grill Cooks Test

Score 30 / 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

B

C X

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 A X

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

15/20

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: *Chiffonade*

- 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

C A X 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)

ROUX IS USE FOR THICKENING SAUCES, SOUPS AND OTHER ITEMS

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

SEPARATION OF THE MILK IN BUTTER YOU CAN MELT THE BUTTER TO DO SO.

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

1. Tomatoe
2. Espagnole - Brown
3. Cream white
4. Fish Velout - Not sure about the spelling
5. Hollandaise

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

TO OIL YOUR GRILL TO KEEP FOOD FROM STICKING.

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

NOT SURE