

Rec'd
9/12

Cooks

4/24
11am

Cecilia Torres

Data Entry

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to procure a position with an organization where I can contribute as a self-motivated and organized team player, as well as utilize my expansive skill-set to make an impact for your organization.

Authorized to work in the US for any employer

Work Experience

Supervising Cook/Dietary Aide

Genesis HealthCare - Somerset, NJ
April 2018 to Present

Prepares meals in accordance with the daily menu planner, following approved recipes and diet plans/portion control limits for residents.

Works the food line during mealtime as needed.

Plates food in an attractive manner; ensures all condiments/garnishes are prepared and served with the appropriate foods

.Keeps work area and serving line equipment clean and adheres to sanitation cleaning schedules and guidelines. Ensures proper food temperature maintenance.

Keeps stock rooms, coolers & freezers clean.

Keeps food waste to a minimum by using food storage and food recycling techniques.

As evening cook, helps prepare meals for daytime cooks for the following day.

Supervise evening dietary aide crew, ensuring all tasks are complete and all areas cleaned in accordance with company policy.

Line Cook

Red Robin - South Plainfield, NJ
December 2017 to Present

Preparation and cooking of customer meal orders, ensuring meal presentation is acceptable and put out for customers in a timely manner.

Adhere to cleaning and safety guidelines with regard to meal prepping, cooking, and maintenance of cooking areas. Stocking inventory as needed. Dish washing machine operation.

Cook

Compass Group - North Brunswick, NJ
September 2016 to September 2017

Prepared and cooked breakfast and lunch for all classes at Linwood Middle School (approximately 1200 students).

Followed safety and cleaning guidelines with regard to all cooking stations. Provided coverage for front end cashiers as needed.

Assigned daily duties to front end cashier staff under the direct instruction of the lead supervisor.

Reviewed and completed daily production reports.

Returns Processor

Paramount Staffing - Somerset, NJ

March 2015 to July 2015

Inspection of returned products for any damages; maintain logs for returns and various shipments

Stocking merchandise and maintaining a clean working environment

Maintenance of inventory including rf scanning, labeling and data entry; inventory on stocked merchandise

Education

High school or equivalent

Adult Learning Center - New Brunswick, NJ

Skills

Data Entry (1 year), Customer Service (2 years), Housekeeping (2 years), Cooking, Baking, kitchen, Line cook

Additional Information

Experience in various industries, including food service, transport service, and warehouse service

- Machine operation and maintenance
- Materials management
- Policy analysis

Grill Cooks Test

Score 21 / 40

Multiple Choice Test (1 point each)

5390

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

B ~~X~~ 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 ~~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

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

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:
- 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

B D X

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 used to thicken gravy, soup, stew.

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

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

- 1.
- 2.
- 3.
- 4.
- 5.

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

To make the meat tasty and tender and for the meat to not stick on the grill.

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