

ZACHARIAN A WILLIAMS

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Professional Skills

- Judgment and Decision Making
- Complex Problem Solving
- Time Management
- Knowledge of restaurant operations, catering, and event planning
- Excellent customer service
- SafeStaff® Certified
- Manager Food Handler Certified
- Able to accurately calculate and prepare menu selections for any size occasion
- Working knowledge of food preparation, skills and techniques

Employment History

Prep Cook (Intern) – Second Harvest Food Bank

12/2018 – 3/2019

- Assist with contract meal production and catering – prepare and execute contract meals and assist with catering events under the direction of the Community Kitchen Sous Chef, including portioning, chopping, storing food, washing and peeling fresh fruits and vegetables, weighing, measuring, and mixing ingredients
- Kitchen and equipment maintenance – responsible for keeping food, beverage service and catering equipment operating efficiently by enforcing adherence to operating instructions and maintain and enforce preventative maintenance practices
- Maintain safe, secure, legal and healthy work environment by following and enforcing sanitation and quality of food safety and health standards in accordance with federal, state and established standard operating procedures
- Assist in planning and arranging breakfasts, luncheons, and receptions

Customer Service Agent – Alorica, Lake Mary FL

10/2018 – 12/2018

- Listened and responded to customers' questions
- Interacted with customers to handle complaints, process orders, and provide information about organization's products and services
- Provided services by phone, through face-to-face and email
- Made changes to customers' accounts, such as updating addresses or canceling orders

On Board Attendant – Brightline, West Palm Beach FL

04/2018 – 08/2018

- Greeted passengers boarding transportation
- Performed light cleaning duties
- Counted and verified tickets and recorded numbers of passengers boarding
- Explained and demonstrated safety procedures
- Served guests snacks and beverages for purchase and/or complementary

Childcare Assistant – Elisa Day Care, West Palm Beach FL

01/2016 – 01/2018

- Assisted the owner of a daycare, watching over 15 children from infants to Pre-k ages
- Provided safe and constant supervision at all times to ensure following rules and regulations
- Maintained inventory of all equipment
- Supported children's self-image and confidence through encouraging them with positive feedback
- Prepared food, snacks and beverages and served meals and refreshments to children

Receptionist – Community Actions, West Palm Beach FL

01/2014 – 12/2015

- Received, screened and referred telephone calls; received and routed mail
- Greeted and assisted visitors
- Operated photocopy and fax machines and maintained office files and folders

Education and Training

Culinary Training Diploma – Second Harvest Food Bank, Orlando FL, March 2019

Prep Cooks Test

Score 12 / 20

Multiple Choice (1 point each)

- 1) A gallon is equal to _____ ounces
a. 56
b. 145
c. 32
d. 128
- 2) Mesclun are what type of vegetable?
a. Roots
b. Beans
c. Salad Greens
d. Spices
- 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
- 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
- 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
- 6) Which of the following ingredients would you pack before measuring?
a. Olive Oil
b. Salt
c. Brown Sugar
d. White Sugar
- 7) What is Al Dente?
a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft
- 8) Food should be left out no more than
a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

- 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
- 10) Which of the following can you use to put out a grease fire?
- ☒ a. Baking Soda
 - b. Baking Powder
 - ☒ c. Flour
 - d. Water
- 11) What is the temperature range of the danger zone?
- a. 25-135
 - ☒ b. 40-140
 - c. 50-160
 - d. 30-130
- 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
- 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
- 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - ☒ c. Liquid
 - d. Oil
- 15) Which spoon is used to remove fat from soups and stews?
- ☒ a. Basting Spoon
 - ☒ b. Ladle
 - c. Slotted Spoon
 - ☒ d. Portion Spoon
- 16) Which of the following means to cook in a small amount of fat?
- a. Season
 - ☒ b. Sauté
 - c. Broil
 - d. Boil
 - e. Fry

Prep Cooks Test

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

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)

19) Dry herbs & Fresh herbs are the basic seasoning ingredients for all savory recipes. salt & Pepper

20) mince : to cut into very small pieces when uniformity of size and shape is not important.