

# **A**ngela M. Smith

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## **COOK ◊ CULINARY ARTS ◊ HOSPITALITY**

**OBJECTIVE:** To utilize my education and culinary experiences in a venue that has room for growth, training, and advancement that will enhance customers' happiness in consuming great food.

### **AREAS OF STRENGTH**

Can do attitude	Customer Satisfaction	Efficient	Organized
Communicative	Dependable	Ensure Quality	Quick Learner
Computer Skills	Effective	Flexible	Team Player

### **KEY SKILLS**

#### **FOOD SERVICE**

- Skilled in most BOH settings, cooking techniques, and equipment.
- Experienced in prep, grill, line, and sauté food preparation.
- Prepare sauces, dressings, marinates, relishes, salsas, salads, etc. according to recipe.
- Prepare proteins, vegetables, starches, grains, stocks, soups, and desserts.
- Implement new ideas and assist with menu planning and recipes.
- Inspect product for quality and quantity upon receipt.
- Ensure HACCP sanitation standards are being met including city, state, and federal codes.
- Check and record regularly temperatures of foods hot or cold, walk-ins, freezers, etc.
- Train temporary staff.

#### **CATERING/HOSPITALITY**

- Onsite/Offsite catering.
- Prepare products according to BEO order.
- Inventoried food and supplies before beginning of event.
- Prepare Food, Set- up, warm foods, present platters, serve.
- Breakdown equipment, load truck, clean up event destination.
- Cater corporate accounts, weddings, graduations, special events, house parties, parks, etc.

#### **WORK HISTORY**

➤ Omni Hotel/CNN, Atlanta GA. Line, Grill, and Pastry Cook	2014-Presently
➤ Compass, Federal Home Loan Bank, Atlanta GA Line, Grill, and Catering Cook	2011-2014
➤ LGC Staffing Corporate Accounts, Atlanta GA FHL Bank, Oglethorpe Power, CSX, Children's Hospital (Emory)	2009-Presently
➤ A Dish and Dash Caterers, Alpharetta GA Off-Site Chef, Delivery Driver	2008-2011
➤ Aramark, Atlanta Braves, Atlanta, GA Chef 755 Club, Chef Concessions	2007

#### **EDUCATION**

Atlanta Technical College, Culinary Arts, GPA 3.9	2006-2008
National Honor Society	2007

**REFERENCES UPON REQUEST**

51/19  
**7/10**

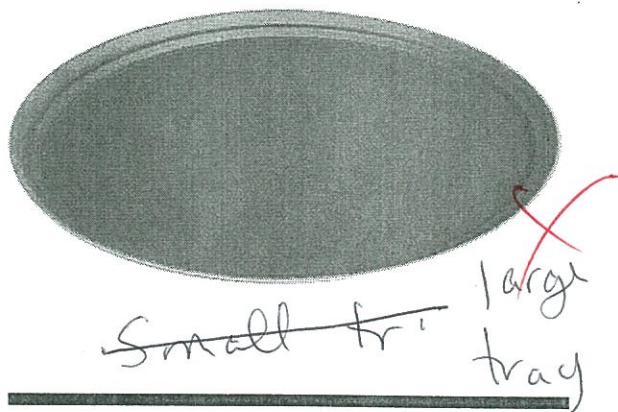
**Multiple Choice:**

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 chafing 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 cigarette lighter
  - C. With a long-neck lighter
  - D. All of the above
  - E. None of the above

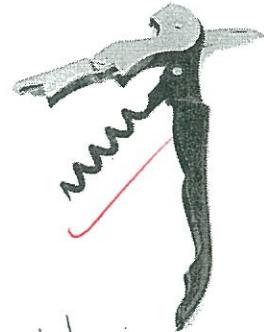
**Name that item:**



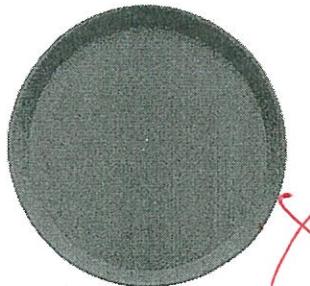
*Sterno*



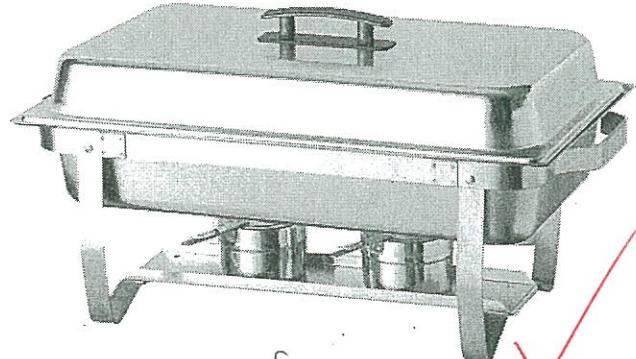
*Small tray* *large tray*



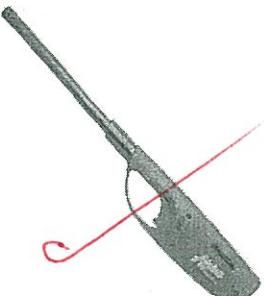
*bottle opener*



*Small tray*



*chafing dish*



*long neck lighter*

Multiple Choice (1 point each)

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

B

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 blanche 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

D

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

C

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

## 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

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

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

b 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

C 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)

## Prep Cooks Test

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