

Anthony Ramos

Elizabeth, NJ

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Professional Chef

Anthony has over three years of experience in the field of culinary arts. Throughout this time, he has become very comfortable operating in a variety of venues. He is always seeking fresh and innovative ways to enhance meals with new recipes, variety in foods, and unique plating arrangements. Anthony is determined to work diligently to build his passionate career in the culinary world. He is looking for a position with a successful business where he can grow, develop his profession, and create dishes that leave guests always wanting more.

Work is Experience

<i>Molly Maguire's</i>	<i>Clark, New Jersey</i>	<i>Current</i>
<i>Fogo de Chão</i> Line Cook & Kitchen Manager	<i>New York, New York</i>	<i>2017</i>
<i>City Perch Kitchen</i> Kitchen Supervisor	<i>Fort Lee, New Jersey</i>	<i>2016-2017</i>
<i>Viapia's Restaurant</i> <i>2016</i> Head Chef	<i>Mayaguez, Puerto Rico</i>	
<i>Jarana College Bar</i> Head Chef	<i>Mayaguez, Puerto Rico</i>	<i>2015-2016</i>
<i>Hotel Villa Montana Restaurant</i> Chef's Assistant	<i>Isabela, Puerto Rico</i>	<i>2014-2015</i>

Summary of Qualifications

- Fluent in English and Spanish
- Physically fit, lots of stamina, able to spend long hours standing while working in a hot and busy environment
- Highly experienced in performing food quality inspections to ensure that all food items conform to hygiene standards
- Excellent approach customer service
- Absolute flexibility aimed at trying and testing new recipes to add new items to existing menus

Education

Instituto de Banca *Moca, Puerto Rico* *August 2014*
Associates Degree in Culinary Arts with Specialization in International Foods.

References

Furnished Upon Request

Multiple Choice Test (1 point each)

B A X 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

A 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 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 D X 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 A X 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 C X 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

DC ☒ 12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- ☒ c) 32
- d) 128

Ba ☒ 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

a 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 a 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

d 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

B 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)

Butter with flour and you
use it to thicken the sauce

X 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. Bechamel
2. Hollandaise
- X 3. ~~Veloute~~
4. Veloute
5. Tomato

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

To prepare the grill with oil, so can the food don't stick

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

eggs yolks

Butter

~~Butter~~

Cayenne Pepper

Lemon Juice