

Tiara Odoms

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Willing to relocate to: New York, NY - Jersey City, NJ - Trenton, NJ
Authorized to work in the US for any employer

Work Experience

Cook/Manager

Deep Blue Seafood - East Orange, NJ
August 2016 to Present

i open and close the store cook jamiacan cuisine as well as soul food, and desserts, etc and follow all HACCP rules and regulations while maintaining strict safety and health procedures

Grill Cook

Hospitality Staffing Solutions, LLC - New York, NY
October 2014 to 2015

It was a temp job so most duties varies on what the client wanted but mostly food service duties

Prep Cook/Line Cook

Ameri-Temp employment agency
2006 to 2015

Grill Cook

COMPASS GROUP HOLDINGS PLC
2012 to 2014

Grill Cook

Aramark
2007 to 2009

Short Order Cook

Sodexo Food Service
2004 to 2005

Prep Cook

gourmet dining services
2003 to 2004

Education

High school or equivalent

Snyder High School

culinary arts

Hudson County Community school of technology

Skills

short order/ line cook

Certifications/Licenses

Food Handlers Certification

October 2015

Food Safety Manager Certification

November 2015

Grill Cooks Test

Score 28 / 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 d 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 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

70%

from causing cross contamination

Grill Cooks Test

C 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

C 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

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 D 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 A 21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

- C 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)

flour, oil, or butter + optional

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

or milk seasonings
to take the chol. as skimming
the CD

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

1. Tomato
2. ~~Alfredo~~
3. Hollandaise
4. ~~Roux~~
5. ~~Pesto~~ Cheese mix

fat and
using mainly
the milk
part
of it

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

to spray or oil it
so the thing don't stick down
to grill
egg + oil ?

it helps flavor
the proteins &
veg.

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

meaning to use that
Brush to loosen
the charcoal
flavoring