

Shelly A. Logan

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Summary: Seeking a cook position that advances cooking skills for growth in the culinary industry.

Professional Profile

Culinary

- Completed 10-week training program studying moist and dry heat cooking methods, knife skills, kitchen terminology, stocks and sauces, kitchen best practices, and safety and sanitation procedure.
- Assisted with preparation and plating of varied meals for approximately 150 cafe `guest during kitchen practicum.
- Collaborated with head chef and teammates to ensure timeliness of meal services at Bread and Roses Cafe.
- Followed safe food handling procedures and guidelines.
- Advanced training and experience in fine dining banquet service.

Skills and Abilities: Budget Management, Purchasing, Facilities Management, MS Microsoft; Word, Excel, PowerPoint, Outlook; Google calendar, QuickBooks and type 40 wpm. Servsafe Food Protection Manager Certification (valid through 7/1/2021).

Work Experience:

80-hour Externship Los Angeles
(Bacaro L.A)

September 2016 – October 2016

Amity Foundation
Los Angeles, CA
Head Chef/ Cook

May 2018 – May 2019

- Responsible for the planning and preparation of all meals, and assuring (250) meals are prepared on time.
- Responsible for scheduling, training, and supervising all kitchen faculty.
- Oversee the safe and efficient operation of the culinary area.
- Purchase and properly store food practicing First In First Out.
- Ensure kitchen activities conform to Amity policy and procedures and with State and local health department sanitation requirement.
- Formulates alternative to the menu when certain items are not available that are within budget and nutritional guidelines.
- Taste tests all food prior to serving and retains a sampling of each meal for 24 hours to determine possible food contamination.
- Ensure standard portion control and maintain proper serving temperatures (hot food –cold food).
- Other duties as assigned.

Whole Foods Market
Los Angeles, CA
Prepared Foods Cook

October 2017 – May 2018

- Prepare food items for the cold case, fresh pack, salad and hot bars according to production sheets.
- Prepare food items according to recipe to ensure quality and consistency of the final product.
- Ensure that all prepared items are labeled, dated, covered, and rotated.
- Monitor food levels and replenish items in a timely manner.
- Provide outstanding customer service; ensure customer needs are met in a timely fashion.

- Monitor product quality and freshness and ensure proper rotation of product.
- Maintain accurate department signage and pricing.
- Follow department procedures for preparing, storing, rotating, and stocking of product.
- Maintain a clean and well-organized work area.
- Follow and comply with established procedures, including Weights and Measures, health and sanitation, and safe work practices.

Ralphs Grocery Company

Los Angeles, CA

Service Deli Clerk

June 2017 – October 2017

- Slice deli meats and cheeses to customer's requests using proper deli equipment.
- Prepare foods according to the food temperature logs and follow cooking instructions.
- Use all equipment in deli/ bistro such as the refrigerators, freezers, slicers, and ovens according to company guidelines.
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The Party Staff, Los Angeles

Culinary Staffing Services, Los Angeles,

Cook, prep cook, line cook and tray line server

January 2017 – July 2017

August 2016 – March 2017

- Worked in some of the leading hospitality locations in Los Angeles and surrounding areas.

Bread & Roses Cafe, Venice, CA

Line cook/Prep Cook (Volunteer)

August 2016 – September 2016

- Weekly prep and execution of hot line meals for the three services at Bread & Roses Café.
- Management and direction of Café volunteers.
- Consistent maintenance of clean working spaces.
- Opening and closing set up and break down.

United States Postal Service, Los Angeles, CA

Mail Handler Assistant

December 2015 – January 2016

- Operate sorting machinery and other machinery
- Sort mail and load packages into trucks and vans
- Separate all mail received from trucks and conveyors for dispatch
- Separate and delivers mail for distribution areas
- Performs other duties as assigned

Apple One Employment Agency, Los Angeles, CA

Leasing Assistant/Administrative Assistant

November 2012 – July 2013

- Supported both team members as Director of the Leasing and Occupancy Department
- Provided front desk back up for the receptionist
- Organized and updated database, maintained Outlook calendar, prepared and sent faxes
- Screened calls by providing low income housing information. Scheduled and set up interviews, provided housing information in writing and by telephone
- Requested verification of employment, landlord, bank, school and other documents. Obtained credit and background checks.
- Other duties as assigned

Jewish Family Service of Los Angeles Los Angeles, CA

Shelter Coordinator / Operations Coordinator

November 2002 – November 2011

- Prepare invoices, reports, memos, letters, financial statement and other documents, using word processing, spreadsheet, database, or presentation software. Many other duties performed.

Multiple Choice Test (1 point each)

5
(87.5)

- 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
- d 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 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 128 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

c

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

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

c 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

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) 1 part fat & 1 part flour to make gravy.

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

cooking out all milk solids.

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

1. veluthe
2. Bechumale
3. Tomato
4. Escabate
5. Brown

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

to make the surface easy to cook on

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

Egg, Butter, lemon Juice (HERB - Rosemary)
origano

