

Marael Gee

West Caldwell Senior Care

Newark, NJ 07112

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347-615-4901

Hard-working individual with diverse background in restaurant, nursing home and Whole Foods market experience. Highly skilled worker who has shown consistency and team leadership abilities. More than 10 years cooking and prep work experience.

Work Experience

West Caldwell Senior Care

West Caldwell, NJ

November 2018 to 2019

- Inspect and clean food preparation areas, such as equipment and work surfaces, or serving areas to ensure safe and sanitary food-handling practices. Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters.
- Ensure freshness of food and ingredients by checking for quality, keeping track of old and new items, and rotating stock.

Turn or stir foods to ensure even cooking. Season and cook food according to recipes or personal judgment and experience.

Ensure daily qualities of eating experience for the consumers. Provide accurate meal planning while suiting the dietary needs of the residents.

Prep cook/ cook/Shipping receiver

Lantern Hill- Senior living facility - New Providence, NJ

September 2017 to September 2018

Prepare daily food items and cook food using proper safety precautions and sanitary measures.

- Clean, cut, and cook meat, fish and poultry.
- Cook food according to menus, special dietary or nutritional restrictions.
- Clean and inspect galley equipment, kitchen appliances, and work areas to ensure cleanliness.
- Receive fresh supplies for food preparation. Date, organize and inspect products for quality and kitchen guidelines and standards.

Education

License in EPA

Apex Technical School - New York, NY

2008

Diploma

South Bronx High School - Bronx, NY

2005

Interview Note Sheet

Name: Marel Gee
Date: 06/24/19
Position(s) Applied for: Cook Prep/Chef

Interviewer: Jo Park
Rate of Pay: \$13 - \$14
Referred by: Indeed

| Job Sector | | % | | % |
|------------|-----|---|--------------|-----|
| Server | /35 | % | Bartender | /30 |
| Prep Cook | /15 | % | Barista | /10 |
| Grill Cook | /40 | % | Cashier | /10 |
| Dishwasher | /10 | % | Housekeeping | /10 |

| |
|-----------|
| Full-Time |
| Part-Time |

West Caldwell Senior Care

Nov 18 - 2019

• Line Cook

Center Hill
Receiver Wear
prep cook

Circle Line
catering party boats
prep cook 3 years

Total of _____ in Food Service

* max travel 15 miles

P.O.S. Experience: Y / N details:

Car

Public Transit

Carpool (Rider / Driver)

North NJ

South NJ

Central NJ

Newark Jersey Shore

TIPS

Serv-Safe

LEAD

Other _____

Will Submit

Open

AM only

PM only

Weekdays only

Weekends only

Details:

Bistro

Black Bistro

Tuxedo

1/2 Tuxedo

Black Vest

Long Black Tie

Chef Coat

Chef Pants

Knives

Black Pants

Non-Slip Shoes

Bow Tie

Other: Hot / Cutting
Glove

Other Languages Spoken:

Would you recommend this applicant for Action
Academy?

Conversion: Candidates:

Multiple Choice (1 point each)

D 1) A gallon is equal to _____ounces

- a. 56
- b. 145
- c. 32
- d. 128

C 2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

D ~~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 ~~b~~ 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

B ~~a~~ 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

a ~~b~~ 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

10/20

50%

Prep Cooks Test

D

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

B

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

B

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

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

D

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

d

15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

C

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

D

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

R

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) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

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

drop