

# Lamont Williams

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North Miami, FL 33181

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## PROFESSIONAL EXPERIENCE

### *Intercontinental Hotel Groups*

#### **Stewarding/Barback/Inventory**

- Responsible for dishwashing and organizing utensils. 11/2015-10/2017
- Clean and maintained all other departments.
- Stocked and maintained all chemicals for dishwashing machinery.
- Assisting lead bartenders and stocking all service wells and garnishes.
- Made sure all wines, liquors, and cordials are stocked and maintained.

Chilli's Grill & Bar

Elizabeth, NJ

12/2013-08/2015

#### **Cook/ Prep Cook/Utilities/Inventory**

- Made sure meats and poultry are at its right temperature.
- Responsible for cooking and marinating all foods.
- Responsible for washing dishes and utensils in the dishwashing room.
- Maintained all work stations and cooking supplies.
- Cleaned bathroom, mopped dinning area and put away chairs
- Stocked plates, utensils and soda machines.

Potomac Job Corps Center

Washington, DC

08/2010- 07/2011

#### **Janitorial/ Housekeeping**

- Serviced, cleaned, and supplied restrooms.
- Cleaned building floors by sweeping, mopping, scrubbing, or vacuuming them.
- Follow procedures for the use of chemical cleaners and power equipment to prevent damage to floors and fixtures. Strip, seal, finish, and polish floors.
- Notified managers concerning the need for major repairs.
- Cleaned windows, glass partitions, and mirrors.

Horizon Care Nursing Home

Queens, NY

05/2009- 01/2010

#### **Dietary Aide**

- Observed patient food intake and report progress and dietary problems to dietician.
- Prepared food items such as sandwiches, salads, soups, and beverages.
- Examined trays to ensure that they contain required items.
- Stocked service stations with items such as ice, napkins, and straws.
- Removed trays and stack dishes for return to kitchen after meals are finished.

## EDUCATION

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<b>Famous Bartending School NJ</b>	<b>Newark, NJ</b>	<b>01/2015- 01/2015</b>
Certified Bartender		
<b>Potomac Job Corps Center</b>	<b>Washington, DC</b>	<b>02/2010- 02/2011</b>
Hotel & Lodging Vocational Program		
<b>Penn Foster High School</b>	<b>Oneonta, NY</b>	<b>01/2008- 04/2008</b>
High School Diploma		
<b>Oneonta Job Corp Academy</b>	<b>Oneonta, NY</b>	<b>04/2007-05/2008</b>
Business Administration		
<b>Law Enforcement Public Safety</b>	<b>Jamaica, NY</b>	<b>09/2005-05/2006</b>

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## CERTIFICATES

- **Serv Safe Certification**
- **S.T.A.R.T. Hotel & Lodging American Education Certification**



# Interview Note Sheet

Name: Lamont Williams

Interviewer: JD Paik

Date: 7/10/17

Rate of Pay: \$14

Position(s) Applied for: Cook

Referred by: Ziprecruiter

Job Scores					
Server	/35	%	<del>Bartender</del>	/30	%
Prep Cook	/15	%	<del>Barista</del>	/10	%
Grill Cook	/40	%	<del>Cashier</del>	/10	%
Dishwasher	/10	%	<del>Housekeeping</del>	/15	%

Full-Time
Part-Time

Currently does not have uniforms  
Switch class schedule to nights  
Union CC - automotive technician  
Was in FL for 3 years  
- ~~Intercontinental Hotel Groups~~  
Steward/stockback/inventory  
2 years  
- Chili's Elizabeth  
Cook/dish 2 years

Total of \_\_\_\_\_ in Food Service

- Potomac Job Corps Center  
janitor/ Housekeeping  
for 1 year

- Horizon Care Nursing Home  
in Queens  
Dietary Aide for 1 year  
\* max travel up to 1 hour

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

Transportation: Car \_\_\_\_\_ Public Transit \_\_\_\_\_ Carpool (Rider / Driver) \_\_\_\_\_

Regions Available to Work: North NJ \_\_\_\_\_ South NJ \_\_\_\_\_ Central NJ \_\_\_\_\_ Elizabeth Jersey Shore

TIPS \_\_\_\_\_ Serv-Safe \_\_\_\_\_ LEAD \_\_\_\_\_ Other \_\_\_\_\_ Will Submit

Work Schedule: Open \_\_\_\_\_ AM only \_\_\_\_\_ PM only \_\_\_\_\_ Weekdays only \_\_\_\_\_ Weekends only

Details: M-F  
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: \_\_\_\_\_

Would you recommend this applicant for Airport Academy? \_\_\_\_\_  
Conversion Candidates? \_\_\_\_\_  
Other Languages Spoken: \_\_\_\_\_

**Grill Cooks Test**

Score / 40

Multiple Choice Test (1 point each)

- 15

25

25/40

62%

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

Ax 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

C 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

Ax 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

Ax 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

Ax 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 \_\_\_\_\_ 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
- 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
- B 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
- D 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

B 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

X 23) What is a roux and what is it used for? (2 points)

*Not Sure*

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

*Not Sure*

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

- 1.
- 2.
- 3.
- 4.
- 5.

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

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