

Lamont Williams

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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.

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

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

CERTIFICATES

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

References Available Upon Request

Interview Note Sheet

Name: Lamont Williams
Date: 7/10/17
Position (s) Applied for: Cook

Interviewer: Jo Park

Rate of Pay: \$14

Referred by: Ziprecruiter

Job Series	1/35	% Experience	1/30	%
Server	1/35	% Barista	1/10	%
Prep Cook	1/15	% Cashier	1/10	%
Grill Cook	1/40	% Housekeeping	1/16	%
Dishwasher	1/10			

Full-Time

Part-Time

Currently does not have uniforms
Switch class schedule to nights
Union CC - automotive technician
Was in FL for 3 years
Korean Intercontinental Hotel Groups
Steward/marketing/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:

Car

Public Transit

Carpool (Rider / Driver)

North NJ

South NJ

Central NJ

Elizabeth Jersey Shore

TIPS

Serv-Safe

LEAD Other _____

Will Submit

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 Academy?

Conversion Conditions:

Other Languages Spoken:

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

~ 15

25

B 1) How much time should you take to wash your hands with soap?

- 1 minute
- 20 seconds
- Time does not matter, water temperature does
- 5 minutes

A 2) The recommended temperature for your refrigerator is...

- 45°F
- 50°F
- 40°F
- 20°F

d 3) Food handlers must always wash their hands

- Before starting work
- Switching between handling raw and ready-to-eat food
- After going to the restrooms
- All of the above

C 4) The most important reason for having food handlers wear hair restraints is to

- Prevent food from getting into food handlers' hair
- Prevent food handlers from contaminating their hands by touching their hair
- Keep the food handlers' hair in place
- None of the above

A 5) Which of these conditions requires immediate corrective action?

- Packaged food items are stored at least 6 inches above the floor
- Ice is being used to cool beef stew in a shallow pan
- Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- Raw fish is stored above raw chicken in the walk-in freezer

A 6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- 0°F and 100°F
- 32°F and 220°F
- 41°F and 135°F
- 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?

- Clean the cutting board with a wet wiping cloth
- Turn the board over and use the other side
- Rinse the board with running water
- Wash, rinse, and sanitize the board prior to slicing the onions

A 8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- In a microwave oven
- During the cooking process
- Under cool running water
- On a clean counter, at room temperature

A 9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- Wiping spills only
- Washing hands if the hand sinks are too far away
- Sanitizing the blade of utensils such as knives
- 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)