

lives in Edison
1pm Friday
7/26

Christopher Guzman
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Objective

To work in a culinary environment in which my skills and knowledge can be utilized as well as be enhanced. I'm a student of the arts, an old soul in the kitchen and want an opportunity to flourish as well as learn from well accomplished chefs and/or cooks.

Employment Skills

Management

- Total of 12 years in management in the food sales and hospitality
- Staffing
- Scheduling
- Billing
- Ordering of perishable and non-perishable items
- Shipping and receiving of perishable and non-perishable items
- Merchandizing
- Inventory
- ServSafe Certified
- HACCP trained
- Safety
- Trainer
- Micros trained
- NSF inspection trained

Culinary

- Catering
- Prep Cook
- Garde Manger
- Line Cook
- Deli/Sandwich making
- Banquet dining as well as Fine dining
- Grill and Flat Top Grill
- Short Order Cook

Work History

HMS Host Tollroads Sewaren, NJ October 2015-August 2018

I worked as Shift Supervisor at a newly fashioned concept restaurant ReFresh and CO. at the Grover Cleveland Travel Plaza. I moved from Crew Lead to this position in the 2.5 years I worked for this company. I was responsible for training of all new and old staff on varies kitchen job duties, recipes, and procedures. I was responsible product ordering, inventory, FIFO regulations, and checking in of products using HACCP regulations. During my time there I traveled to Indiana and N.W. Jersey (Delaware Water Gap) to open train and overlook the operations of the Concept Refresh and Co. I was also head of the Safety Committee and Quality Assurance team. I was one of the 1st employees to open this Plaza and concept.

Wholefoods Market Marlboro, NJ May 2015-September2016

Worked in the Prepared Food Department as a Hot and Smoke/BBQ Bar Prep Cook. I was in charge of breakfast and lunch menus and the Soup Bar. Duties were to get all foods out on time, was allowed to create my own dishes as well as follow standard company menus. Opening and closing procedures for the kitchen and also did specialty food venues for the store. Renewed ServSafe Certification thru WFM.

Merri Makers Caterer Edison, NJ March 2012-October 2012

Worked as a catering chef for parties such as, weddings in different location in NJ, conferences, special events, conventions, and private parties., and also worked as a prep cook and any other jobs in the kitchen that were necessary i.e. inventory. (Un)loading catering trucks.

Rutgers University New Brunswick, NJ February 2011-December 2011

Worked as a cook's helper, prep cook, worked the omelet line in the mornings and sauté line in the afternoons. Helped with wedding parties, alumni banquets, special events, ceremonies, and any other jobs or events in the kitchen as well as other dining halls.

Shoprite Glass Gardens Perth Amboy and Linden, NJ November2003-January 2008

Worked as a Seafood Department Manager, Appy/Deli Assistant Manager, Meat Wrapper and Butcher. Done extensive catering and cooked for the Hot Foods Dept. Merchandizing, shipping and receiving, scheduling, and inventory.

Education

Middlesex County College 2009 – Present
Perth Amboy High School 1993-1997

Culinary Arts/ hotel Restaurant Management
Graduated with HS Diploma

Interview Note Sheet

Name: Christopher Guzman
Date: 07/21/19
Position (s) Applied for:
Cook

Interviewer: Jo Park

Rate of Pay: \$16.00 per hour

Referred by:
Zprecruiter

Job Status	15	%	30	%	
Server	15	%	Barista	10	%
Prep Cook	15	%	Barista	10	%
Grill Cook	40	%	Cashier	10	%
Dishwasher	10	%	Housekeeping	10	%

Full-Time

Part-Time

Restaurants

- Surrender Cafe (2 weeks)
- Public House, Mountainside (Feb 19 - June 19)
- Metuchen Inn, Line Cook (holidays)
- HMS Host Toll Roads, Secaucus, NJ
corporate kitchen - helped open site
shift supervisor Oct 15 - Aug 18
- Wholefoods, Marlboro
Hot & Smokey BBQ Prep Cook
Soup Bar
May 2015 - Sept 2016
- Minimakers Catering, Edison
March 2012 - Oct 2012
- Rutgers University's, Adew Brunswick
Feb 2011 - Dec 2011

* max travel
up to 25 miles

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

Car

Public Transit

Carpool (Rider / Driver)

North NJ

South NJ

Central NJ

Edison Jersey Shore

TIPS

Serv-Safe

LEAD Other

Will Submit

Open
Mon-Sat
Details

AM only
NO Sunday's

PM only

Weekdays only

Weekends only

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

What you recommend this company for Academy?

Conventions?

Other Languages Spoken:

Grill Cooks Test

Score / 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

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

q 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

4 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

C 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

b

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)

Roux is a mixture of fat and flour
and is used to thicken sauces

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

Melt the Butter and remove the whey or the
cream part of the butter and leaving just the liquid

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

1. Red Sauce
2. Bechamel
3. Hollandaise
4. Veloute
5. ~~Espanol~~ Espagnole

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

Season is to oil down or make
ready for use.

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

Egg yolk, Butter, Lemon Juice, Cayenne Pepper