

## ANGELICA LYNETTE HARGROVE

### CULINARY EXPERIENCE

**The Coca-Cola Company (World HQ) ♦ 1 Coca-Cola Plaza, Atlanta, GA**  
*Lead Cook March 2016 –April 2019*

✓  
Thurs E  
11:30<sup>4</sup>  
8/1/19

Assist Sous chefs with daily morning prep of ingredients for entrees and a la carte items for lunch service. During service, replenish items to Pasta/Innovation station as needed. After a few weeks, I was given my own action station, The Asian Noodle Bowl. Daily prep of fresh artisan broths, produce, noodles, proteins, and various toppings. Set up, and maintain, proper temperatures for cold and hot storage of components for individual customizable noodle bowl. Sanitize throughout service, then breakdown station after service.

**The Pink Pastry Parlor ♦ Phipps Plaza, Buckhead, GA**  
*Baker/ Cake Decorator - February 2013 – September 2015*

Check production schedule to determine variety and quantity of goods to bake. Supervise kitchen assistant, train on company policy. Weigh and measure ingredients using scales, measuring cups, and spoons. Mix ingredients to form batter by hand or using electric mixer. Create uniform portions with scoops. Spread or sprinkle toppings on pastries or specialties and places batter in oven, using commercial grade muffin pans. Adjust thermostatic controls to regulate oven temperatures. Allow pastries adequate cooling time before decorating. Mix ingredients to make icings, decorates cupcakes and pastries, and blends colors for icings, shaped decorations, and statuaries.

**Angelic Creations ♦ Decatur, GA**  
*CEO, Catering Manager - May 2006 – November 2018*

Organize and prepare menus for potential customers. Manage staff of 6 employees. Specializes in American, Asian, Caribbean, and Indian cuisine. Produce exceptional menu items that regular patrons' request. Estimated staffing needs and adjust schedules based on need for event. Follow proper food handling methods and maintained correct temperature of all food products. Effectively manage and assist kitchen staff in producing food for banquets, catered events. Ensure efficient and accurate kitchen operation by managing daily product inventory, product waste, purchasing and receiving.

### SKILLS

The ability to learn and adhere to standardized operating procedures/recipes. Knowledgeable in food safety and sanitation standards. Experience working with cooking equipment, packaging and proper cleaning techniques, and proper rotation of food items. Great communication and customer service skills. Use of expressive selling to help increase revenue. Self-motivation and the ability to work fast as well as efficiently within a team setting.

### EDUCATION

#### Strayer University

Bachelor of Business Administration- Minor in Management  
Future Class of 2020

**Le Cordon Bleu College of Culinary Arts-Tucker, GA**  
May 2006- Imminent - Associates of Occupational Science  
SERVSAFE Certified (2006-2011)

**South West DeKalb High School**

**Grill Cooks Test**

Score 40 / 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 ✓

C 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



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

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

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)

Roux - equal parts oil/butter and flour that is SLOWLY cooked until desired color. Roux is used for thickening while adding color from browning & also nuttiness

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

Low heated pan (sauce pan), 1# butter, let it melt and remove whey solids as they separate. Less likely to burn, no milk solids.

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

1. Hollandaise
2. Béchamel
3. Espagnole / Brown
4. Velouté
5. Tomato sauce

✓

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

To season a grill basically seals the metal with the cold oil creating a non-stick surface.

✓

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

Egg yolk, ~~clarified~~, clarified butter, lemon juice (dash of cayenne)  
& salt

✓ optional

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