

# Yahyah Holmes

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1556 Johnson Road, Atlanta, GA 30318 | (404) 435-6337 | King\_Yayah@yahoo.com

## STATEMENT OF PURPOSE

Hard working goal oriented professional who strives for perfection and organized work. Proven skills in multitasking in a taking on a leadership role in previous positions. Seeking to apply to a fast paced, customer-focused company where I can grow as a leader on my team.

## WORK EXPERIENCE

### Flat Top Cook/ Dishwasher | Bad Daddy's Burger Bar Atlanta GA |February 2019 – May 2019

- I exceeded at cooking grilled meats for 150 customers daily
- I had a positive impact and I was responsible for cleaning over 500 dishes and cooking utensils daily
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### Line Cook | Mellow Mushroom Atlanta GA | November 2018 – January 2018

- I had a desire to deliver quality salads in under 8 minutes
- Prepped and organized salad toppings/ ingredients for efficient work order
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### Kitchen Specialist | Burger King Atlanta GA | September 2018 – November 2018

- Prepped Cooked and prepared customer orders for both drive through and dine in customers
- Maintain portion control in order to provide Fresh foods to the customers and managed inventory
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### Server/ Cashier / Cook | Newks Eatery, Atlanta GA | April 2018- August 2018

- Managed Four to Five tables of 4 guests at any giving time
- Operated POS handling 50 customer orders daily, while providing fast and friendly customer service
- Worked conveyor oven, preparing pizzas, sandwiches, and grilled meats

## EDUCATION

- Lakeside High School, Atlanta GA May 2016

## PROFESSIONAL SKILLS

- Fast Learner
- Detail-oriented
- Communication
- Leadership
- Organizational

## CERTIFICATIONS

- Serve Safe Certificate, February 2016

## Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

B

1) A gallon is equal to \_\_\_\_\_ounces

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

A

2) Mesclun are what type of vegetable?

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

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

C

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

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

B

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

A

8) Food should be left out no more than

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

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

A

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

V

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

D

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

C

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

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

B

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

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

**Prep Cooks Test**

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C

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

C

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