

# Chef Ivian Clinton

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10014 Renfrew Rd Silver Spring MD 20901: (240)-381-5589

## About Me

A reliable, trustworthy and flexible individual who has the relevant culinary experience and qualifications that you are looking for. I have a comprehensive understanding of the needs and demands placed upon a chef working in a high-volume, high-end dining establishment. I have extensive cooking knowledge, and I am more than able to abide by all legal requirements, food hygiene regulations and food safety laws. As a 'can do' person I'm able to hit the ground running and have confidence that I will be able to exceed any employer or customer expectations. Currently, I am dedicated to diversifying my culinary knowledge and increasing my industry experience in a position that rewards excellence; working under an Executive Chef who values dedication, a hard but smart work ethic and creativity.

## CAREER HISTORY

**1230 Restaurant and lounge- Washington, DC Sous Chef / Asst Executive Chef 01/17 – 03-2019**

Organized the setup of the whole kitchen, Created a brunch , lunch and dinner menu, Hired and fired staff , trained cooks , kept track of inventory , did the weekly food shopping , have complete say so on plating , did tasting for yelp Reviews, and other V.I.P's. At times worked two weeks straight without a day off and many 13 hr days. Did brunch events , day parties, cigar events and weddings.

**Pure Wine Café- Baltimore, MD Sous Chef 03/15- 1/17**

Creating signature menu items and specialty dishes in fine dining setting. Serving clientele in a private member only establishment using fresh and locally sourced ingredients. (farm to kitchen) Making different sauces from starch one of my favorite lemon beurre blanc sauce , demi red wine sauce but also understanding the basics on how to create a sauce. Once I leaned the sautéed station I would help the grill chef if he was back up or even assist with plating pantry and dessert. Effectively multi-tasking on all kitchen stations as a member of a team in a four star restaurant .

**Mason Rook Hotel – Washington , DC Banquet Chef 02/17 – 08/17**

Mastering the art of timing and prep work for different events . Many days doing multiple events single handily. Understanding what it takes to prep and execute a wedding for a 100 + people. Having the dedication and passion to get the job done evening if it means come to work at 4 a.m and leaving at 8 p.m making sure the event on the B.E.O or followed and the quality of production goes out in a timely manner .

**Montgomery College – Rockville, MD Sous Chef 04/15 – 12/16**

Assisting our Executive chef with the catering orders to make sure all orders went out on a timely manner and was what the invoice requested with the adding of my creativity eyes from

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my fine dining experience. Keeping a daily record of our walk-in and refrigerator temperatures. Hygiene of the BOH and clean safety procedures. Cooking, prepping and preparing line foods for our weekly new specials along with any fund raising events. Managing a staff of 12. Receiving any signing for all orders produce, Sysco etc during a inventory count and put away sheet. Understanding and training the cooks on how not to be wasteful with the 95% rule .

### **WILD DUNES BEACH RESORT FINE DINING- Isle of Palms, Sc Sautee Chef 01/12 - 02/15**

Wild Dunes opened up my creative side as a chef. Different plating styles working with the different seafood's ,tile fish, sword fish, mahi mahi the dolphinfish , fresh scallops, salmon and trout fish . Creating different sauces from starch one of my favorite lemon beurre blanc sauce , demi red wine sauce but also understanding the basics on how to create a sauce. Once I leaned the sautéed station I would help the grill chef if he was back up or even assist with plating pantry and dessert. Understanding how to create a great special and plating is a chef's signature.

### **DAINELS ISLAND CONRTY CLUB FINE DINING -Daniels island, Sc Pantry Chef 03/11- 01/12**

Creating signature menu items and specialty dishes in fine a dining setting. Serving clientele in a private member only establishment using fresh and locally sourced ingredients. (farm to kitchen) Provide support to Executives Chef, Banquet and Pastry department for high end weddings and formal events. Developing different cooking technique and understand different cooking methods. Last but not least respecting the work of our pastry chef by taking her delicious dessert and giving them an art from presentation. Effectively multi-tasking on all kitchen stations as a member of a team in a four star restaurant . Competencies include prepping, expo, grill, fryer, pantry and shucking oysters. Able to execute responsibilities of all back of the house positions seamlessly during evening rush and resolving any issues in a timely manner while maintaining excellence in food quality and presentation.

### **PF CHANG'S BISTRO- Arlington, VA Wok Chef 01/2010-02/2011**

Apart from preparing meals at scheduled times, also regularly tasked with carrying out the prep work and line management required of Chefs , particularly during peak business and rush hours. Frequently taking on additional shifts and responsibilities to meet the needs of the team, often working 50+ hours a week. Conducted opening and closing responsibilities under minimal, to no supervision. Frequently trained new cooks and incoming management on menu, quality, wok and preparation necessities. Demonstrated knowledge of wok cook, pantry and drama responsibilities. Excellence in customer relations and engagement while on running the line and in service.

### **AREAS OF EXPERTISE**

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## CULINARY

- possessing a high level of personal cleanliness and a comprehensive understanding of diverse culinary techniques
- Providing feedback to the head chef and senior managers on quality and flow
- Motivating kitchen team and managing peak rush times, providing assistance as needed to all stations
- Ensuring that food is always ready on time and to the required standards.
- Knowledge of recipes to create from scratch sauces, soups , pastries , meats ,vegetables , salads , fish and poultry dishes
- Constantly evaluating meals and food products to ensure that the highest quality standards are maintained
- Cooking and serving attractive meals made to individual requirements
- Demonstrating cooking techniques and the correct use of equipment to staff
- Expediting food and running the line as needed to ensure that all meals are prepared to a timely manner
- Coordinate with managers and kitchen staff regarding customers order
- Ensuring leftover foodstuffs, waste and uncooked products are properly disposed of

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- Working effectively as a member of a large team in a high-volume kitchen
- Complete prep work , closing duties and additional requirements meeting the highest standards of cleanliness
- Working long days, arriving on time or early in the morning and always one of the last to leave after closing
- Maintaining a safe kitchen area and hygienic working environment

### PERSONAL

- Able to not only operate but also thrive in a pressure-cooker , high-volume environment
- Always having a professional , safe and hygienic appearance whilst on duty
- Having the patience to deal with demanding customers and inexperienced member of staff
- Attention to detail, and able to work to a very high standard

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**Grill Cooks Test**

**Score 33/40**

**Multiple Choice Test (1 point each)**

A 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

A 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

A 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

E 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

b 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**

C 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

Q 12) A gallon is equal to 9 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

Q 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

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

Q 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?

- To cook quickly in a pan on top of the stove until food is browned
- Process through which natural sugars in food become browned and flavorful while cooking
- Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- 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?

- 145°F
- 155°F
- 165°F
- 175°F

C 21) What temperature should ALL ground meat be cooked to?

- 145°F
- 155°F
- 165°F
- 175°F

C 22) What temperature should fish be cooked to?

- 145°F
- 155°F
- 165°F
- 175°F

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

butter & flour      thickening  
~~water~~      amount

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

- 1 You separate the cream ~~from the~~ oil  
 - 2 So when you drop the butter into the oil  
 - 3 You can cook with it at a high heat

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

1. Bechamel
2. Hollandaise
3. Mornay
4. Vateli
5. Espagnole

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

So the food doesn't stick

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

Eggs      ~~Yolk~~  
 and butter

## Prep Cooks Test

Score 16 / 20

Multiple Choice (1 point each)

1) A gallon is equal to a ounces

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

80%

2) Mesclun are what type of vegetable?

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

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

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

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water *then ice bath*
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

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

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

7) What is Al Dente?

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

*— 1/2 cooked*

8) Food should be left out no more than

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

## Prep Cooks Test

A 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

C 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

Salt

b 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

D 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

C 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

b 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

6 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

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

Pai for stock