

# JAMEL GILLIAM

226 Charles Ave. #B, Sunnyvale, CA 94086

jamelpgilliam@hotmail.com

Ph: 408 245-3845

---

## PROFESSIONAL SUMMARY

Seasoned Cook with more than 15 years of experience in fast-paced Kitchens. Excellent cooking skills. Track record of achieving exceptional results in Attainment of knowledge and continued education in the culinary arts

---

## SKILLS

- Customer and Personal Service
  - Food Production
  - Active Listening
  - Time Management
  - Judgment and Decision Making
  - Troubleshooting
- 

## EXPERIENCE

### Line Cook: Jan 2014—Jun 2015

Moldaw Family Residences: Palo Alto, CA

- Maintain sanitation, health, and safety standards in work areas.
- Verify that prepared food meets requirements for quality and quantity.
- Cook and package batches of food, such as hamburgers and fried chicken, which are prepared to order or kept warm until sold.
- Prepare specialty foods such as pizzas, fish and chips, sandwiches, and tacos, following specific methods that usually require short preparation time.
- Read food order slips or receive verbal instructions as to food required by patron, and prepare and cook food according to instructions.
- Measure ingredients required for specific food items being prepared.
- Clean, stock, and restock workstations and display cases.
- Cook the exact number of items ordered by each customer, working on several different orders simultaneously.
- Wash, cut, and prepare foods designated for cooking.
- Pre-cook items such as bacon, to prepare them for later use.

**Lead Cook: Apr 2011—Jan 2013**

**Morrisson : Palo Alto, CA**

- Clean, cut, and cook meat, fish, or poultry.
- Cook foodstuffs according to menus, special dietary or nutritional restrictions, or numbers of portions to be served.
- Direct activities of one or more workers who assist in preparing and serving meals.
- Direct activities of one or more workers who assist in preparing and serving meals.
- Compile and maintain records of food use and expenditures.
- Bake breads, rolls, and other pastries.
- Take inventory of supplies and equipment.
- Train new employees.
- Clean and inspect galley equipment, kitchen appliances, and work areas to ensure cleanliness and functional operation.

**Cook: Feb 2010—Apr 2011**

**Acrobat Outsourcing: San Jose, CA**

- Clean food preparation areas, cooking surfaces, and utensils.
- Verify that prepared food meets requirements for quality and quantity.
- Maintain sanitation, health, and safety standards in work areas.
- Operate large-volume cooking equipment such as grills, deep-fat fryers, or griddles.
- Clean, stock, and restock workstations and display cases.
- Wash, cut, and prepare foods designated for cooking.
- Serve orders to customers at windows, counters, or tables.
- Schedule activities and equipment use with managers, using information about daily menus to help coordinate cooking times.

---

**EDUCATION**

**Associate of Arts: Culinary Arts, Dec 2000**

Culinary Institute of America, Hyde Park, NY

**JAMELGILLIAM**  
**226 Charles Avenue #B**  
**Sunnyvale CA 94086**  
**(408) 245-3845**

Seeking to ascertain a position in a friendly professional environment

**Culinary Institute of America, Hyde Park, NY**  
**Associates Degree in the Culinary Arts 2002**

Five years plus working various positions on the hot and cold lines  
(including sauté, grill, pantry, broiler, food prep, and baking)  
Producing consistent quality foods and desserts

**Line Cook**

Knowledge of salads, sandwiches, charcuterie, pastas, grill items, broiler, sauté, pantry,  
pizza stations, food prep, and Food Safe Handling and Nutrition

**Pastry**

One year plus baking breads, cinnamon rolls, cookies, pies, cakes, ice cream

**Catering**

Supported customer needs through preparation of savory edibles and desserts, setting up  
tables and breaking down at the end of the job, clean-up

**Management**

Supervisory experience in café, small staff environments, and kitchens.  
Some understanding of food purchasing, pricing, and eight years of Inventory and  
Shipping/Receiving experience

**Work History**

Bon Appetit- San Jose CA-Grill/Prep cook 2005  
Village Pub- Woodside CA-Garde Manger 2004  
Mirrielles Catering-San Jose CA-Food Prep/Pantry/Cook/Hot Box assembly-2004  
Piacere Restaurant-San Mateo CA-Line Cook-2003  
Maggiano's -San Jose CA- Sauté, Grill, and Pantry-2003  
Guckenheimer-San Jose CA-Food Prep, Catering, Inventory Management-2001  
Peninsula Fountain and Grill-Palo Alto CA- Baker 2000

**Education**

O.I.C.W. - nine month Culinary Trade Certificate program 1999  
Mime's Café-Menlo Park CA-Food Server, Line cook, pastry cook 1999  
Bell Ringer Café- Redwood city CA- Food Server, Line Cook, Pastry Cook 1999  
Including classes on food sanitation, prep, handling, nutrition, pricing, and management



Jamel Gilliam  
226 B Charles Street  
Sunnyvale CA 94086  
(408)245-3845

Seeking employment in a professional, friendly atmosphere.

Over 10 years of experience in kitchens, including front and back of the house services.

Knowledge of breakfast, lunch, and dinner, including hot/cold lines (sauté, grill, pantry, broiler, BBQ, food prep), baking, sanitation, and food storage.

Catering and wait staff experience.

Have supervised in small staff environments such as cafe, catering, and kitchens.

Experienced in purchasing and pricing, merchandising, inventory and shipping/receiving.

### Work History

includes

Sodexo- Santa clara CA breakfast/lunch line cook  
Bon Appetit- San Jose CA lunch lunch pantry/line cook  
Guckenhiemer- San Jose CA sauté cook  
Mirrielles Catering- San Jose CA cook, package, ship  
Maggiano's- San Jose CA dinner broil, grill, desserts  
Village Pub- Woodside CA Garde Manger  
Peninsula Fountain and Grill- Palo Alto CA baker

### Education

Earned Associates Degree at Culinary Institute of America 2002  
Certificate in Culinary Arts at O.I.C.W. 1999  
Studied food preparation, sanitation, nutrition, handling, serving, history, pricing, management, and knife handling skills.





## Grill Cooks Test

Score / 50

### Multiple Choice Test (1 point each)

- C 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
- 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
- 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

## Grill Cooks Test

- C 11) A Julienne is:
- to cut food into 1 inch X 1 inch cubes
  - A cooking method using high heat
  - To cut food into 1/8 X 1/8 slices
  - A rough cutting method producing oblong shapes
- D 12) A gallon is equal to \_\_\_\_\_ ounces
- 56
  - 145
  - 32
  - 128
- B 13) How many cups are in a quart?
- 2
  - 4
  - 6
  - 8
- A 14) A Chiffonade is:
- To slice an herb or leafy vegetable into thin ribbons
  - To de bone a fish
  - Another name for parchment paper
  - 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
- 145° F
  - 135° F
  - 160° F
  - 180° F
- C 16) Which of the following explains the process of poaching?
- Poke poultry on the thickest part in order to make sure it's tender
  - To cook food in an oven that has reached 350° F
  - Cook gently in water that is hot but not boiling (160°-180°)
  - 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?
- 8 oz of celery, 4 oz of onion, 4 oz of carrot
  - 4 oz of celery, 8 oz of carrot, 4 oz of onion
  - 4 oz of celery, 8 oz of onion, 4 oz of carrot
  - 2 oz of celery, 10 oz of carrot, 2 oz of onion
- C 18) Which of the following best describes braising?
- 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
- 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
- B 20) What is a China Cap?
- The bowl Placed on top of a pot of boiling water to create a double boil
  - A metal strainer with a perforated body, used for straining stocks and sauces



## Grill Cooks Test

- c) A device that is used to cover a stock pot or pan in order to steam
- d) The safest temperature to cook a product

C 21) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

C 22) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

A 23) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

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

FAT MIXED WITH FLOUR, USED TO THICKEN SAUCES  
AND SUCH

25) What is the process of making clarified butter, and why is clarified butter used? (2 points)

PLACE BUTTER STOVE TOP LOW HEAT TO SEPARATE  
SOLIDS FROM LIQUID, POINT IS TO ALLOW BUTTER  
TO BE USED AT HIGHER HEATS AND NOT BURN  
THE BUTTER FATS

26) What are the 5 mother sauces? (10 points)

1. VELOUTE
2. BECHAMEL
3. DEMI-GLAZE
4. ~~ESPAGNOL~~ ESPAGNOL
5.

27) What does it mean to season a grill and why is this process important? (2 points)

CLEAN, HEAT & PRE-OIL GRILL - KEEPS FOOD  
FROM STICKING TO GRILL

28) Describe the most efficient way to dice an onion: (3 points)

SLICE IN 1/2 LENGTHWISE, THEN CUT HORIZONTAL &  
VERTICAL CUTS THROUGH ONION, THEN FINAL CUT'S  
ARE MADE IN DOWNWARD MOTION



**NOTICE TO EMPLOYEE***Labor Code section 2810.5***EMPLOYEE**Employee Name: JAMEL GILLIAMStart Date: 2/8/17**EMPLOYER**Legal Name of Hiring Employer: S.E ScherIs hiring employer a staffing agency/business (e.g., Temporary Services Agency; Employee Leasing Company; or Professional Employer Organization [PEO])? ☐ Yes ☐ No

Other Names Hiring Employer is "doing business as" (if applicable):

Acrobat Outsourcing

Physical Address of Hiring Employer's Main Office:

665 Third St. Suite 415, San Francisco, CA. 94107

Hiring Employer's Mailing Address (if different than above):

Hiring Employer's Telephone Number: 415-431-8826

If the hiring employer is a staffing agency/business (above box checked "Yes"), the following is the other entity for whom this employee will perform work:

Name: \_\_\_\_\_

Physical Address of Main Office: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

**WAGE INFORMATION**Rate(s) of Pay: \$15.50 Overtime Rate(s) of Pay: \$23.25Rate by (check box): ☒ Hour ☐ Shift ☐ Day ☐ Week ☐ Salary ☐ Piece rate ☐ Commission☐ Other (provide specifics): \_\_\_\_\_Does a written agreement exist providing the rate(s) of pay? (check box) ☒ Yes ☐ NoIf yes, are all rate(s) of pay and bases thereof contained in that written agreement? ☐ Yes ☐ No

Allowances, if any, claimed as part of minimum wage (including meal or lodging allowances):

(If the employee has signed the acknowledgment of receipt below, it does not constitute a "voluntary written agreement" as required under the law between the employer and employee in order to credit any meals or lodging against the minimum wage. Any such voluntary written agreement must be evidenced by a separate document.)

Regular Payday: FRIDAY

## WORKERS' COMPENSATION

Insurance Carrier's Name: Integro USA Inc. dba Integro Insurance Brokers

Address: 1 State Street Plaza, 9<sup>th</sup> floor, New York, NY. 10004

Telephone Number: 212-295-5440

Policy No.: LDC4042609 AOS

☐ Self-Insured (Labor Code 3700) and Certificate Number for Consent to Self-Insure: \_\_\_\_\_

## PAID SICK LEAVE

Unless exempt, the employee identified on this notice is entitled to minimum requirements for paid sick leave under state law which provides that an employee:

- a. May accrue paid sick leave and may request and use up to 3 days or 24 hours of accrued paid sick leave per year;
- b. May not be terminated or retaliated against for using or requesting the use of accrued paid sick leave; and
- c. Has the right to file a complaint against an employer who retaliates or discriminates against an employee for
  1. requesting or using accrued sick days;
  2. attempting to exercise the right to use accrued paid sick days;
  3. filing a complaint or alleging a violation of Article 1.5 section 245 et seq. of the California Labor Code;
  4. cooperating in an investigation or prosecution of an alleged violation of this Article or opposing any policy or practice or act that is prohibited by Article 1.5 section 245 et seq. of the California Labor Code.

The following applies to the employee identified on this notice: *(Check one box)*

- ☒ 1. Accrues paid sick leave only pursuant to the minimum requirements stated in Labor Code §245 et seq. with no other employer policy providing additional or different terms for accrual and use of paid sick leave.
- ☐ 2. Accrues paid sick leave pursuant to the employer's policy which satisfies or exceeds the accrual, carryover, and use requirements of Labor Code §246.
- ☐ 3. Employer provides no less than 24 hours (or 3 days) of paid sick leave at the beginning of each 12-month period.
- ☐ 4. The employee is exempt from paid sick leave protection by Labor Code §245.5. (State exemption and specific subsection for exemption): \_\_\_\_\_

## ACKNOWLEDGEMENT OF RECEIPT

*(Optional)*

Erika Komatsu

(PRINT NAME of Employer representative)

(SIGNATURE of Employer Representative)

(Date)

2/8/17

JAMEL GILLIAM

(PRINT NAME of Employee)

(SIGNATURE of Employee)

(Date)

2/8/2017

The employee's signature on this notice merely constitutes acknowledgement of receipt.

Labor Code section 2810.5(b) requires that the employer notify you in writing of any changes to the information set forth in this Notice within seven calendar days after the time of the changes, unless one of the following applies: (a) All changes are reflected on a timely wage statement furnished in accordance with Labor Code section 226; (b) Notice of all changes is provided in another writing required by law within seven days of the changes.