

Frances E. Hadnot
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EDUCATION

Johnson & Wales University, North Miami Florida
BS Degree in Food Service Management, December 2002
AS Degree in Culinary Arts, November 2001

TRAINING AND SKILLS

Stock & Sauces, Menu Design, Purchasing and Receiving, Food Cost Control
Personalized Nutrition Management, French, American and Continental Cuisine
Windows 10 Microsoft Office Word Access, Excel and Power Point
Learned quickly and have ability to grasp concepts very easily.

EMPLOYMENT HISTORY

Rainbow Acres Inc, 13208 W. Washington Blvd, Los Angeles, CA -Jan 2007 to Dec 2017
Deli Chef

- Plan and prepare menu for hot breakfast, lunch and dinners
- Prepared cold Vegetarian, Vegan and raw foods for grab and go
- Delegate daily work assignments for prep cooks
- Plan and Prepare daily catering for clients and schools
- Utilized and enforced Industry standards and safety and sanitation
- Successfully built a large base of repeat customers
- Support and supervision (mostly prep cooks)

Wild Oats Market, 21020 Alton Road, Miami Beach Florida - June 2004 to Aug 2006
Deli Supervisor

- Plan and prepare menu for hot and cold foods lunch and dinners
- Delegate work assignments
- Provide assistant to built on customer service and work on area needed improvement
- Successfully built a loyal base of repeat customers by developing report with guest and Maintaining a high quality standers of service

Hallandale High School, 920 NW 9th Avenue, Hollywood Florida - Aug 2004 June 2005
Cook

- Prioritized tasks for maximum sufficiency in preparing breakfast and lunch for students
- Utilized and enforced industry standards and safety and sanitation

- Portion all meals and served students and maintain an accurate cash drawer
- Handled workload without supervision and completed work on schedule

Foods for Health- Personal Health- North Miami Florida- Oct. 2001 to 2006
Personal Chef

- Plan and Customized clients menu
- Prepare fresh gourmet meals in the comfort of my clients homes
- Customized menu for special diets
- Shop for groceries, carefully prepared meals, packing and storing of meals

Hogg Robinson Insurance Brokers, Culver City, California- April 1990 to May 1997
Claims Representative

- Prepared multiple insurance carriers loss reports
- Filed all loss report files
- Obtained policy information coverage for loss reports
- Forwarding all loss reports electronically to various insurance carriers
- Receiving and reviewing all loss settlement drafts and forwarding to clients
- Answering inquiries from clients on claims status

Marsh & McLennan, Los Angeles, California- May 1982 to March 1990
Claims Representative assistant

- Prepared multiple insurance claims loss reports
- Filed all lost reports
- Obtain policy information coverage for loss reports
- Forwarding loss reports to various carriers
- Answering inquiries from clients on claims status

Grill Cooks Test

Score 33 / 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
- C 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
- d 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
- 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

-1 (32.5)

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

a 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

2. 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

✓ 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

B 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

a 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

- 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 made for thickening soup, stew
Butter & Flour

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

clarified butter is when all the water is ~~here~~
Remove from the butter

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

- 3
- 1. Béchamel
 - 2. ~~mother sauce~~ Tomato
 - 3. Hollandaise sauce
 - 4. Velouté
 - 5. Brown

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

Season a grill is a process done to give
flavor when you grill protein

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

Hollandaise sauce is white
mayonaisse