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Education

New England Culinary Institute
Essex Junction, Vermont
March 2004- March 2006
AOS in Culinary Arts

Woodrow Wilson Senior High School
Washington, DC
Graduated, June 2002

Experience

Galley Food
November 2016- Current 2018
Washington DC 20001
Catering exc sous chef

The Independence
February 2014- August- 2016
Santa Monica Cali 90291
Chef

Willie Jane
September 2014- March 2015
Venice Cali 90291
Lead Line cook

Taco Bamba/ Del Campo
August 2013-March 2014
West Fall Church VA
Sou Chef

Pearl Dive Oyster Bar
August 2009-May-2013
Washington DC 20005
Sou Chef

3Citron
June 2006- June 2007
Washington DC 20007
Catering onsite chef

Certifications

SerSafe Food Protection- National Restaurant Association
CPR- American Red Cross

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Reference:

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Shane Graybeal
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James Frederick
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Grill Cooks Test

Score 35/40

Multiple Choice Test (1 point each)

a 1) How much time should you take to wash your hands with soap?

- 1 minute
- 20 seconds
- Time does not matter, water temperature does
- 5 minutes

C 2) The recommended temperature for your refrigerator is...

- 45°F
- 50°F
- 40°F
- 20°F

d 3) Food handlers must always wash their hands

- Before starting work
- Switching between handling raw and ready-to-eat food
- After going to the restrooms
- All of the above

b 4) The most important reason for having food handlers wear hair restraints is to

- Prevent food from getting into food handlers' hair
- Prevent food handlers from contaminating their hands by touching their hair
- Keep the food handlers' hair in place
- None of the above

C 5) Which of these conditions requires immediate corrective action?

- Packaged food items are stored at least 6 inches above the floor
- Ice is being used to cool beef stew in a shallow pan
- Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- 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?

- 0°F and 100°F
- 32°F and 220°F
- 41°F and 135°F
- 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?

- Clean the cutting board with a wet wiping cloth
- Turn the board over and use the other side
- Rinse the board with running water
- 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?

- In a microwave oven
- During the cooking process
- Under cool running water
- On a clean counter, at room temperature

C 9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- Wiping spills only
- Washing hands if the hand sinks are too far away
- Sanitizing the blade of utensils such as knives
- 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

C 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

~~C~~ 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

C 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

d 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)

Thickener

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

Melt Butter on low heat, then skin all the head off and cut the heat, to make Hollandaise

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

1. Bechamel
2. Espagnole
3. Hollandaise
4. Veloute
5. Tomato

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

Wipe down with oil so the fish or meats do not stick and are able to get grill marks

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

Clarified Butter

Lemon Juice

Egg yolks

