

**Travis Woods**

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**FOCUS STATEMENT**

High energy, detailed-oriented and hands-on hospitality professional seeking a fast paced management position that provides a culture of preparation for continued growth and leadership in the hospitality industry.

**SUMMARY OF STRENGTHS**

Passionate about culinary arts, precise knife skills, knowledge of grilling, sautéing, and roasting, classically trained in French culinary techniques. Manage all areas of the operations during scheduled shifts, full interaction with the guest, ensuring that the guest needs are our main focus, monitor purchasing, storage, preparation, cooking, handling, and serving of all food and beverage products to ensure correct recipe, portion, and specification standards, act as support system for all areas of the kitchen, establish and direct training programs within the restaurant, maintain impeccably clean and safe kitchen at all times, ensure highest quality levels of products and hospitality. Lead and live by passion, respect, integrity, fortitude, and excellence capability to work proficiently under pressure and in a fast pace atmosphere, team leader, organized with outstanding time management skills, utilized and imposed industry standards of safety and sanitation, highly customer focused with ensured customer satisfaction, exceptional communication and interpersonal skills, strong ability to prioritize, and motivate.

**EDUCATION**

01/10-09/11 **Le Cordon Bleu College of Culinary Arts,** Tucker, GA  
Associate of Occupational Science Degree in  
Le Cordon Bleu Culinary Arts

G.P.A: 3.86

01/12-01/14 **Le Cordon Bleu College of Culinary Arts,** Scottsdale, AZ  
Bachelors of Le Cordon Bleu Culinary Management

**PROFESSIONAL EXPERIENCE**

01/19-10/01 **Bogartz Foodartz** Kitchen Manager

01/18-01/19 **Dunwoody Country Club** line cook

01/18-01/19 **Atlanta Country Club** line cook

05/15-1/current **BrainMatter presents LLC** Ownem/ Chef

07/15-1/18 **Shiftgigs Atl** Chef, line cook, prep cook

05/14-06/15 **O' Charley's,** Line Cook

Douglasville, Ga

08/13-12/14 **Tavern 45,** Cook/Kitchen Supervisor

Norcross, GA

12/10-08/13 **Hilton Garden Inn,** Kitchen Manager/Chef

Johns Creek, GA

07/10-01/11 **Omni Hotel,** Banquet cook/ Line cook

Atlanta, GA

01/00-11/09 **Presidential Turnkey, Builder/ Construction Worker,**

Atlanta, GA

**AWARDS**

Honor's Society (2010) Dean's List (2010) President's List (2010) President's List (2010) Employee Of the first quarter (2011)

**VOLUNTEER**

Hosea's Feed the Hungry (2005-2010), Hurricane Katrina's Victims relief (2006), Slow Foods catered dinner (2010), Taste of the Nation (2010), Grant Park Fall Festival (2010), and Taste of Atlanta (2010\_2011)

**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
- 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

## 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
- d 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

- C 21) What temperature should ALL ground meat be cooked to?
- a) 145°F
  - b) 155°F
  - c) 165°F
  - d) 175°F

- Ba 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)

A Roux is a mixture of equal parts fat + flour, it is used as a thickening agent

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

To Clarified butter take solid butter and slowly melt it until a gentle boil allow the milk solid to separate from the butter & the water to evaporate, skim off the top & slow separate the clarified butter to another container, Clarified butter is more stable for cooking than regular butter also can be used as drawn butter

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

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

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

To oil or apply some kind of fat to lubricate the grill, to prevent sticking & provide awesome grill marks

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

egg yolks  
clarified butter  
small amount of water to temp the yolks  
optional vinegar solution for depth  
~~salt to taste~~ salt to taste