

# Aquashanai Williams

Atlanta, GA

aquashanaiwilliams6\_voh@indeedemail.com

(678) 881-7227

Authorized to work in the US for any employer

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Tues @ 1p  
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Aquashanai@gmail.com  
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## Work Experience

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### Event Chef

C Parks Catering & Events - Atlanta, GA

October 2018 to February 2019

- Setup/Breakdown
- Action Stations
- High Volume food production

### Cook 2

Ocean Reef Club - Key Largo, FL

May 2018 to September 2018

Fry/Grill/Sauté/Pantry

- Maintained a clean and organized station
- Execute recipes according to standards
- High volume production

### Food Expeditor, Server

STATS Restaurant and Bar - Charlotte, NC

January 2018 to May 2018

Maintains a prompt and efficiently run atmosphere

- Ensures all kitchen orders are prepared in a timely manner
- Finalize plate presentation
- Banquet production

### Garde Manger Chef

Masters Tournament - Augusta, GA

April 2018 to April 2018

High volume production

- Prepared cold food items consistently and in compliance with recipes
- Verified proper portion sizes and consistently attained high food quality standards
- Maintained smooth and timely operations in preparation and delivery of meals

### Cook 2

Spectrum Center - Charlotte, NC

October 2017 to February 2018

Large scale Banquet production

Multiple Choice (1 point each)

D

1) A gallon is equal to \_\_\_\_\_ ounces

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

A

2) Mesclun are what type of vegetable?

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

B

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

B

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

A

5) How do you blanch vegetables?

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

C

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

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

A

7) What is Al Dente?

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

A

8) Food should be left out no more than

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

## Prep Cooks Test

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A

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