

Namon Sherriel's Resume

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Culinary Staffing Services Inc. - June 2018 – Present

Occupation: Freelance Cook on-call for various locations.

**Cal Tech - Chandler Café** (open to public) – various shifts since 2018 – present, most upon request

Prep.; Stationary Cook; Trey Passes

Prepared fresh produce and meats for the Café, catering events, and same day/next day use.

Stations – Hot Line (flat top, grill, and fryers); \*Pizza Cook (brick, wood fire oven); 101 (Chef's Specials) – Udon, Omelets, Crepes, Sandwiches

Trey Passes working directly with Exec. Chef Zack and Sous Chef Robert for various dinner parties and tastings. (14 – 250+ attendees)

Executive Chef Zack – Sous Chefs: Pablo, Robert, and Rojellio

**Mission Community Hospital** – Dec. 2018 – Jan. 2019

This was an assignment that I was requested to work.

Line Cook; Cashier; Busser

Typical Hot Line Menu, but just not your average hospital food. (Real top notch Chefs here)

All Grill Items are made to order

Executive Chef Robert Phillips – Sous Chefs: Leo and Juleane?

**Athenaeum Banquet Hall and Country Club/Hotel** – various shifts from 2018 – present

Prep.; Runner

Prepared fresh produce and meats for either same day or next day use. Worked directly with Sous Chef Leo and Jr Sous Chef Mat on various tasks.

Executive Chef Kevin – Sous Chef Leo – Jr. Sous Chef Mat

**Cedars Sinai Hospital** – various shifts from 2018 – present

Line Cook

Requested for multiple shifts and 2-3 week assignments.

Large volume café, open to the public, with your basic line up on the Hot Line.

Grill; Flat top; Teriyaki Station and Fryers – made to order

**Universal Studios Theme Park** – 3 years

Line Cook; Prep. (P.K.); Pizza Cook; Catering and VIP Cook

Various venues throughout the park, each with their own menu, style and attendees. Projections ranged anywhere from 9,000 – 180,000 a day/for each venues.



I spent the first year and a half in every kitchen in the park until I was assigned a home at Jurassic Cove Café, due to its high attendance rate.

Then I was referred by Chef Darryl Hall to pick up a few shifts in the VIP Lounge.  
Attendees ranged from 300 – 10,000 a day.

\*Oyster Bar; Fillet Mignon Burgers; Lobster Pasta

**Pizzaholic – Pacoima – 2017**

Prep and Line/Pizza Cook

Helped a friend who own a shop where I lived to make pizzas by hand. Over 20 different pies, in a gas oven. Also did a lot of prep, with a little bit of space.

Everything made to order.

Owners Toni and Mike





## Grill Cooks Test

### 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
- Cx 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
- A 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

-9

77.5%

## 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

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

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

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

A

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

19) Which of the following best describes the process of Caramelization?



## Grill Cooks Test

B

- 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

A

21) What temperature should ALL ground meat be cooked to?

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

C

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 the base of flavor & a matter of thickening a sauce.

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

Melt whole fat butter & using either a cheese cloth or skim ~~to~~ to separate the oils from the fat.  
Less chances of browning & flavor. Plus it slightly healthier than regular butter.

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

- 1. Bescimel
- 2. Aioli Tomato
- 3. Vinaigrettes Brown (Espangole)
- 4. Cream Sauce Veloute
- 5. Cheese Sauce Hollandaise

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

It keeps food from sticking, & maintains the integrity of the iron.  
Cleaning with high heat & oil to prevent sticking & rust.

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

Vinegar, Salt, White Pepper, 4 egg yolks: 1 cup of ~~the~~ clarified butter.



**Cashier Test**

Score 11/15

B

1) A roll of quarters is worth?

- a) \$5.00
- b) \$10.00
- c) \$15.00
- d) \$20.00

A

2) A roll of dimes is worth?

- a) \$5.00
- b) \$4.00
- c) \$3.00
- d) \$2.00

D

3) A roll of nickels is worth?

- a) \$8.00
- b) \$6.00
- c) \$4.00
- d) \$2.00

A

4) A roll of pennies is worth?

- a) \$1.00
- b) \$0.75
- c) \$0.50
- d) \$0.25

C

5) What does POS stand for?

- a) Patience over standards
- b) Percentage of sales
- c) Point of sales
- d) People over service

6) What is the current sales tax rate in your city 0.25? 9.5

C

7) A customer buys a bowl of soup for \$1.25, an apple \$0.90 and a soda is \$0.79. If you are given \$10.00 how much change should you give back?

- a) \$4.06
- b) \$2.06
- c) \$7.06
- d) \$5.06

B

8) A customer buys two shirts for 10.50 each and two ball caps for \$7.25 each. If you are given \$50.00 how much change should you give back?

- a) \$19.50
- b) \$14.50
- c) \$9.50
- d) \$4.50

D

9) A customer buys soda for \$3.75 and a hot dog for \$4.25. If you are given \$20.00 how much change should you give back?

- a) \$6.00
- b) \$8.00
- c) \$10.00
- d) \$12.00

A

10) A customer buys two hamburgers at \$3.75 each, two bags of chips at \$1.25 each, two cookies at \$2.50 each and two sodas at \$3.25 each. If you are given \$100.00 how much change should you give back?

- a) \$78.50
- b) \$58.50
- c) \$38.50
- d) \$28.50

**Cashier Test**

**Score** / 15

- A 11) Counterfeit pens should be used on which three denominations?
- a) \$20, \$50, \$100
  - b) \$10, \$20, \$50
  - c) \$5, \$50, \$100
  - d) \$10, \$20, \$50
- A 12) How many times should you count change when giving it to the customer?
- a) one
  - ☒ b) two
  - c) three
  - d) no need to count

**Question & Answer:**

13) What is the minimum age for legal alcohol purchases? 21

14) What are the acceptable forms of ID for alcohol purchases? State ID

15) How many \$20 bills are in a bank band? 50 100...\$2000