

Jameel H. Parrott Sr.

(732)692-9627

Mrcchef211@gmail.com

Objective High-energy dependable hard worker with experience in the food service industry, set and enforce consistent standards and procedures to maintain staff satisfaction.

EDUCATION

Promise Culinary School

New Brunswick, NJ

Vocational Culinary Training Certified by the NJ State

July 2019 to present

Program consisted of both classroom instruction and hands -on training:

- Principles of cooking, including terminology and history.
- Knife skills
- Classic stocks and preparation of various proteins.
- Fruit and vegetables preparation
- Vegan and vegetarian food preparation
- Starches, grains and pasta
- Salads and sandwiches
- Baking of breads, pastries and desserts
- ServSafe managers training and certification valid 2019 - 2024

Hendricks House Group Inc.,

Vineland, NJ

Vocational Training

November 2018 to March 2019

- Ordering and receiving supplies for kitchen use
- Prepared recipes according to their specifications

John Brooks Recovery Center

Atlantic City, NJ

Vocational Kitchen Training

August 2018 to November 2018

- Prepping hot and cold food for service
- Receiving kitchen supplies and stocking
- Proper cleaning and sanitizing equipment

Integrity House Inc.

Newark, NJ

Vocational Culinary Training: Institutional Cooking

August 2017 to August 2018

- Both classroom and hands on training
- Meal planning, and cost
- Recipe creation
- Prepared meals for 350 clients

PROFESSIONAL EXPERIENCE

KFC

Secaucus, NJ

Assistant Manager

April 2016 to

July 2017

- Managed inventory control process to restock store and maintain sales
- Monitored cash intake and deposit records, increasing accuracy and reducing discrepancies
- Maintaining good customer service

Re: Employment Application New Jersey

JotForm <noreply@jotform.com>

Mon 11/18/2019 4:02 PM

To: HS New Jersey <hsnj@theservicecompanies.com>

Interview
11/21/19 @ 10am.

Employment Application New Jersey

First Name	Jameel
Last Name	Parrott
E-mail Address	parrottcaleb2018@gmail.com
Phone	7326929627
Address	45 woodedge ave.
Unit or Number	4
City, State	Edison
Zip Code	08817
What region(s) are you applying to work within?	New Jersey
Which position(s) are you applying for?	Cook
Are you applying for:	Full-Time
When can you start?	11-18-2019
Can you work overtime?	Yes
How did you hear about us?	Referral Social Media
What days/times can you work? Select all that apply:	Monday AM Tuesday AM Wednesday PM Thursday AM Friday AM Saturday AM Saturday PM Sunday PM
Do you have any planned vacations or extended leave in the next 12	6/20/20 getting married

months? (If no, leave blank)

Have you ever applied to or worked for The Service Companies (TSC) before? No

If hired, would you have reliable means of transportation to and from work? Yes

If hired, can you present evidence of your legal right to live and work in this country? Yes

State age if under 18. If you are under 18, hire is subject to verification that you are of minimum age to work. NEW JERSEY

Are you able to perform the essential functions of the job for which you are applying? Yes

Name of School Promise Culinary school

City & State New Brunswick, nj

Grade/Degree Certified and licensed chef.

Graduated? Yes

Do you have any special licenses? (If so, label under "Special") Yes

Are you computer literate? (If so, label which programs under "Special") No

Are you proficient with Point of Sale systems? (If so, label which under "Special") Yes

Do you have any experience, training, qualifications or special skills? (If so, label under "Special") Yes

Are you currently employed?	No
Can we contact your current employer?	Yes
Name and Address of Employer	Hansen house group. 411aloe st. Egg harbor, nj
Type of Business	Mens transitional center
Phone Number	8562972443 ex455
Your Position & Duties	Cook, prepared lunch and dinner meals for 40 clients Clean and sanitize kitchen. Recieved shipments (food,and other kitchen supplies).
Date of Employment (from/to):	11/18- 3/19
Reason for Leaving	Moved out of the area.
Still Employed:	No
Have you ever been fired from a previous place of employment? If yes, please explain:	No
Have you obtained any special skills or abilities as the result of service in the military? If yes, please explain:	No
First Name	Charles
Last Name	Chandler
E-mail Address	Charleschandler@ingrity.org
Phone	845 219 3632
Relationship:	Friend
Years Acquainted:	3
First Name	Richard
Last Name	Jones
E-mail Address	Rjones79@gmail.com
Phone	845 545 3628
Relationship:	Friend
Years Acquainted:	7

First Name Roshonda
Last Name Randall
E-mail Address roshondar88@gmail.com
Phone 732 527 9096
Relationship: Friend
Years Acquainted: 5

I hereby certify that I have not knowingly withheld any information that might adversely affect my chances for employment and that the answers given by me are true and correct to the best of my knowledge. I further certify that I, the undersigned applicant, have personally completed this application. I understand that any omission or misstatement of material facts on this application or on any document used to secure employment shall be grounds for rejection of this application or for immediate discharge if I am employed, regardless of the time elapsed before discovery.

(Checked box indicates acknowledgement)

I hereby authorize Acrobat Outsourcing to thoroughly investigate my references, work record, education and other matters related to my suitability for employment and, further, authorize the references I have listed to disclose to the company any and all letters, reports and other information related to my

(Checked box indicates acknowledgement)

work records, without giving me prior notice of such disclosure. In addition, I hereby release the company, my former employers and all other persons, corporations, partnerships and associations from any and all claims, demands or liabilities arising out of or in any way related to such investigation or disclosure.

I hereby authorize The Service Companies (TSC) and its authorized representatives to solicit information regarding my background, which may include but not be limited to, information about my employment, (Checked box indicates acknowledgement) education, and/or criminal history, which may be in the files of any federal, state, or local criminal justice and law enforcement agency and general public records history.

I understand that if selected for hire, it will be necessary for me to provide satisfactory evidence of my identity and legal authority to work in the United States, (Checked box indicates acknowledgement) and that federal immigration laws require me to complete an I-9 form in this regard within three days of my hire date.

Acrobat Outsourcing is (Checked box indicates acknowledgement) an at-will employer. I understand that nothing

contained in the application, or conveyed during any interview, which may be granted or during my employment, if hired, is intended to create an employment contract between me and the company. In addition, I understand and agree that if I am employed, my employment is for no definite or determinable period and may be terminated at any time, with or without prior notice, with or without cause, at the option of either myself or the company, and that no promises or representations contrary to the foregoing are binding on the company unless made in writing and signed by me and the company's designated representative.

I hereby acknowledge that I have read and understand the above statements.

(Checked box indicates acknowledgement)

Applicant Digital
Signature (Type Name):

Jameel parrott

Date:

11-18-2019

Please Attach Resume
Below

[jameelcaleb2019.pdf](#)

You can [edit this submission](#) and [view all your submissions](#) easily.

Interview Note Sheet

Cook

Applicant Information

Name: <u>Jameel Parrott</u>	Interviewer: <u>Jo Poik</u>
Date: <u>11/21/19</u>	Rate of Pay: <u>\$15</u>
Position (s) Applied for: <u>Cook</u>	Referred by: <u>Indeed - Promise Culinary School</u>

Test Scores

Server	/35	%	Bartender	/30	%	Seeking Full-Time Part-Time
Prep Cook	/15	%	Barista	/10	%	
Grill Cook	<u>37/40</u>	<u>92</u> %	Cashier	/10	%	
Dishwasher	/10	%	Housekeeping	/16	%	

Relevant Experience & Summary of Strengths

Total of _____ Experience in Food Service/Hospitality

Tell us about your formal training as a cook?	Tell me about your knife handling skills?	Tell me about a time you made a mistake while preparing ingredients. How did you correct it and what did you learn?	Notes:
<u>Promise Culinary School</u> • knife skills • sauces • baking • cooking • prep • different grains/starches	<u>Pretty good</u>	- Too much salt put tablespoon instead of teaspoon. - Started over the process carefully. - Learned to look over recipe and be more thorough.	• Good sense of humor • Family orientated • Likes to see people smile • Humble

P.O.S. Experience: Y / N details: _____

Transportation

Public transportation

Regions Available to work

Max travel 2 hours

Certifications (if any)

Serv-Safe

Availability

m - Tues - Thurs - Fri AM
Open Sat & Sun
Weds - after 11 AM.

Uniforms Owned

<input checked="" type="checkbox"/> Bistro White	<input checked="" type="checkbox"/> Chef Coat
<input checked="" type="checkbox"/> Black Bistro	<input checked="" type="checkbox"/> Chef Pants
<input type="checkbox"/> Tuxedo	<input type="checkbox"/> Knives
<input type="checkbox"/> 1/2 Tuxedo	<input type="checkbox"/> Black Pants
<input type="checkbox"/> Black Vest	<input checked="" type="checkbox"/> Non-Slip Shoes
<input type="checkbox"/> Long Black Tie	<input type="checkbox"/> Bow Tie
<input type="checkbox"/> Other:	<input type="checkbox"/> Cut Glove

Recommendations

Acrobat Academy

Lead Academy

Other Languages Spoken

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

-3
37/40

- 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
- 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

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
- B 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

- 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) A Roux is equal parts of Flour & Fat

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

Melting down whole Butter, skimming the scum off the top
Clarified Butter used for cooking without the impurities

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

1. Bechamel
2. Voute
3. Tomatoe
4. esponde
5. Hollandaise

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

TO Clean the grill
and after each use.

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

Egg yolks, butter, water, lemon juice,
Cayenne, salt, white pepper

11/18/19 @ 1:07am.

9:01am

Cook
Jameel Parrott

Interview

11/21/19 @ 10:00 AM.

Edison, NJ 08817

jameelparrott3_exm@indeedemail.com

7326929627 ParrottCaleb2018@gmail.com.

High-energy dependable hard worker with experience in the food service industry, set and enforce consistent standards and procedures to maintain staff satisfaction and performance targets. Goal oriented team player.

Authorized to work in the US for any employer

Work Experience

Assistant manager

KFC - Secaucus, NJ

April 2016 to July 2017

Managed inventory control process to restock store, and maintain sales.

- Monitored cash intake and deposit records, increasing accuracy and reducing discrepancies.
- Maintaining good customer service.

Education

Professional cooking

Promise Culinary School - New Brunswick, NJ

July 2019 to Present

Assessments

Food Safety — Highly Proficient

November 2019

Proper food handling, storage, and equipment use for preventing the spread of foodborne illness.

Full results: https://share.indeedassessments.com/share_to_profile/e6c0f33a4794559d93aff753d2e50c54eed53dc074545cb7

Cooking Skills: Basic Food Preparation — Proficient

March 2019

Preparing food, using cooking equipment, and converting ingredient measurements.

Full results: https://share.indeedassessments.com/share_to_profile/47756c57b15774dd73713a0d042fcb85eed53dc074545cb7

Supervisory Skills: Interpersonal Skills — Familiar

November 2019

Fostering a collaborative environment and conducting difficult conversations.

Full results: [https://share.indeedassessments.com/
share_to_profile/3525df5ff9cd2b033aa33587a39d6fa2eed53dc074545cb7](https://share.indeedassessments.com/share_to_profile/3525df5ff9cd2b033aa33587a39d6fa2eed53dc074545cb7)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.



Case Verification Number: 2019325150331LE

Report prepared: 11/21/2019

Company Information

Company ID: 139349

Company Name: Acrobat Outsourcing

Client Company ID: 139349

Client Company Name: Acrobat Outsourcing

Employee Information

Name: Jameel H. Parrott

Date of Birth: 10/14/1979

U.S. Social Security Number: ***-**-5956

Employee's First Day of Employment: 11/21/2019

Citizenship Status: U.S. Citizen

Document Information

List B Document: Driver's license or ID card issued by a U.S. state or outlying possession

Document Subtype: State Issued ID Card

Document Number: *****0792

Expiration Date: 03/31/2020

State: New Jersey

List C Document: Social Security Card

Case Information

Case Status: Closed

Case Submitted By: Josephine Paik

Current Case Result: Employment Authorized

Reason for Closure: Employment Authorized Auto Close

