

LaQuetrice White

Houston, TX 77092

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Authorized to work in the US for any employer

Work Experience

Cook1

OTG Managment - Houston, TX

July 2019 to Present

- Transitioned between breakfast and dinner service by cooking breakfast in the morning and cooking lunch in the afternoon
- Clean dishes breaking down dining area, cleaning, mopping
- Prepared identical dishes numerous times daily with consistent care, attention to detail and quality
- Prepared cooking supplies, ingredients and workstations when opening and closing kitchen
- Prepared average of 100 orders each shift
- Changed and sanitized all cutting boards, benches and surfaces between tasks to avoid cross-contamination
- Received food orders from cashiers and cooked items quickly to complete entire order together and serve hot

Line Cook

SSA/Houston Zoo - Houston, TX

February 2015 to July 2019

- Maintained a prepared sanitary work area at all times
- Served and delivered food throughout the entire restaurant in a timely manner
- Assisted chef with any task needed
- Prepared all food items in a hygienic and timely manner

Food Service Worker

Majesty Hospitality Staffing - Houston, TX

April 2013 to January 2017

- Maintained smooth and timely operations in preparation and delivery of meal
- Quickly and accurately served specific meals to patients with special dietary needs
- Assisted patients with completion of menus appropriate for specific dietary requirements
- Completed detailed nutritional assessments of each patient based on health history, medical conditions and energy requirements
- Cooked batches of food according to standard recipes
- Cleaned surfaces and equipment, removed trash and verified kitchen tools were in working order
- Work at hospital, nursing homes, schools ,hotel

Education

High school or equivalent in English

Forest Brook High School - Houston, TX

September 1993 to May 1997

Northwest Educational Center - Houston, TX

Skills

- Customer Service, Safety Consciousness, Cooking, Food Preparation (7 years)
- ability to communicate with others, Team player, (9 years)

Certifications and Licenses

food handler certificate

February 2018 to June 2022

Food Handler

Assessments

Conscientiousness — Expert

April 2019

Measures a candidate's tendency to be rule-abiding, well-organized, hard-working, confident, and think before acting.

Full results: [https://share.indeedassessments.com/](https://share.indeedassessments.com/share_to_profile/328970c7c7b9974b895026fa0c85880beed53dc074545cb7)

[share_to_profile/328970c7c7b9974b895026fa0c85880beed53dc074545cb7](https://share.indeedassessments.com/share_to_profile/328970c7c7b9974b895026fa0c85880beed53dc074545cb7)

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

Additional Information

Skills

Food service, Cook (6 years)

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

35

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

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

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

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

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

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

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

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

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

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
- abc 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
- 165 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 a simple mixture of a fat and flour heated up to make a paste, which serves as base for most sauces and help thicken sauce up and used to thicken sauce

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

melt butter in sauce pan once melt allow it to continue to heat until it comes to a gentle boil

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

1. bechamel
2. tomato
3. hollandaise
4. veloute
5. Espagnole

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

oiling and heating grill to zap those toxic factory contaminants

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

yolk, butter, lemon