

Douglas Hatley

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DSKY CATER 60

Career Objective:

Highly talented and experienced cook actively seeking a position in the culinary field which will offer the opportunity to utilize my skills as an efficient and integral player as a Cook, Prep Cook, Expediter or Server.

Qualification Summary:

Experienced in planning formal dinners, luncheons, and special events. Exceptional ability to lead and train staff, as well as, organize and coordinate activities. Outstanding skills and techniques in cooking and preparing variety of foods. Passionate and strong knowledge of food preparation and presentation methods, techniques, and quality standards, along with inventory and ordering methods. Strong ability to use standard food preparation utensils such as, knives, spoons, tongs, whips and other kitchen equipment.

Work Experience:

HealthRIGHT 360, Los Angeles, CA

2014-2019

Skills and Responsibilities: Prepped and prepared daily meals for over 200 clients and staff. Followed menu and recipes to prepare and/or cook breakfast, lunch, dinner and snacks in a timely manner to stay on schedule. Improvised and executed meals when menu ingredients and items not available. Trained staff and clients on kitchen protocols, health and safety standards, preparation techniques and recipe building. Inspected products ensuring that labels are right and there are no defects. Assisted with purchase orders and great knowledge of budgeting. Familiar with an array of ethnic cuisines, well versed in kitchen cleanliness and food safety standards and excel at working all stations. Responsible for wiping down counters and sinks, took out trash and recycling and swept and mopped floor daily to keep a clean and healthy kitchen. Helped with preparation, set-up and service for catering events. Also ensured kitchen sanitation standards and organized and inventoried food items and kitchen equipment. Passionate about cooking and service excellence, with an appetite for learning new recipes and food-preparation techniques.

Volunteers of America, Los Angeles, CA

2003—2013

Skills and Responsibilities: Created, planned and cooked all daily specials. Trained and managed kitchen staff. Created custom designed menus for private clients, special occasions and catering services. Prepared marketing and promotional materials. Good communication and leadership skills. Setting up tables, plates and glasses for parties, cooking and serving multiple locations. Prepping roasts, meats, fishes, vegetables and baking desserts. Among the

special skills I gained were gourmet cooking, healthy and nutritional cooking, and cooking basic and convenience foods. Cooking soups that reflected seasonal menu changes, along with prepping daily menu. Baked with and without mixes, prepared soups, sauces and stocks, meat cutting and butchery. Developed menus, maintain food inventory and order control, food preparation and storage, large scale cooking. Receiving and recording deliveries, stocking items, ordering kitchen supplies. Prepared necessities for the next day's menu and maintained all surfaces and floors clean and sanitized.

Catering Experience:

Prepared and cooked finger foods and desserts. Planned and organized seasonal and non-seasonal social events and private parties. Experienced budget analysis and contract negotiations. Guest capacity varied from 60 to 300 people.

References: Gladly available upon request.

Multiple Choice Test (1 point each)

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

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

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

12) A gallon is equal to C ounces

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

13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

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

15) Potentially hazardous hot foods must be maintained at an internal temperature of A or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

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

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

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

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

20) What temperature should chicken be cooked to?

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

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

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

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)

Gravy Butter Flour
Thick it up

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

MAKE FOOD TASTE GOOD melt butter down

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

1. Butter Flour *Bechamel*
2. Hollandaise
3. what whi *Veloute*
4. Red wine
5. TOMATO *Brown (Espagnole)*

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

So FOOD DOES NOT STICK

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

Egg YOLKS AND OIL