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Education



Bachelor's in Behavioral science

Miami Dade College - Miami, FL

January 2000 to May 2024



⌚ Suggestion: update "general education" to
"Education"

Edit

Dismiss

+ Add degree



General education

Miami Central Senior High School - Miami, FL

August 1994 to June 1995

Skills



Cooking



Food Prep



Grill



Kitchen Staff



Host



Certifications and Licenses



Food Handler



ServSafe



food handler certificate





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Behavioral Health Technician

G.E.O - Miami, FL

April 2005 to December 2007



GEO care was a closed mental hospital and prison for patients who committed crimes, and were deemed by the courts unfit to be held on trial.

Behavioral Health Associate



Landmark - Miami, FL

August 1999 to June 2005

I worked serving people with profound mental and physical disabilities. My job duties included but weren't limited to: assisting the consumers with waking, showering, clothing, and eating. Assist

them with rehabilitative activities and therapeutic work spaces. Encouraging new survival skills and reinforcing a high quality of life.



Transporter

The Childerns Home Society - Miami, FL

February 1998 to July 1999

I transported children to and from daycare, doctor's, appointments, school, home, and family visitations.

I was responsible for documentation on miles, gas, field behaviors, and home and family visits.

Line Cook, Dishwasher, Waiter



Piccadilly Cafeteria - Aventura, FL

July 1996 to July 1998

As a 16 yr old I began as a dishwasher; from there I waited tables, food prep and food service. My ending position was as a high volume line cook serving hundreds of people a day.

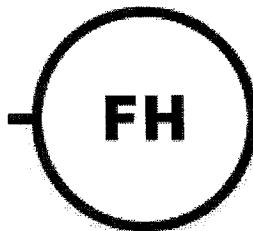
Education





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Fredrick Houston



Line cook - modern American restaurant



Los Angeles, CA

Resume

About Me

Dashboard

Fredrick Houston



Line cook - modern American restaurant

Los Angeles, CA

neverunecessary@gmail.com

7864442051

Dear hiring manager,

I have years of practical knowledge in the hospitality industry such as restaurants, hotels and country clubs. I worked as a sous chef for a high-end modern American restaurant as well as a line cook for fast paced casual dinning along with preparing classic American cuisine for a very prestigious golf club. I'm also well versed in behavioral health. I'm a great leader and I take instructions well. I can work independently as well as with others. I believe in integrity and honesty. I take pride in what I do. I'm sincere and hardworking. I have great verbal and

organizational skills. I'm fluent in English and some Spanish. I'm vigilant and easily accommodating. I'm computer literate and retentive. I strive in environments that are challenging. I'm impartial to trainings and new skill development. I offer a great deal of passion and focus. Hopefully the attached showcases a strong applicant.

Thank You for any and all consideration!
I hope to hear from you soon!





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Prep cook

Seed modern American restaurant - Marietta, GA

March 2018 to June 2019



I'm currently a prep chef at seed fine cuisine. My duties include prepping fresh and high quality foods for a modern American restaurant. I'm familiar with classic and complicated menu items from roasted

Brussel sprouts to sweet potato miso soups to hand made pasta stuffed with truffles brie cheese and imported Italian sausage. I work directly under a trained chef of 25 yrs.

Prep Cook and Line Cook



Fresh to Order - Marietta, GA

June 2017 to June 2019

I'm currently a line cook/prep/dish washer at fresh to order. I prepare fresh cuisine for catering parties and banquets. There are days where I prep for a high volume of customers and assist with dish washing

when needed. As a line cook I'm responsible for preparing fresh meats and vegetables to the specifics of the recipes. I'm also responsible to prep upwards to 50lb bags of onions/scallions/parsley/potatoes

etc. At times I'm asked to run dishes through an industrial grade dish washer, as well as washing restaurant size pots and pans by hand.

Behavioral Health Technician



Ideal Home Therapy - Miami, FL

June 2017 to January 2019

I worked as a behavioral health technician. My job duties included but weren't limited to: conducting recovery meetings like the 12 steps to sobriety. Documentation of daily activities and sleep times.

Monitoring daily activities like recreation and meal times. I was also responsible for enforcing the rules of the facility. I'm familiar with credible and most data collecting softwares. I have many skills that are



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specifically tailored to mental and behavioral health. I believe mi
a great asset to any organization that
fall under the umbrella of mental and behavioral health.

Resident Assistant

I.C.L.T. Summerplice inc

September 2010 to June 2014

I supervised 6 individuals at a group home for persons with developmental disabilities. My duties were to organize and set employee schedules. I also was responsible for the day to day activities such as doctors appointments, survival skills, and hygiene. I made sure the home was kept up to code under the requirements of our governing agencies.

Sales Associate/Warehouse

Gallery Deju Vu

March 2007 to February 2014

I worked as a salesman in a gallery that specialized in estate bargaining. I worked for commission my main duty was to showcase the merchandise by pointing out the quality and benefits of each piece. It was a job that helped me develop masterful people skills.

Adolescent behavioral technician

Gallery Deju Vu - Miami, FL

April 2010 to September 2010

Here I worked with adolescents and teenagers who were recovering from drug addictions. I was responsible for making sure the kids went to their meetings and school. I also supervised visits by their

family members and documented their interactions. I performed toxicology test by collecting urine after outings and home visits. I also supervised medication administration. Working with such a young population encouraged me to practice great patience which I take pride in having.

Behavioral Health Technician

G.E.O - Miami, FL

April 2005 to December 2007





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[← Indeed Job Search](#)[Work Experience](#)**Owner**

Ideal Home Therapy - Los Angeles, CA

October 2014 to Present



I was the owner of a housekeeping service. I mostly catered to those who enjoyed a holistic approach to house cleaning. I pride myself on using environmentally friendly and biodegradable cleaning materials.

 Add a description of your job[Edit](#)[Dismiss](#)**Line Cook**

Golden Road Brewing - Los Angeles, CA

July 2019 to December 2019

Sous chef prep and line cook

Indian Hills Country Club - Marietta, GA

March 2019 to June 2019

My day began with massive amounts of food Prep to serve hundreds of members on a weekly basis. I prepared chicken, seafood, and meats swell as produce and pastries to the specifics of the dish and the chef's preference. As a line cook I responded to order tickets which were expedited which in ten

minutes or less. There were many dishes I collaborated on alongside the chef and fellow cooks. I enjoyed providing high quality for guest who expected great service.

Prep cook

Seed modern American restaurant - Marietta, GA

March 2018 to June 2019

I'm currently a prep chef at seed fine cuisine. My duties include





Grill Cooks Test

~~27/40~~

Multiple Choice Test (1 point each)

~~8/80~~

~~4 36/40~~

~~90%~~

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

A 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

A 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

C 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

C 12) A gallon is equal to _____ ounces

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

d 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

D 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

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



Grill Cooks Test

19

- 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)

Equal mix of fat and flour

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

Separate Milk fat from Butter

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

1. Bechamel
2. Veloute
3. Espagnole
4. Hollandaise
5. Tomatoe

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

Oil the grill grates to prevent sticking

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

Fat, Acid, water, seasoning.

