

Charles Ragland

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Home Style Cook

Highly adaptable team player offering over 15 yrs experience as a cook. Specializing with the Food & Hospitality Industries. I work well under pressure and with minimal supervision, I thrive in a team working environment and I am seeking to secure a career with a company that provides a fun yet challenging environment, offering opportunity for advancement.

- Core Competencies -

- Head Cook
- Short Order Cook
- Crew Cook
- Grill/Line Cook
- Prep Cook / Dish Washer
- Cater/Banquet Server
- Snack Bar Director
- Kitchen Coordinator
- Cashier and Money Handling
- Microsoft Office

Education

- Los Angeles County of Education, Work Ethics, Certificate- 2012
- Empire Job Corps. Food Service – 1990
- San Bernardino Valley College - 1990
- Del Paso High School - 1988

PROFESSIONAL EXPERIENCE

SPECTRA FOOD SERVICES & HOSPITALITY Pomona, California

Cook/Bar Back (June 2019 – Present) Cooking and Prepping for upcoming events. Trained in Food Handling & Safety; prepared quality food according to planned menu recipes and schedule Work well in crowded environments.

Rubio's Coastal Grill , La Verne, California

Line Cook (June 2019 – October 2019): Preparing and cooking foods. Greeting the customers and ensuring that they have a positive experience: Keeping the back line areas clean and above Health Dept. Preparing, and cooking for on-line and catering orders. Working weekends, mornings, and evenings.

Fresh Cut Catering Chino, CA

On-call Catering Cook (March 2019 to Present) Cooked beef patties, veggie patties, and Fries. Grilled, baked and fried chicken. I also prepared chef and fruit salads.

Raging Waters, San Dimas, CA

Catering/Crew Cook (April 2004 – September 2006) Cooked beef patties, veggie patties, and Fries. Grilled, baked and fried chicken. I also prepared chef and fruit salads. I also have done catering and retail. I have experience in cashier. I done inventory, shipping, and receiving. I often oversaw the kitchen several of times.

Nordstrom's Cafe, Brea, CA

Dishwasher/ Prep Cook (August 2005 -December 2005) Run dirty dish machine then put them up. I would wash mix and romaine lettuce then put them in a machine that spins to dry the lettuce then put them in a container and label them according to the date. I also slice breads, meats, cheeses, fruits and veggies.

Maniac Mike Café, Upland, CA

Short Order Cook (April 2005 – August 2005) Prepared breakfast and Lunch items. Breakfast: eggs, omelets, hot cake, hot cereals, meats and homemade biscuits. Lunch: salads, sandwiches, and chili.

Sodexho Davenport, La Vern, CA

Grill cooks (January 2005 – May 2005) Prep cook I sliced diced, and chopped fruits, veggies, meats and cheese. I made sauces according the recipes. I made pizzas from scratch. I stock and restock the salad bar. Grill cook: I cooked and prepare burgers, sandwiches, baked cookies, wraps, and fruits. I also done cashier.

References Available Upon Request



Grill Cooks Test

Multiple Choice Test (1 point each)

d 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

36/40

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

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

-4

90%

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

C 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

F

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

d 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 1 or higher to be safe

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

16 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 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

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

20) What temperature should chicken be cooked to?

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

b 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

C 23) What is a roux and what is it used for? (2 points)

Mixture of FATS to thicken the Sauces.
To thicken Sauces.

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

allowing the milk to separate, to fry or cook for
long period of time

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

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

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

Seasoning a grill using oil and heat ~~to~~ keeps the grill out it's best
keep it from sticking

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

Eggs Yolk and Butter (melted)

Lemon juice or wine or Vinegar

