

SUMMARY OF QUALIFICATIONS:

Passionate culinary professional with over 15 years of experience working in a wide variety of restaurants. Strong skills in kitchen management and staff training. A dedicated leader who is known for motivating culinary staff. Team player with proven ability to learn and implement new systems quickly and efficiently. Detail-oriented, self-starter who works well under pressure.

EXPERIENCE:

4/17 – 7/17

LINE COOK**Black Walnut Cafe, Alpharetta, GA**

- Ensured that all meals were made in a timely fashion using recipes set forth by the company.
- Trained line cooks, maintained proper sanitation, and adhered to health codes.

8/16 – 4/17

CHEF**Ted's Montana Grill, Cumming, GA**

- Served as precision-timing line cook and provided line training for 3-4 staff.

4/16 – 8/16

LAWN SERVICE TECHNICIAN**Scott's Lawn Service, Duluth, GA**

- Provided excellent customer service and answered all customer questions about lawn care.
- Treated lawns for weeds and disease to foster thicker grass growth and overall health.

7/15 – 4/16

PREP COOK**Bonefish Grill, Johns Creek, GA**

- Prepared food to assist the line and prepared salads, sauces, dressings, and desserts.
- Assisted Kitchen Manager with ordering based on usage and produce and dairy quality.
- Pressure washed and sanitized back doc to keep in line with health code standards.

11/14 – 7/15

KITCHEN MANAGER / CHEF**The Rustic Couch, Duluth, GA**

- Set up kitchen of new restaurant, introduced new recipes, and established line flow procedures.
- Planned catering events, boosted breakfast menu, and sampled new vendor products for recipes.
- Hired, trained, and motivated kitchen staff and handled operational problems such as staff absenteeism and underperformance.

1/15 – 7/15

BUSCUIT MAKER**Hardee's, Roswell, GA**

- Prepared fresh, hot, quality biscuits according to company recipes, procedures and standards with strict adherence to safe food handling procedures.

9/14 – 1/15

TRAINING SPECIALIST**DesignComm, Inc., Alpharetta, GA**

- Wrote questions to test learner knowledge of various topics for online curriculum.

12/11 – 9/14

LEAD LINE COOK**Taco Mac, Alpharetta, GA**

- Completed prep work, set up cook's station, and maintained product presentation and quality.
- Set up equipment, verified stock, cleaned equipment, and prepared food items to specifications.
- Trained over 10 new line cooks and managers on back of house policies, inventory, par levels, procedures, and key music and sporting events.

EDUCATION:

Industrial Systems Technology, Lanier Tech, Oakwood, GA, Fall 2012
Electrical Diploma, Everest Institute, Decatur, GA, Graduated Fall 2011
High School Diploma, Fayetteville Tech, Fayetteville, GA, Graduated May 1994

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)

equal parts flour and fat used as a ~~thickener~~
thickening agent

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

butter is slowly heated until all the water has been removed, it is used to make food more flavorful

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

1. bechamel
- 2.
- 3.
- 4.
- 5.

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

to season a grill is to give it a non stick surface by ~~cooking~~ heating a layer of fat burn on it.

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

egg
clarified butter
lemon
cayenne pepper

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

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

A

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