

Anthony Walls

Chef/server/prep/plit master • Compass Group Usa -BP America, Eures

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Willing to relocate: Anywhere

Work Experience

Chef/server/prep/plit master

Compass Group Usa -BP America, Eures • Houston, TX

May 2018 to Present

Make sure food is A1 approved.

- Keeping area and floor clean and mise en place organized.
- Preparing food at a certain time.
- Following all kitchen procedures and showing respect to everyone.
- Delivering good customer service to all workers and employers that I serve.

Teppan Chef/Prep Cook

Benihana • Houston, TX

October 2017 to May 2018

Prep all veggies for the meal dinners, and making the rice for all the fried rices.

- Prepare Lunch and dinner meals as tickets where printed.
- Make sure food is cooked properly and plates clean and neat.

Prep Cook-Lead/Wok Cook

Pf Chang's, Charlotte

March 2015 to December 2015

Prepped the veggies with the meal and sliced all the meats, I also marinate all the meats and make sauces for the meals.

- Made sure every pan I used it was wrapped, labeled and neatly organized.
- Kept the back and walk in cooler neatly organized.

Education

High school or equivalent

Skills

- Line cook
- kitchen

- POS
- Cooking
- Baking
- Team Player
- Chef
- training
- Knife skills
- Management

Certifications and Licenses

food handler certificate

Additional Information

SKILLS

I have kitchen skills by knowing every machine and function in the kitchen from the blast cooler to the oven to the front line of the kitchen. I also have good learning skills I'm more of a hands on quick learner. And works best under pressure I just love being the one to show than to tell.

Lead/Prep Cook

Houston, TX

May 2016

Responsible for the meal dinners, and making the rice for all the fried rices. I also work on the front line and dinner meals as tickets where printed. I also make sure food is cooked properly and plates clean and neat.

Prep Cook/Lead/Prep Cook

Houston, TX

May 2015

Responsible for the meal dinners, and making the rice for all the fried rices. I also work on the front line and dinner meals as tickets where printed. I also make sure food is cooked properly and plates clean and neat.

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Grill Cooks Test

Score 34 / 40

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 _____ 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

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

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)

Gumbo or Gravy

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

Skim the fat/white foam off the top when boiled in pot.

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

1. bechamel
2. espagnole
3. Tomato sauce
4. hollandaise
5. velouté

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

When you cut the grill on make sure its hot enough and oil the grill so food will not stick.

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

egg yolk, and salt,