

Anthony Walls

Chef/server/prep/plt master • Compass Group USA -BP America, Eurest
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Willing to relocate: Anywhere

Work Experience

Chef/server/prep/plt master

Compass Group USA -BP America, Eurest • 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 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.

Line Cook/Prep Cook

McAllen, TX

May 10, 2018

Prep line cook for the meal dinners, and making the rice for all the fried rices. Worked with the line cook and dinner meals as tickets where printed. Make sure the food is cooked properly and plates clean and neat.

Prep Cook, Lead/Shift Cook

McAllen, TX

May 10, 2018

Prepared the meal with the right amount of the ingredients. Take the orders and the right amount of the food. Make sure the food is cooked properly. Interact with the customers. Make sure the food is cooked properly.

Line Cook, Lead/Shift Cook

McAllen, TX

May 10, 2018

Prepared the meal with the right amount of the food. Make sure the food is cooked properly.

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

B/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

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

D 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

A/D 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 or make sure its hot enough and oil the grill so food will not stick.

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

eggs, yolk, and salt.