

# Zachary Phelps

Houston, TX 77042

zacharyphelps36\_sdz@indeedemail.com

903-373-1969

## Work Experience

---

### Line Cook

Snooze AM Eatery - Houston, TX

August 2019 to Present

### Cook II

Texas A&M Hotel and Conference Center - College Station, TX

August 2018 to August 2019

- Mostly work on exhibition line, making orders for hotel restaurant, and make orders for the hotel bar.
- During down time, help banquet chef with banquets going on in the hotel, or help morning chefs by setting up buffets before leaving for the night.
- Upper class restaurant, wouldn't consider fine dining, if no expo present, I will check plating for errors.
- Help others as much as possible, i.e helping servers polish silverware, wash dishes for stewards.

### Cook

Embassy Suites - College Station, TX

October 2017 to February 2019

Prepare complimentary breakfast for guest's by setting up breakfast buffet and/or cooking omelettes for guest, always providing highest quality service, as well as cleaning dishes, setting up for lunch and cleaning the kitchen.

- Serve lunch buffet style on weekdays, different buffet options every day. On weekends, serve lunch a la carte style.
- Help the chef with large banquets when needed, (Usually up to 100-200 people), such as grilling off large amounts of chicken/steak and plating dishes, as well as help clean up afterwards.

### Cook

Mazzio's - Palestine, TX

February 2017 to August 2017

- Prepare pizzas for customers, buffet and a la carte style.
- Keep kitchen clean as possible and sanitary.
- Help servers bust tables.
- Prepare the line for the next shift.

## Education

---

## High school or equivalent

Westwood High School

August 2013 to May 2017

### Skills

---

- Line cook
- Cooking
- Team Player
- kitchen

**Grill Cooks Test**

Score 33 / 40

Multiple Choice Test (1 point each)

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

C

- 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

B

- 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

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

- 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

X



**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  
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

B  
X 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  
X 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

## 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)

Melted butter with flour, used to thicken sauces + gravies

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

Melting butter, + skimming off fat, used to make sauces like hollandaise smooth

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

1. Beurre blanc
2. Bechamel
3. Veloute
4. Hollandaise
- 5.

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

Process of oiling a grill, protects from rust + sticking

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

Egg yolks + Clarified butter