

# Zachary Phelps

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## Work Experience

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### **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

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## **High school or equivalent**

Westwood High School

August 2013 to May 2017

## **Skills**

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- 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

**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

S 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 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

**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

B) 21) What temperature should ALL ground meat be cooked to?

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

B) 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. Béarnaise
- 2. Bechamel
- 3. Velouté
- 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