



RAYMOND FLOYD

(424) 248-7279

CHEFANDNOD247@GMAIL.COM

PROFESSIONAL PROFILE

CULINARY

- * Completed 10-week professional cook training program studying moist and dry heat cooking methods, knife skills, kitchen terminology, stocks and sauces, kitchen best practices, and safety and sanitation procedures.
- * Assisted with preparation and plating of varied meals for approximately 140 café guests during kitchen practicum.
- * Collaborated with head chef and teammates to ensure timeliness of meal services at Bread and Roses Café.
- * Followed safe food handling procedures and guidelines while engaged in food preparation and service
- * Recruited interns and managed kitchen production team for MACY'S Culinary Council and Amoretti World Pastry Championship.
- * Led culinary event staff at CaterSource event in Las Vegas
- * Experience with High Volume Catering, Grill, Fry, Stove, Ovens, CombiOven, Steamer

WORK EXPERIENCE

SUR LA TABLE, LA, CA Kitchen Assistant October 2013 - Current

LAWRY'S THE PRIME RIB, Beverly Hills, CA Cook/Prep May 2019 - Current

BELMONT VILLAGE SEN CENTER, Rancho Palos Verdes, CA Line Cook Sep 2016 - Mar 2018

NORDSTROM (BLUE STOVE), Los Angeles, CA Line Cook May 2016 - Feb 2017

MUD HEN TAVERN (SUSAN FENIGER), CA Line Cook June 2015 - July 2016

MICHAEL'S, Santa Monica, CA Prep Cook (Extern) October - November 2013

BREAD AND ROSES CAFÉ, Venice, CA Prep & Line Cook (Volunteer) September - October 2013

BUFFALO WILD WINGS, LA, CA Line Cook March 2013 – March 2014

CULINARY BUTLER, Los Angeles, CA Media PM/R&D January 2011 – Current

STAGE(S)

GROUNDWORK CAFE, Venice, CA Prep Cook January 2014

WOLFGANG PUCK Hollywood, CA Prep Cook (Catering) April 2017

NEUE HOUSE Hollywood, CA Prep Cook (Catering) May 2017

EDUCATION AND CERTIFICATIONS

ST. JOSEPH CENTER CULINARY TRAINING PROGRAM, Venice, CA September-November 2013

Certificate of Training SERVSAFE FOOD PROTECTION MANAGER CERTIFICATION, Venice, CA September 2013

LANDMARK (GRADUATE) Culver City, CA March 2019

COMPUTER AND LANGUAGE SKILLS

- * Proficient in Mac and PC Environments; Experience with a variety of Microsoft and Adobe Products.
- * Speaks and Understands Spanish
- * Understands ingredients in Ethnic cuisines (Latin, Italian, Asian)



Grill Cooks Test

Multiple Choice Test (1 point each)

a

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

~~a~~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

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

b

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

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

a 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

19) Which of the following best describes the process of Caramelization?

Grill Cooks Test

- b
- 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

C 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

a 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)

COMBINATION OF FLOUR TO FAT. ~~IS~~ USED FOR GUMBO OR
 GRAVY. USUALLY A BASE THICKENER

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

REMOVE THE FAT SOLIDS FROM LIQUID PORTION
 OF MELTED BUTTER. CLARIFIED ~~IS~~ BUTTER IS USED
 BECAUSE OF ITS HIGHER TEMPERATURE/SMOKING POINT

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

1. BECHAMEL
2. HOLLANDAISE
3. ESPAGNOLE
4. VELOUTÉ
5. TOMATO

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

CLEAN AND APPLY OIL OR YOU CAN RUB ONION
 ON IT TO AVOID STICKING/RUST AND FOR REGULAR
 MAINTENANCE

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

EGG YOLK, ~~1~~ PUNCH OF CAYENNE, LEMON, BUTTER