

Lillian Davis

Richmond, TX 77407

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708-296-2909

Willing to relocate: Anywhere

Authorized to work in the US for any employer

Work Experience

SOUS CHEF

Spectrum

September 2018 to Present

SPECTRUM RETIREMENT

Responsible for planning and directing food preparation in kitchens. Supervising other kitchen staff, as well as keeping an eye out for problems that arise in the kitchen and seizing control of a situation at a moment's notice. Also responsible for effective discipline regarding underperforming staff members, as well as provide incentives for staff members to go above and beyond the expectations of their chef roles.

SOUS CHEF

CHANCE AFTER CHANCE

June 2012 to June 2019

- Prepare meals
- Practice safe food handling
- Assist in monitoring food waste
- Clean and sanitize utensils
- Perform daily, weekly, and monthly deep cleaning of the facility

FOOD SERVICE MANAGER

Oak Park Arms - Oak Park, IL

February 2018 to August 2018

OAK PARK ARM

Responsible for the daily operations that prepare and serve food and beverages. Direct staff to ensure that customers are satisfied with their dining experience and manage the business to ensure that it is profitable.

COUNSELOR

CHANCE AFTER CHANCE

September 2009 to September 2016

- Perform spiritual and emotional counseling
- Provide support counseling for bereavement and grief
- Provide substance abuse counseling
- Advocate for children of church members

Sous Chef

CNA, A-ABIDING CARE

June 2011 to December 2014

Responsible for assisting patients with their daily activities. Also responsible for administering medication, bathing and dressing patients.

PERSONAL ASSISTANT

DEPARTMENT OF HUMAN SERVICES (DHS)

March 2010 to May 2014

Personal care aide responsible for light cleaning, cooking, running errands, and doing laundry, as well as assisting clients with bathing, showering, grooming, and other personal hygiene tasks. Also engaged clients in activities like reading, talking, and playing games.

CNA - Certified Nursing Assistant

CNA, SHRINERS HOSPITAL

September 1991 to November 1998

Responsible for assisting patients with their daily activities. Also responsible for administering medication, bathing and dressing patients.

Ambitious, results driven Culinarian with extensive hands on experience working within both educational institutions and commercial business settings. Successful track record of providing leadership, guidance and support to culinary staff. Well versed in preparing menu items and recipes along with keeping production and quality up to standards. A dynamic individual who effectively allocates resources to staff, monitors food production needs and ensures requirements are met. Recognized for adhering to food handling and sanitation guidelines.

EXPERIENCE

Education

BACHELOR'S DEGREE

MIDWEST THEOLOGICAL INST. OF INDIANA BIBLICAL COUNSELING

July 2013

DIPLOMA

KILGOREHIGH SCHOOL

September 2008

Skills

- Time management
- Problem solving
- Chef

Additional Information

SKILLS

- Problem Solving
- Adaptability
- Time Management

- Critical Thinker
- Self-Confidence
- Well Organized

1. **What is the primary purpose of a diet?**

2. **What are the three main types of diets?**

3. **What are the three main types of diets?**

4. **What are the three main types of diets?**

5. **Before starting any diet, what should be done before the dieting board is used for dieting, profile the weight**

- a) Check the weighing board to find out its working
- b) Turn the weighing board on the side
- c) Note the board and marking scale
- d) Wash, clean and sanitise the board before starting the process

6. **Which of the following is NOT an appropriate method to their dieting plan for individuals?**

- a) In a supervised environment
- b) During the sleeping process
- c) Under medical guidance
- d) On a diet with no nutritional value

7. **What is the primary purpose of a dieting solution to the following?**

- a) Weight loss
- b) Weight gain
- c) Weight control
- d) Weight loss and weight gain

Grill Cooks Test

74
20
Score 20/40

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

C 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

X 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 V 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

X 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 V 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 V 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

B X 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

C 20) What temperature should chicken be cooked to?

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

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

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

B D 22) What temperature should fish be cooked to?

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

P 23) What is a roux and what is it used for? (2 points)

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

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

- 1.
- 2.
- 3.
- 4.
- 5.

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

P T O I C H B a t e r e a s

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

P B u t t e r o u s a c e z