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Objective

Seeking a competitive position as a Prep Cook/Line Cook, show-casing a wide-range of talents gained from working in the field; continuing further education where any cross-talents can be fully utilized by the employer / establishment.

Skills & Strengths

Serv-Safe Certified
Excellent Trainer
Great Listener
Problem-Solver
Adapts under pressure
Google Suite

Team Player
Loyal and Trustworthy
Works Well Under Pressure
Strong Work Ethic
Microsoft Office Suite (Word, PowerPoint, Excel)

Languages

English and Basic Spanish

Work History

The Party Staff, Inc. – Freelance Chef

September 2017-current

- Providing aid to establishments with catering events or daily operations
- Employers that use The Party Staff, Inc.:
 - ~Bon Appetit at Yahoo - Playa Vista, CA
 - ~Levy Restaurants at The Forum - Inglewood, CA
 - ~Cal Tech Catering Services - Pasadena, CA
 - ~Bon Appetit at The Getty Center

KANMCO Realty Administrative Assistant

September 2017-current

- Knowledgeable in Microsoft Office Suite
- Knowledgeable in Google Suite
- Created client profile database entries for employers
- Answering phones and scheduling employer's daily routines.
- Researching client inquiries on the MLS (Multiple Listing Service).

Tin Roof Bistro – Pantry Cook & PM Prep Cook

October 2009 – August 2016

- Developed basic training manual for Sous-Chef.
- Trained new team members for 4 years.
- Recorded inventory entries and reported to managers.
- Communicated with Exec. Chefs and Sous-Chefs on daily inventories
- Knowledgeable in Garde Manger. Prepared signature entrée salads and plating desserts to order.
- Followed instructions on daily prep list.

- Supplemented items on line cook stations during night shifts.
- Assisted line cooks on front lines during rush periods.
- Maintained cleanliness and sanitation always.
- Assisted chefs and catering managers during private events at establishment and offsite events:

Manhattan Beach Wine Festival 2010, 2011, 2012, and 2016
"Bite at the Beach" Wine & Beer Festival 2016
"White Light White Night" (Walk with Sally) Event 2016

Primitivo Wine Bistro - AM Prep Cook

- Followed instructions on daily prep list
- Maintained cleanliness and sanitation always
- Managed daily operations
- Learned receiving and oversaw quality control of products daily
- Trained new workers on said stations

Sept. 2007 - Sept. 2008

Law Offices of Robin Chow - Receptionist

- Daily tasks of filing, file maintenance, and data entry
- Communicated well with clients and staff

May 2006 – Sept. 2006

Education

International Culinary Schools at The Art Institute of California, San Francisco

B.S. in Culinary Management with Honors

2006-2010

Culinary Management with Honors 2006 - 2010
Program focused on culinary skills, exploration of world cuisines and techniques, and beginning foundations of restaurant management

Tuscany, Florence, Italy - Let's go cook Italian

2011 and 2014

Tuscany, Florence, Italy - Let's go cook Italian 2011 and 2014
Program consisted of study and preparation of regional dishes of Tuscany under direction of
Master Chefs. Researched recipes from the renaissance era.
Explored farm - to - table concept & systems.

Burgundy, Lyon, France

Program consisted of study and preparation of regional dishes of Burgundy region under direction of Master Chefs. Wine tasting classes held in Beaujolais & Pouilly-Fuisse region

References

References will be made upon request.

Grill Cooks Test

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

~~33~~
40 95%

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

a 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

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

a

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)

A roux is equal parts fat and flour. That can be butter or oil.

A Roux is used as a mix to chicken soups, stews, and sauces at the beginning of the cooking process.

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

The process of making clarified butter is to heat melted butter in a saucepan first. Then skim the milk solids from the top. Clarified butter is used to keep the flavor without it having to burn.

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

1. Tomato
2. Bechamel
3. Hollandaise
4. Béchamel
5. Velouté

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

Seasoning a grill prevents rust and reduces grease build-up otherwise your product is ruined or causes a hazard.

PREVENT FROM STICKING

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

- Clarified butter
- Egg yolks
- Lemon juice
- Salt
- White pepper

