

Melvin Hover

Los Angeles, CA 90044  
Phone: (310) 927-9858  
E-Mail: melshair247@yahoo.com

#### Professional Summary

Talented kitchen leader and team motivator successful at maintaining staff focus, efficiency and productivity in high-volume, fast-paced operations. Experienced with various cuisines, sourcing ingredients, controlling budgets and boosting restaurant profiles.

#### Work History

July 2019 to Current  
Balmoral Resort Florida Haines City, Florida  
Chef

Prepare and cook foods of all types, either on a regular basis or for special guest luncheons;  
Analyzed recipes to assign prices to menu items, based on food, labor and overhead costs;  
Determined production schedules and staff requirements necessary to ensure timely delivery services;  
Ordered or requisitioned food or other supplies needed to ensure efficient operation.

April 2016 to May 2019  
County Seat Cafe Incorporated Bartow, Florida  
Head Chef

Cooked, apportioned and served food to facility residents, employees and patrons according to menus, special dietary or nutritional restrictions.  
Directed activities of one or more workers who assisted in preparing and serving meals.  
Compiled and maintained records of food use and expenditures.  
Trained new employees.

August 2012 to March 2016  
Southeastern University Lakeland, Florida  
Lead Cook

Clean, cut, and smoke meat, fish, and poultry.  
Direct activities of one or more workers who assist in preparing and serving meals.  
Monitor use of government food commodities to ensure that proper procedures are followed.  
Sterilize cooking equipment and utensils.  
Bake breads, rolls and other pastries.

#### Skills

Signature dish creation  
Scheduling  
Workflow optimization  
  
Food plating and presentation  
Inventory Control / Ordering of Supplies

Production Experience

Education

Polk State College Winter Haven, FL  
Business Management

Alaine Leroy Locke High School Los Angeles, CA  
High School Diploma

Certifications

Safe Staff DBPR-Contracted Food Safety Provider Certificate  
Serve Safe Food Production Manager Certificate No. 17534316



**Grill Cooks Test**

36

40

**Multiple Choice Test (1 point each)**

C  **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

-10

7571

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

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

C **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

C **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

C **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

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

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

B 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

A 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

3

- 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

160°F

D

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 a flour season mix made with oil or butter that is made to gravy by adding Broth or water, thicker

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

Melt and strain through cheese cloth  
HIGHER SMOKE POINT

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

- 1. MARINADE TOMATO
- 2. Hollandaise
- 3. Alfredo BECHAMEL
- 4. Pesto BROWN (ESPAGNE)
- 5. Bolognese VELOUTE

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

Oiling Heating and Burning off contaminants that may make it stick

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

Egg yolk, Butter, Lemon juice

