

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

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

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

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

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

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

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

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

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

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

b 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

R 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

C 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

a 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

b 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

c 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)

ROUX IS A MIXTURE OF FLOUR AND BUTTER COOKED AND COMBINED IN A PAN, WHICH IS USE AS A THICKENING AGENT

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

BUTTER IS SLOWLY COOKED TO REDUCE THE FAT IN THE BUTTER, WHICH LOWERS THE CHOLESTEROL LEVEL.

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

1. BECHAMEL (WHITE SAUCE)
2. TOMATO SAUCE
3. VELOUTE (LIGHT SAUCE)
4. ESPAGNOLE (BROWN SAUCE)
5. HOLLANDAISE

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

A SEASONED GRILL IS WIPE DOWN WITH OIL, SO THE PROTEIN BONDS ON THE GRILL DOESN'T STICK TO THE GRILL.

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

Egg WHITES, CLARIFIED BUTTER, LEMON OR LIME AND A LITTLE OF SALT + PEPPER



**David Austin**  
3900 Century Blvd., 211  
Inglewood, CA 90303  
Cellular 747-236-8094  
Cellular 818-698-5029  
[dgregaustin@yahoo.com](mailto:dgregaustin@yahoo.com)

## **OBJECTIVE**

To obtain a challenging position, where I can learn and utilize my 20 years of experience, to help contribute to the success of your organization.

## **SUMMARY OF EXPERIENCE**

Able to cook all meal items per menu and according to restaurant or catering recipes. I can prepare soups and sauces from scratch or by recipe. I am able to maintain a cook's line, stock food items, condiments, order food items and train employees. Capable of sustaining the effort necessary to see a project through from conception thru implementation, while functioning smoothly in high pressure situations.

## **EMPLOYMENT HISTORY**

### **Hollywood Park Casino, Inglewood, CA** **Line Cook, 2016 - 2016**

Learned all five stations, which included....breakfast, saute, grill, pantry and Asian/Wok stations, within a period of five monthes.

Prepared and worked all stations when needed

Trained new employees for any station desired by management.

### **Bake It Again Sam, North Hollywood, CA** **Line Cook, 2014 - 2016**

Preparation of all raw meats, which included beef, pork, chicken, fish and shell fish.

Helped to participate in the finishing of food items by adding or deleting seasonings, with the Chef's approval.

Cooked all catered meals under pressure when items where added to catered menu.

Adherence to all catering standards and presentation of food items.

### **Myke's Cafe, Pacoima, CA** **Line Cook, 2013 - 2014**

Preparation and presentation of all breakfast items, which included Mexican and American breakfasts.

Responsible for ordering all food items and the training of new staff.

### **Bottega Louie's, Los Angeles, CA** **Prep Cook, 2013 - 2014**

Preparation of all meats, fish, shell fish and the cooking of various pastas.



Made all sauces following house recipes.

Stocked and maintained all food items throughout service on the Cook's line.

**EDUCATION**

**U.S. Army A.I.T, Fort Gordon, GA**  
**Associate, Communications, 2000**

