

# Acrobat

outsourcing

Your Hospitality Staffing Professionals  
665 Third St., Suite 415 • San Francisco, CA 94107

First and Last Name: Frederick Ahumada  
Email: fredashw@yahoo.com  
Phone number: 323-245-6446

## Working Experience:

Company Name: Buckenheimer  
Dates of Employment: ~~Cook all food~~ 01/14 - 09/17

### Job Responsibility:

- cook food
- clean station down
- prep for the next day
- 

Company Name: Blow BLO  
Dates of Employment: 07/14 - 12/15

### Job Responsibility:

- cook all food
- prep
- juice all fruit and Veggies
- 

Company Name: Whole Food Market  
Dates of Employment: 12/98 - 06/08

### Job Responsibility:

- cook all food
- prep - for the next day
- customer service
- 

## Skills

- 
- 
- 
-



## 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

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

D 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

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

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

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

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 coved, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

165 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)

a roux is a mixture of fat and flour.  
it is used for making sauces

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

clarifying butter by melting it completely, then off foamy surface.

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

1. hollandaise sauce
2. tomato sauce
3. Espagnole sauce
4. Veloute sauce
5. Bechamel sauce

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

to put oil on the grill while its hot to prevent food from sticking

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

egg yolk, melted butter, water & lemon juice

2017-08-18 10:22

10) Which of the following best describes the process of fermentation?

- a) To add a hole in a bun on top of the stove until food is browned
- b) To cook through which natural sugars in food become browned and ferment with no cooking
- c) Cooking method by which food is browned in fat, then cooked, light covered, in liquid at low heat
- d) To bring food to boiling water briefly, then into cold water to cut the cooking process

B

11) What temperature should chicken be cooked to?

- a) 140°F
- b) 150°F
- c) 160°F
- d) 170°F

160

12) What temperature should all ground meat be cooked to?

- a) 140°F
- b) 150°F
- c) 160°F
- d) 170°F

160

13) What temperature should fish be cooked to?

- a) 140°F
- b) 150°F
- c) 160°F
- d) 170°F

140

14) What is a true and which is false? (2 points)

a) A point is a measure of fat on from.  
b) It is used for various cases?

15) What is the process of making bread? (2 points)

1. Mix flour, water, yeast, salt  
2. Knead the dough  
3. Let it rise  
4. Bake it

16) What are the 5 main types of meat? (2 points)

- 1. Beef
- 2. Pork
- 3. Chicken
- 4. Turkey
- 5. Lamb

17) What is the process of cooking a steak? (2 points)

1. Season the steak with salt and pepper  
2. Heat the oil in a pan  
3. Cook the steak for 4-6 minutes on each side  
4. Let it rest for 5 minutes

18) What are the 5 main types of meat? (2 points)

1. Beef, Pork, Chicken, Turkey, Lamb