

Benjamin Gonzalez
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Objective

Seeking a position as an Executive Chef or Sous Chef in which I can apply my culinary knowledge and abilities to provide exceptional customer service and satisfaction

Summary

Dynamic, resourceful, and skilled Executive Head Chef with 10 years of success in fine dining, casual dining, and catering events. Experienced in authentic Mexican, Asian, Indian, Italian and Mediterranean food. An expert on VIP events with a wide knowledge of art, aesthetics, and overall quality ensuring customer satisfaction.

Skills

- Focused and disciplined
- ServSafe certified
- High volume production capability
- Inventory management familiarity
- Strong butchery skills
- Contemporary sauce work
- Focus on food cost and portion control
- Bilingual (English/Spanish)
- Able to multitask
- Creating new menus

Experience

Executive Chef, Life Works/Aramark, Milpitas CA

January 2013-June 2013

- Effectively managed and assisted kitchen staff in producing food for banquets, catered events and member dining areas
- In charge of doing inventories, placing orders, designing menus, and programming the schedule for all the staff
- Traveled to open and develop new accounts

Executive Chef, Symantec, Mountain View CA

May 2005-January 2013

- Provided courteous and informative customer service in an open kitchen format
- Consistently kept a clean and safe environment by adhering to all federal, state and local sanitation and safety requirements
- Expert in final plate preparation with a unique presentation
- Identified opportunities to increase revenue, decrease kitchen expenses and maximize departmental productivity without compromising guest satisfaction



Restaurateur, Las Palmas Grill, Patterson CA**2000-2004**

- Managed the business appropriately to ensure high revenue
- Designed menus for a fine dining experience using quality food
- Maintained a high level of customer satisfaction

Sous Chef, Country Club, Los Altos Hills CA**1997-2004**

- Responsible for the success of banquets events giving an original touch to every dish
- In charge of talking directly with customers and putting special attention to their requests
- Processed orders and inventories

Education

Sweetwater Institute, Chula Vista CA, 2009

Benito Juarez High School, Palo Alto Michoacan MX, 1985-1989



Multiple Choice Test (1 point each)

100%

A 1) 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 2) The recommended temperature for your refrigerator is...

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

A 3) 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 4) 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 5) 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

A 6) 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 7) 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

C 8) 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

D 9) A gallon is equal to 128 ounces

- a) 56
- b) 145
- c) 32
- d) 128

b 10) How many cups are in a quart?

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

C 11) 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 12) 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 13) 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 14) 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

b 15) 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

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

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

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- 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

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- 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

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C 18) Which of the following best describes braising?

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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)

To thicken, Sauces, gravies, etc.

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

To put in a pan in a low heat to do sauces.

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

1. Marinara
2. Alfredo
3. Pesto
4. Bechamel
5. Espanole

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

It gives the right flavor to the protein.

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

Eggs yolk, butter, worcestershire sauce, Tabasco sauce.

