

# Zachary Benjamin Bailey

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## OBJECTIVE

To gain full-time employment in the culinary industry as a prep cook or line cook, in a restaurant or catering company that will allow for advancing skills and knowledge.

## PROFESSIONAL EXPERIENCE

### *Culinary*

- Completed 10-week professional training program studying cooking methods, knife skills, kitchen terminology, stocks and sauces, kitchen best practices, and sanitation.
- Collaborated with head chef and two other prep cooks to prepare and plate various cuisines for approximately 125 café guests during kitchen practicum at Bread and Roses Café.
- Followed safe food handling procedures and guidelines in classes and at externship placement.
- Worked as prep and line cook at Candle Café, including preparing appetizers and entrées.
- Worked as prep and line cook at Marcona, including prep of the whole menu and all main dish items

### *Online Marketing/Sales*

- Managed online marketing and sales for small business, including creating advertisements.
- Created postings and fielded telephone phone calls related to advertisements.

### *Child Care*

- Supervised five to seven children, ages three to 10, for members of community organization.
- Provided educational and entertaining activities and ensured safety of all children.

## WORK AND VOLUNTEER HISTORY

<b>Prep and Line cook</b>	Marcona, Melrose ave, CA	dec. 2013 - mar. 2014
<b>Prep and Line Cook (Extern)</b>	Candle Café, Venice, CA	Sept. - Oct. 2012
<b>Cook's Assistant</b>	Bread and Roses Café, Venice, CA	Aug. - Sept. 2012
<b>Online Marketing Assistant</b>	The Robertson Group, Los Angeles, CA	June - Aug. 2011
<b>Prep Cook and Server</b>	George Bailey (Caterer), Los Angeles, CA	June - Aug. 2010
<b>Child Care Assistant</b>	Children's Council, Los Angeles, CA	June - Aug. 2009



## **EDUCATION AND CERTIFICATIONS**

**St. Joseph Center Culinary Training Program**, Venice, CA. July - October 2012.  
*Certificate of Training*

**ServSafe Food Protection Manager Certification**, Venice, CA. July 2012.

**Hamilton High School**, Los Angeles, CA. Sept. 2008 - June 2012.  
*High School Diploma, general studies with focus on arts and music.*



## Prep Cooks Test

### Multiple Choice (1 point each)

- 1) A gallon is equal to \_\_\_\_\_ ounces
- 56
  - 145
  - 32
  - ☒ 128
- 2) Mesclun are what type of vegetable?
- Roots
  - Beans
  - ☒ Salad Greens
  - Spices
- 3) What does the term braise mean?
- ☒ Sear quickly on both sides
  - Slowly cook in covered pan with little liquid
  - Cook on high heat and quickly
  - Slowly cook in simmering water
- 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- 155 degrees F
  - ☒ 165 degrees F
  - 175 degrees F
  - 185 degrees F
- 5) How do you blanch vegetables?
- ☒ Immerse for a short time in boiling water
  - Cook lightly in butter over med heat
  - Soak in cold water overnight
  - Rub with salt before cooking
- 6) Which of the following ingredients would you pack before measuring?
- Olive Oil
  - Salt
  - ☒ Brown Sugar
  - White Sugar
- 7) What is Al Dente?
- ☒ Firm but not hard
  - Soft to the touch
  - Very hard
  - Very soft
- 8) Food should be left out no more than
- ☒ 2 hours
  - 3 hours
  - 4 hours
  - 5 hours
- 9) Which is the improper way to thaw frozen food?
- In the fridge
  - In a sink with cold water
  - ☒ On the counter
  - In the microwave



## Prep Cooks Test

- 10) Which of the following can you use to put out a grease fire?
- ☒ a. Baking Soda
  - b. Baking Powder
  - c. Flour
  - d. Water
- 11) What is the temperature range of the danger zone?
- a. 25-135
  - ☒ b. 40-140
  - c. 50-160
  - d. 30-130
- 12) Which of the following is listed from smallest to largest?
- a. Dice, chop, mince
  - b. Mince, chop, dice
  - c. Chop, dice, mince
  - ☒ d. Mince, dice, chop
- 13) Which direction should pan handles be turned while cooking on the stove?
- a. Over the fire at all times
  - b. Turned towards you for better control
  - ☒ c. Turned towards the right or left at all times
  - d. Over the countertop at all times
- 14) When you poach something, you cook it with what?
- a. Noodles
  - b. Vegetables
  - ☒ c. Liquid
  - d. Oil
- 15) Which spoon is used to remove fat from soups and stews
- a. Basting Spoon
  - ☒ b. Ladle
  - c. Slotted Spoon
  - d. Portion Spoon
- 16) Which of the following means to cook in a small amount of fat?
- a. Season
  - ☒ b. Sauté
  - c. Broil
  - d. Boil
  - e. Fry
- 17) What is a Julien cut?
- ☒ a. Food cut into long thin strips, matchstick
  - b. Food cut into long thin strips then turned and cut into a 1/8" dice
  - c. Food diced into finely chopped and uniform pieces
  - d. Cutting and peeling into oblong seven sided football like shapes
- 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.
- ☒ a. Sweat
  - b. Boil
  - c. Roast
  - d. Grill

**Fill-in the Blank** (1 point each)

## Prep Cooks Test

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- 19) Salt & pepper are the basic seasoning ingredients for all savory recipes.
- 20) False : to cut into very small pieces when uniformity of size and shape is not important.

