

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

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

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

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

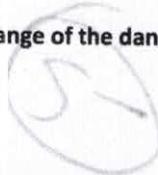
Prep Cooks Test

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

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.

