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Objective

To obtain a back of house position such as "prep cook" or "dishwasher" and get a better hands on training and real world experience with your respective company. My goal is to work hard and diligently and gather enough high volume work hours to become a fully capable and experienced cook.

Summary of Qualifications

So far I have acquired almost 3 years of well-rounded and diverse training as a prep cook in different kitchens. On the job experience includes but not limited to hotel and corporate establishments such as Hilton Bay Front and Phizer: La Jolla; as well as on campus kitchens and catering companies. Also, I have some garmache and cold side prep cutting skills.

Some of my major strengths would be self motivation, enthusiastic to learn and build on my talents. Also I'm fluent in Spanish and have a preference to keep an open mind but assertively sticking to my principles and taking each day as a learning experience. I have a desire to build on my time management skills and my knife handling abilities since I would like to become a butcher; which is what I would like to accomplish as a long term goal in the culinary industry.

Professional Accomplishments

1. Completing all the necessary courses to safely handle food in a commercial setting.
2. Successfully training new hires at my current restaurant in food portioning.
3. Keeping the portioned products stocked up and replenished for my present company's busiest week, which is located two blocks away from the Convention Center in downtown where they annually host Comic Con International.
4. As well as taking the initiative of learning how to handle cooking utensils safely and properly and working faster & safer.

Education

- Helix High School
- Eastlake Learning Center
- Southwestern Community College

(No formal culinary schooling so far)

References

<u>Name & Relation</u>	<u>Occupation</u>	<u>Contact Information</u>
Antonio Fuentes (former boss)	Chef: Sevens	(619) 273-1714
Cesar Castorena (current coworker)	Crew Leader: Old Spaghetti Factory	(858) 568-4929
Derrick Nededog (former coworker)	Lead Line: Cook Filippi's Pizza Grotto	(619) 302-1155

Multiple Choice Test (1 point each)

- D 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
- A ~~X~~ 2) The recommended temperature for your refrigerator is...
- a) 45°F
 - b) 50°F
 - c) 40°F
 - d) 20°F
- C 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
- B ~~X~~ 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
- A 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
- E 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 _____ ounces
- a) 56
 - b) 145
 - c) 32
 - d) 128

Prep Cooks Test

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

A 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
- A ~~x~~ 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
- B 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?
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TEST_Grill Cook (rev. 2013.07.31)

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
- X Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be safe
- C
- a) 145° F
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 - c) 160° F
 - d) 180° F
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- a) Poke poultry on the thickest part in order to make sure it's tender
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Grill Cooks Test

- B 19) Which of the following best describes the process of Caramelization?
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 - 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

- B 21) What temperature should ALL ground meat be cooked to?
- a) 145°F
 - b) 155°F
 - c) 165°F
 - d) 175°F

- C ~~X~~ 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)

N/A

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

Separating milk from the butter by boiling it and letting melt

- ~~X~~ 25) What are the 5 mother sauces? (5 points)

1. Tomato sauce
2. Hot sauce
3. BBQ sauce
- 4.
- 5.

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

N/A

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

N/A