

CHRISTIAN LOFTON

OBJECTIVE: To Grow within the culture and industry as an inspiring chef

EDUCATION:

Le Cordon Bleu of Culinary Arts, Pasadena, CA 2014 - 2015 Graduate

Diploma in Le Cordon Bleu Culinary Arts

Presidents List with 4.0 GPA

CERTIFICATION:

- Certified Professional Food Manager by the National Environmental Health Association, Valid until 11/2019

PROFESIONAL EXPERIENCE:

SoHo House West Hollywood

May 2015- May 2016

Garde Manger/Hot Line

- Italian Cuisine
- Prep stations, inventory, stock product/produce
- Portion control, hot/cold appetizers
- Developing communication and team work skills

Contemporary Catering/The Loft at The W Hotel, Hollywood, CA

January 2015 - June 2015

Garde Manger/Line Cook

- Managing hot line, inventory, prep food items, expediting,
- Ensuring orders are correct, and managing kitchen functions.

Culinary Staffing Agency

December 31, 2014-Present (part-time)

Prep/Server/Cook

- Various Cuisine, On-Site/Off-Site Venues
- Prep, Cook, Plate Entrees, Garnish.
- Served various drinks to guests.

Tres LA Catering, Los Angeles, CA

December 20, 2014

Catering Cook/One Day Event

- Prepped stuffed chicken breast with parmesan, fried truffles, and sautéed sea bass.
- Garnished and plated food items for approximately 900-1100 guests.

CULINARY EXPERIENCE:

2014 Go for Broke National Education Center Aloha Event at Westin Bonaventure, Los Angeles, CA

• Worked under Executive Chef Jose and Sous Chef Ali from the Westin Bonaventure and Chef Takashi from Slurping Turtle.

- Assisted with high volume prep of vegetables in high pace environment.

- Assisted in plating three courses for approximately 900 patrons.

2014 Special Olympics at Santa Monica Pier

Volunteer

- Assisted Executive Chef Jose and Sous Chef Ali from LA Prime Restaurant at the Westin Bonaventure Hotel.
- Prepped high food items with speed and accuracy.
- Garnished, plated, and served a la carte food items consistently for guests.

SKILLS & ABILITIES

- Ability to work quickly and efficiently in fast pace kitchen
- Management
- Communication,
- Leadership capabilities
- Buffet experience

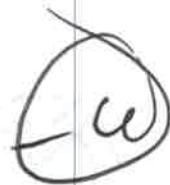
Servers Test

Multiple Choice

B

1) Food is served on what side with what hand?

- a) On the left side with the left hand
- b) On the left side with the right hand
- c) On the right side with the left hand
- d) On the right side with the right hand



D

2) Drinks are served on what side with what hand?

- a) On the left side with the left hand
- b) On the left side with the right hand
- c) On the right side with the left hand
- d) On the right side with the right hand

A

3) Food and drinks are removed on what side with what hand?

- a) On the left side with the left hand
- b) On the left side with the right hand
- c) On the right side with the left hand
- d) On the right side with the right hand

B

4) What part of a glass should you handle at all times?

- a) The stem
- b) The widest part of the glass
- c) The top

D

5) When you are setting a dining room how should you set up your tablecloths?

- a) Neatly and evenly across the tables
- b) The creases should all be going in the same directions
- c) The chairs should be centered and gently touching the table cloth
- d) All of the above

D

6) If you bring the wrong entrée to a guest what should you do?

- a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
- b) Inform the guests that you will bring the correct entrée once everyone else in the dinning room is served
- c) Try to convince the guests to eat what you brought them
- d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

Match the Correct Vocabulary

D Scullery

A. Metal buffet device used to keep food warm by heating it over warmed water

E Queen Mary

B. Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron)

A Chaffing Dish

C. Used to hold a large tray on the dining floor

B French Passing

D. Area for dirty dishware and glasses

G Russian Service

E. Large metal shelving unit for prepared food to be held or for dirty trays to be stored

F Corkscrew

F. Used to open bottles of wine

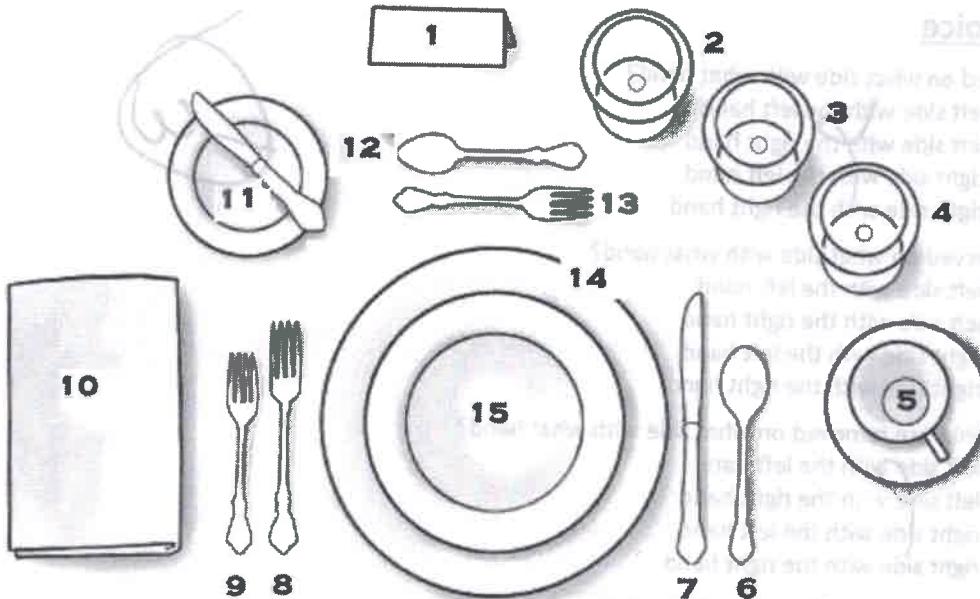
C Tray Jack

G. Style of dining in which the courses come out one at a time

Name _____

Score / 35

Servers Test



Match the Number to the Correct Vocabulary

| | | | |
|----|-----------------------|----|------------------------------|
| 10 | Napkin | 8 | Dinner Fork |
| 11 | Bread Plate and Knife | 5 | Tea or Coffee Cup and Saucer |
| 1 | Name Place Card | 7 | Dinner Knife |
| 12 | Teaspoon | 2 | Wine Glass (Red) |
| 13 | Dessert Fork | 9 | Salad Fork |
| 6 | Soup Spoon | 14 | Service Plate |
| 15 | Salad Plate | 3 | Wine Glass (White) |
| 4 | Water Glass | | |

Fill in the Blank

1. The utensils are placed _____ inch (es) from the edge of the table.
2. Coffee and Tea service should be accompanied by what extras? Cream & Sugar
3. Synchronized service is when: _____
4. What is generally indicated on the name placard other than the name? NUMBER
5. The Protein on a plate is typically served at what hour on the clock? 7 11
6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately?

Alert the Chef

Grill Cooks Test

Score / 40

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

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?

- 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

D 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

A 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

4 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

C 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

C 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 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

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 OR AS BASE FOR
A SAUCE OR GRAVY
"THICKENING AGENT"

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

MELT BUTTER IN POT, ~~ON~~ low-med
HEAT UNTIL MILK Solids Separate

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

1. Béchamel
2. VOUTE
3. ESPANOL
4. HOLLANDAISE (HOLLANDAISE)
5. \varnothing

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

Clean & oil grill To prevent Meats or
veg. From STICKING

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

CAYANNE
Lemon juice
CLARIFIED BUTTER
Egg YOLK
HOT WATER

S/P

