

Costa Mesa, CA
January 2010
Event Cook

Jamal Gharib II

6331 Los Robles #1 Student chef team that prepared and plated meals for "Rock the Runway",
Buena Park, Ca, 90621 Student of Orange County
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Objectives:

To expand my knowledge based in the culinary arts.

Summit Catering

Fullerton, Ca

October 2015-present

Event cook

Catering events, parties, and weddings.

Experience

60-700pp!

Not A lot of Work

SETUP A KITCHEN
- Full on CATERING

Academy of Art Culinaire

Garden Grove, Ca

August 2011-2013

Event cook

Catering parties and weddings

CATERING STYLE
ALL THE WAY

Juniorversity

Compton, Ca

2013

Cafeteria cook

Cooking for preschool children

CORPORATE KITCHEN STYLE

California Bistro

Fountain Valley, Ca

May 2011

Salad Cook

Preparing appetizers and Salads

Painted Pomegranate

Long Beach, CA

December 2010-2011

Event Cook:

Assists head chef in preparation and serving for upscale events.

Independent Contractor

Sacramento, CA

September 2010

Event Cook:

Assistant to head chef in preparation and plating for private wedding.

Art Institute

Costa Mesa, CA

January 2010

Event Cook:

Part of a 20 member student chef team that prepared and plated meals for "Rock the Runway", presented by the Art Institute of Orange County.

Kohl's

Buena Park, CA

June 2008-July 2009

Logistics Personnel:

Unloading, stocking and customer service.

Education:

Art Institute of Orange County, July/2009-December/ 2010

Academy of Art Culinaire August 2011-2013

Skills:

- Highly skilled at creating aesthetically pleasing menus, while maintaining exemplary standards of sanitation and cleanliness, as well as handling and resolving various issues in a timely manner.
- Proven ability to multi-task various responsibilities with minimal direction/supervision from superiors.
- Team player.
- Hard Working

Grill Cooks Test

Score **33** / 40

Multiple Choice Test (1 point each)

C 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

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

C 21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

b 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)

equal parts fat and flour; It is a thickener agent, used for soups and sauces

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

melting butter and skimming the ~~milk~~ fat off.
It is used because skimming the milk fat allows the butter

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

1. Espagnole
2. Bechamel
3. Tomato
4. Demi-glace
5. ~~Velv~~ Vé

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

Rub with oil. This keeps food from sticking.

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

- EGGS
- PEPPED CORN
- VINEGAR
- OIL
- HEAT