

# Jamal Gharib II

6331 Los Robles #1  
Buena Park, Ca, 90621  
(714) 253-2384  
jgharibii@gmail.com

## Objectives:

To expand my knowledge based in the culinary arts.

## Experience

### Summit Catering

Fullerton, Ca

October 2015-present

Event cook

Catering events, parties, and weddings.

*Not A lot of Work*

*60-700 ppl*

*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*

### Junioriversity

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 Personnell:

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 matter.
- 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 thickening agent, used for soups and stews.

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

Melting butter and skimming the ~~milk~~ milk fat off. It's 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. ~~ver~~ ~~ver~~

to be cooked at higher temperatures. ~~It won't burn~~

- 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  
Pepper corns  
Vinegar  
oil  
Heat