

# ERIK CRUZ

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## PROFILE

My name is Erik Cruz and I am 24 years old. When I was attending college at 18, I got a job as a dishwasher/ prep cook and felt like cooking is what I am meant to do. I am passionate about food and cooking as both can connect the world through the language of food.

## EXPERIENCE

### PREP COOK, THE WALLACE, CULVER CITY, CA 2018-2019

Responsibilities as a prep cook included ensuring all food and other items are stored away properly, fabricating whole fish, poultry, and meat, and also worked brunch on the weekends.

### LINE COOK, KETTLE BLACK, SILVERLAKE, CA 2017-2018

I worked every station at Kettle Black; Garde manger, pasta, and pizza. Responsibilities included maintaining the consistency of the pizzas made in the wood fired oven, finishing pastas & proteins on the stove or in the oven

### LINE COOK, INK.&INK.WELL, LOS ANGELES, CA – 2017-2018

Responsibilities included ensuring the consistency of the proteins cooked on the wood fired grill and finishing hot dishes in the fryer or on the frenchtop range.

### LINE COOK, CLEO LA LIVE, LOS ANGELES, CA – 2015-2017

Responsible for cooking hot dishes on the frenchtop stove and fryer and also worked the breakfast/brunch on the weekends.

## EDUCATION

### M.C.L.C LOS ANGELES, CA – H.S. DIPLOMA, 2012

## SKILLS

I can speak Bilingual, I can speak English and Spanish fluently. I have great organizational and knife skills. I am a self starter and also I can work cleanly and efficiently without supervision.

## REFERENCES

Ryan D. (714) 488-1814 Luciano R. (323)495-8741 Johnny (323)601-9561



**Grill Cooks Test**

**Score 31 / 40**

**Multiple Choice Test (1 point each)**

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

2) **The recommended temperature for your refrigerator is...**

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

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

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

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

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

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

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

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

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

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

12) A gallon is equal to \_\_\_\_\_ ounces

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

13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

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

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

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

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

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

C 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)

A roux is a base for flour & fat to thicken sauces

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

The process of making clarified butter is cooking butter on a low heat until the butter has turned a golden brown color. Clarified butter is used for cooking because of its higher smoke point.

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

1. bechamel
2. Hollandaise
3. veloute
4. Espagnole
5. Tomato

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

Seasoning a grill means oiling and heating the grates. It is important because this preserves the life of the grill. Also protection of the non-stick layer

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

Eggs, Egg yolk, a reduction, clarified butter

WATER, lemon juice, c

