

ARSHEEN KHAN

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OBJECTIVE

Position as baker with an emphasized strength in cake decorating skills.

SUMMARY OF QUALIFICATIONS

- Possess hands-on cake decorating skills
- Established good working relationships with customers/clients
- Knowledge of basic and advanced baking techniques including culinary math skills
- Strong verbal and ASL (American Sign Language) skills

Summary of Skills

- Experience in producing baked goods by hand as well as by machinery
- Able to bake different products using different equipment
- Trained in high-volume dessert and pastry production and specialty desserts including custom, gingerbread, wedding cakes, cupcakes, etc.
- Experience using kitchen utensils and equipment such as rolling pins, mixing machines, and ovens
- Ability to perform basic math calculations

Education

- **Long Beach City College**, Long Beach, CA, 2013- Present
Certification in Bakery/ Pastry Art
- **El Camino College**, Torrance, CA 2004
Associate of Art Degree in General Education

Employment

- **Grounds Bakery and Cafe, Decorator**, Long Beach, CA (01/2016 – Current)
Work on decorating cakes, cupcakes, cake pops, and various desserts and also clean the facilities
- **Xerox Corporation, Clerk**, El Segundo, CA (01/2000 – 6/2000)
Responsible for data entry as well as handling, stocking, and running programs
- **Anderson Elementary School, Teacher Aide**, Lawndale, CA (09/1999-01/2000)
Worked with deaf children on all aspects of their education (reading, writing, math, etc.) including recreational activities

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

D 1) What is the conversion rate for frozen food?

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

C 2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

B 3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

B 4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

A 5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

C 6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

A 7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

C 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

15/20

C

9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

A

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

B A

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

D

12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice. Mince
- d. Mince, dice, chop

C

13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

C

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

A

C

15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

B

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

A

17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

A

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

20) Mince : to cut into very small pieces when uniformity of size and shape is not important.

A

3) How do you blanch vegetables?

- a. Immerse for a short time in boiling water
- b. Cook briefly in a cooler medium heat
- c. Soak in cold water overnight
- d. Roll with salt before cooking

C

4) Which of the following ingredients should be packed before freezing?

- a. Olives
- b. Salt
- c. Ground pepper
- d. White sugar

A

5) What is M'Donnell?

- a. Hot but not spicy
- b. Spicy to the teeth
- c. Very hot
- d. very hot

C

6) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours