

## Marlon S. Alvarez

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Objective	Experienced cook actively seeking a position in the culinary field which will offer me the opportunity to continue to learn and develop my skills and help me realize my ultimate goal of becoming a well qualified cook and eventually a chef.		
Summary of Qualifications	Twelve+ years of professional experience in the culinary field. Extensive knowledge in all areas of restaurant operations. Experienced in planning dinners and other events, exceptional ability to lead and train staff in and out of state. Knowledgeable in organizing and coordinating activities. Passionate for the art and skill of cooking. Outstanding skills in preparing and cooking a variety of foods, strong knowledge of food presentation methods, techniques, and quality standards, along with inventory and ordering systems. Possess excellent organizational and multi tasking skills. Team player and a hard worker who is willing and quick to learn, enthusiastic, personable and patient. Bilingual: English and Spanish.		
Work Experience	March 2009-May 2016	<u>Greek Grub, Inc.</u>	
	Westwood, CA		
	Chef	Performed responsible and skilled work involved with the creation, preparation and cooking of a wide variety of foodstuffs for UCLA/USC sorority and fraternity houses. Estimated food needs, review inventory to ensure that adequate supplies were available. Coordinated food service activities to have meals prepared at scheduled time. Supervised storage and use of leftover foodstuffs and uncooked products. Inspected, supervised and participated in the cleaning of kitchen. Trained and instructed employees in cooking, food preparation and food handling techniques. Work is performed without supervision.	
	June 2010-Nov. 2014	<u>Westside Tavern</u>	
	Westwood, CA		
	Line Cook	Responsible for maintaining and setting up food production and quality control of all meat, fish, fowl, sauces, stocks, seasoning and all other food items prepared in the different kitchen stations. Train new hires.	
	Sept. 2011- July 2012	<u>Smith House/The Blue Boar Pub</u>	
	Century City/ Hollywood		
	Lead Line Cook	Lead and supervised the kitchen line. Ensured consistency of product through great presentation and focused communication of kitchen staff. Supervise and participate in the cooking, seasoning and baking of menu items. Maintain proper inventory levels by ordering supplies and keeping accurate records. Maintain adequate supply levels and verify quality and quantity of receivables. Ensure an efficient work environment. Maintain a safe and healthy work environment by inspecting facilities and equipment to ensure regulatory compliance and cleanliness. Regularly communicate in a positive, friendly and effective manner with our staff and guests. Maintain a well groomed appearance.	
	July 2005 – February 2009	<u>Asia de Cuba at the Mondrian Hotel</u>	
	West Hollywood, CA		
	Line Cook	Assembled supplies and equipment needed for daily cooking. Seasoned and prepared a wide variety of foods such as vegetables, fruits, meats, soups, salads and sea food in accordance with prescribed recipes. Sliced, grinded and cooked meats and vegetables using a full range of cooking methods. Butcher, carved and displayed meats, vegetables, fruits and salads; replenish service lines as necessary. Tested for quality. Maintained clean work areas, tools and equipment. Instructed and functionally supervised the activities of other employees performing the same or related duties. Traveled to train new hires in out of state locations. Attended day-to-day problems and needs concerning equipment and food supplies; detected an ensured disposition of spoiled or unattractive food, defective supplies/equipment and other unusual conditions. Performed miscellaneous job-related duties as needed.	



December 2007 – August 2008

House of Blues

West Hollywood, CA

**Line Cook/ Saucier**

Prepared all restaurant menu items: sandwiches, wraps, salads, pasta, pizza among other foods. Performed inventory and order control. Created, planned and cooked all daily specials. Trained and managed kitchen staff. Created custom designed menus for private clients and for special occasions and implemented a catering system. Good communication and leadership skills



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

- A 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
- C 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
- a 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
- C 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

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- 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
- b 13) How many cups are in a quart?
- a) 2
  - b) 4
  - c) 6
  - d) 8
- d 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 coved, 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 coved, in liquid at low heat
  - d) To plunge food into boiling water briefly, then into cold water to stop the cooking process
- d 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)

Flour  
Butter

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

TAKING THE MILK FAT OUT and is use for  
BREAKFAST

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

1. Chimichurri
2. Hollandaise
3. roux
4. Chocolate
5. Stocks

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

COYER THE METALS

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

egg yolk  
Clarified Butter  
Vinegar  
Lemon - acid's

