

Multiple Choice (1 point each)

- d 1) A gallon is equal to _____ ounces
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 blanch 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
- b 7) What is Al Dente?
a. Firm but not hard
☒ b. Soft to the touch
c. Very hard
d. Very soft
- a 8) Food should be left out no more than
☒ a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

- 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 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
- d 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
- 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

Prep Cooks Test

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.

Special note

- 1. The temple of Athena Parthenon is the most famous of the ancient Greek temples.
- 2. It was dedicated to the goddess Athena, who was the patron deity of Athens.
- 3. The temple was built in the 5th century BC and is a masterpiece of ancient Greek architecture.
- 4. It is one of the most important monuments of ancient Greece and a symbol of the city of Athens.
- 5. The temple was destroyed by fire in 1687 and has since been reconstructed.

Acropolis of Athens

The Acropolis of Athens is a complex of ancient Greek temples on a hill overlooking the city of Athens. It is one of the most important monuments of ancient Greece and a symbol of the city of Athens.

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OBJECTIVES

I'm looking to further my knowledge and improve my culinary skills by gaining more experience in a new environment. I have great customer service skills and work great with others in a team effort, But can also work well on my own.

EDUCATION

Los Angeles Trade Technical College

Currently enrolled- Graduating in 2017 with AA Degree

- Servsafe Certificate
- Alcohol Servsafe Certificate
- Nutrition Certificate

EXPERIENCE

Chef Martin Gilligan (personal catering) (562)728-3108

Sous Chef

Nikki's Sweet Treats (party catering from home)

Culinary Staffing Service | 6363 Wilshire Blvd LA CA 90048 (323)956-7582

Student Cook

SKILLS

- *Prep Work
- *Working the Line
- *Baking
- *Cooking
- *Decorating
- *Breakfast

- *Basic Kitchen Skills
- *Front of the House Training
- *Pizza, Sushi, Salads, Sandwiches, etc.

