

Luis Angel Juarez

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Objective: TO OBTAIN A JOB IN THE COLONARY FIELD OF MY EXPERIENCE. MY ABILITIES CHALLENGED BY PROJECT MANAGEMENT ASSISTING THE EXECUTIVE CHEFF, BOOST UP SALES AND PROVDE GREAT CUSTOMER SERVICE.

SKILLS AND ABILITIES:

- COMMUNICATION SKILLS ARE FLUENT IN SPANISH AND ENGLISH, DIRECT, FRIENDLY AND ATTENTIVE, WITH OTHERS
- ORGANIZED WORK SCHEDULES USING UPTO DATE DOCUMENTES, PREP LIST AND CONSTANT TRACKING INVENTORY PRODUCTION
- NETWORKING ALL INCOMING/OUTGOING MARKET USAGE OF PRODUCE AND DAILY ORDERS ACCORDING TO BUDGET
- GOOD COMMUNICTION AND CUSTOMER SERVICE SKILL, INCLUDING RESOLVING COMPLAINTS USING A REMODY METHOD

Education Field Experience:

ITT-TECHNICAL INSTITUTE: PRIVATE VOCATINAL SCHOOL

6101 WEST CENTINELA AVENUE CULVER CITY CALIFORNIA 90230

310-417-5800

MAJOR: SOFTWARE DEVELOPMENT

ATTENDED FROM 2013-2014

SANTA MONICA COMMUNITY COLLEGE: AET CAMPUS

1900 PICO BULEVARD SANTA MONICA CALIFORNIA 90405

310-434-400

MAJOR: GENERAL EDUCATION / GRAPHIC DESIGN / VIDEO GAME DESIGN

ATTENDED FROM 2008-2012

Work Experience:

WOLFGANG PUCK:

CMS HOSPITALITIES (TERMINAL 6) LAX

STORE OPENING FROM DEC 7 TO CURRENT

LOS ANGELES INTERNATIONAL AIRPORT, 1 WORLD WAY, LOS ANGELES CA 90045

310-215-5169

AS A SENIOR COOK KNOWLEDGE OF THE STATIONS FUNCTIONS FOR THE MENU AND PROCEDURES ARE REQUESTED OF ME, DAILY ROUTINE FALLOW UPS, CHECKING LINE FOR PRODUCE ROTATIONS, SET UP ALL NECESSARY ROTATIONS FOR LUNCH SERVICE FROM BREAKFAST. AS A COOK RUNNING THE LINE WILE TRACTING PREP. THE TASTE ALL THE AOL'S IS NEEDED TO MEET RECEPIE STANDARDS. OVER MY ENTIRE JOB IS TO BREAK ALL COWORKERS, AND RUN ALL STATIONS.

LA BOULANGUE- STARBUCKS: [CAFÉ-DINING BREAKFAST-LUNCH-DINNER RESTAURANT]

323-525-0164

359 SOUTH LA BREA AVE LOS ANGELES CALIFORNIA 90036

SINCE MARCH 2014

LINE COOK – PREP LEAD

(HELPED OPEN RESTURANT AFTER COMPLETING TRANING) by: MASTER CHEF'S BERNARD & JEFF

LEAD PREP MANAGEMENT, PRODUCE ORDERING & MENU DISH PLATING AND SERVING, ALL ITEMS DONE BY RECEPIE'S.

OLLO – GOOGIES

213-749-0625

23750 PACIFIC COAST HIGHWAY MALIBU CALIFORNIA 90265

FROM JULY 2015 TO OCTOBER

LINE COOK

PREP, PORTIONING, COOKING AND PLATING 10 DIFFERENT SALADS, TURKEY CLUB SANDWISH WITH FRIES, BRUSSELS SPROUTS, QUINOA VEG BURGER. RESPONSIBLE FOR MAINTAINING LINE STOCKED, FRYER AND FLAT STOVE CLEAN AND READY FOR SERVICE.

Gladstone

LINE COOK- SALAD STATION

310-454-3474

17300 PACIFIC COAST HIGHWAY LOS ANGELES CALIFORNIA 90272

MARCH2015- SEPTMBER

AS A BUTCHER CUTTING UP CALAMARY, COD FISH, HALIBUT, DEVINE AND CLEAN ALL SHRIMP, PREPING FRESH CLEAN LOBSTER, CRISPY SLICED IN HOUSE SMOKED PORK BELLY BACON, BAKED DAILY THE SEASONED CHICKEN BREAST AND TURKEY FOR SERVICE. CUT AND SHOCKED ALL LETTUCES FOR SALAD PLATES, MAINTAINED TRACK OF ALL MARINATED AND AVAILABLE PRODUCT

Interest & Activities:

NETWORKING-PROMOTING-SALES BOOKING MANAGEMENT COMPANY FOR LOCAL BANDS AND SUPPORTING ART ORGANIZING LIVE MUSIC PERFORMANCES & SETTING EVENT DATE SCHEDULING & FLYER PROMOTION INVESTED EXPERIENCE SKILLS: WRITTEN MUSIC COMPOSITION-MUSICIAN SKILL; PERCUSSION TECHNITIAN. WORK WITH DIGITAL SOUND. RECORDING

BLOOD RED PRODUCTION:

Grill Cooks Test

Score / 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

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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

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

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

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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)

Y

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

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

- 1.
- 2.
- 3.
- 4.
- 5.

AIOLI
Cheese
Mornay

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

to have the grill seasoned, clean, Scrape, wipe, spray, season, cook

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

