

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

D 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

C 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

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c 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

a 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

a 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

B 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

a 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

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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

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

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

B 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 and oil or butter
use thicker sauce up

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

take butter put in pot low heat when the fat
stand to spit apart you ~~see that~~ remove the fat
It can be use Hollandaise Sauce

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

1. tomato
2. Bechamel
- 3.
- 4.
- 5.

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

Rubbing the grill down with oil so food won't
stick

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

Clarified Butter
egg whites
lemon or lemon juice
salt to taste

Hi name is Tyrene Mills. I'm an inspiring chef. I've been cooking for 5 years 3 of those years in kitchens in NYC. Before I moved to los Angeles I worked at momofuku Ma pe'ch one of David Chan's many restaurants were for 6months I was the head line cook. I've been in los Angeles for 19 months were I work at the dephine the W on Hollywood Blvd.

I'm looking for someone to give me the opportunity to work as a sous chef . I love be in a kitchen learning new techniques and recipes. I want to be great and I know the only way is to push myself and put myself around like minded people.

Thank you for your consideration,

Tyrene R. Mills

Tyrene R. Mills 2294 21street la California 90018 cheftmills@gmail.com 646-6576009
May 2012 Commercial Cooking Certificate, Star Career Academy - NY, NY

Mar. 2012 – May 2012 Line Cook Externship, Stout NYC
Responsible for pizza station and fryer; made hot wings, French fries,
fried shrimp, fish and chips, fried clams, fried calamari, shrimp burgers

1997-2001 High School of Graphic Arts – NY, NY

Experience

Jan 2016 Presently at Ooh la la catering

Presently at Delphine Eatery & Bar

Sept 2013-14 Momofuku Ma peche NY, NY

Line Cook

Stations: sauté, fryer and wok station

February 2014- July 2014 Marietta Brooklyn, NY

Sept 2013- February 2014 dogwood Brooklyn, NY

June 2013- Sept 2013 9A Restaurant and Bar NY, NY

Line Cook

Stations: Grill, fryer, sauté

May 2013-June 2013 Distilled Restaurant NY, NY

Line Cook/ Prep Chef

Station: Raw bar, shuck oysters, plated pate

March 2013- May 2013 Churchill LA, CA

Line Cook

Station: Overnight line, grill, pizza, fryer

Oct. 2012-March 2013 Catch Restaurant – NY, NY

Prep Cook

Clean onions, carrots ,parsnips, potatoes; julienne peppers and saute; blanch green beans, snap peas; cut chives, parsley; mince garlic shallots; make dumplings and pot stickers; bread chicken; make coconut shrimp; work party events

June 2012- Oct. 2012 Feile – NY, NY

Line Cook

Prep restaurant for opening. Command salad, grill and fryer stations. Inventory and restock refrigerator and stations.

Additional Experience

2006-2012

In-Building Carrier/Dispatcher, Complete Messenger Service- NY, NY
Delivering messages and materials to various clients for Random House Publishing company;
package reading materials

2004-2006

Maintenance Man, Sister Tammy's Hair Shop – NY, NY
Perform ongoing and preventative maintenance on building equipment and systems, snake drains, monitoring and repair of ceilings, floors and wall structures

1997-2000

Grounds Keeper, Washington Houses Housing – NY, NY
During summers of '97, '98 and '00 performed a variety of tasks in the maintenance and alteration of landscaped areas, mowing, weeding, trimming, check and repair of irrigation systems, monitor and correct problems in neglected areas of building

Certifications

Food Protection License, Department of Health – NY, NY

Food Protection License, Department of Health – Sacramento, CA

References

Available upon request