

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
- 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
- A 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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- D 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
- 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
- D 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

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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

C 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)

1/2 parts Butter and flour. It is used to thicken
Sauces.

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

Butter that has been melted and water evaporated

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

1. Bechamel
2. Espignole
3. Veloute
4. Tomato
5. Hollandaise

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

When the grill has been oiled and cleaned

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

Egg yolks, Fat, Salt, Pepper, Lemon Juice, Paprika

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HIGHLIGHTS

- Culinary graduate with 11 years of dedication to the food industry with sincere passion for cooking & catering operations.
- Assembled multiple dishes for the Emmy Awards Ceremony, **Patina Catering - Joachim Splichal**. 2006
- 3rd place in **Korean Culture Center** Fusion Competition - Galbi Jim, Japchae, & Kim Chi recipes 2008
- Completed **ACF (American Culinary Federation)** Culinarian certification exam. 2008
- TV "show" **Nina Cucina Healthy Gourmet**; La Quinta, CA - Assistant Chef (February 2013-Current)
- Enrolled with **Chef McDangs** Thai Culinary Course - Gaeng kaew wan gai and Pad Thai battle. 2006 & 2007
- Studied abroad in Spain - Barcelona, San Sebastian, Bilbao, Madrid, etc. 2006
- Experienced cooking lesson at **Cebanc Cdea** - school academically arranged by the **Basque** Government. 2006
- French Club Culinaire Picnic Griffith Park, Los Feliz Blvd. 2006
- **Savory Spice Store** - Sales Merchant (Palm Desert, CA 2012-2013)
- Skilled at High level service standards and useful culinary methods for various kitchen stations such as braising, frying, sauteing, grilling, griddle top, broiling, steaming, stir frying, roasting, poaching, boiling, smoking, and molecular-gastronomy.
- Familiar with variety of cuisines, special presentations, recipe conversions, garnishing fascinations, product knowledge, and excellent use of equipment and cooking tools/utensils.
- **AiCALA** honor roll student certificate of Winter 2005
- **ServSafe®**; Management Certified expires April 2019

EXPERIENCE

Mccah, Executive Chef/ CEO - (January 2015- Currently)

- Experience of providing the catering service for large private parties and events.
- Ability to provide a safe physical working environment for staff, customers and visitors.

The Curve Hotel, Head Chef - Palm Springs, CA (May 2013- November 2013)

- Conducted Recipe Specifications for menu managing.

L'Atelier Deli, Executive Chef- Palm Springs, CA (January 2013- December 2013)

- Created purchasing specifications for kitchen related function abilities.
- Developed the recipes for its daily menu structure.

***The London Hotel - Gordon Ramsey, Cook II - W. Hollywood, CA (May.2009- Oct.2009)*

- Assigned on Larder station to assist with Garde Manager duties and many other practical brigade kitchen assignments.

***Joe's, Line Cook - Venice, CA (Jan.2007- Jun.2008)*

- Worked closely apparent to local farmers market ingredients and coordinated daily Amuse Bouche/ Chico dishes.
- Organized all sauces, foams, froths, carbonation's, garnishes, gelee, spice blends, herb sachet, pickled veg, and marinades.

EDUCATION

The International Culinary School at The Art Institute Of California-Los Angeles Santa Monica, CA 6/2008

- **Associate of Science, Culinary Arts**
- Culinary Arts: Baking & Pastry, European Cuisine, World Cuisine, American Regional
- Culinary Management: Hospitality marketing, Human Resources Development
- Restaurant Business: Planning & Controlling Costs, Menu Development, Purchasing & Product Identification

REFERENCES

"Available upon request"