

Acrobat

outsourcing

Your Hospitality Staffing Professionals
665 Third St., Suite 415 • San Francisco, CA 94107

First and Last Name: Karen Morrow
Email: 631kmorrow@gmail.com
Phone number: 216-280-2815

Working Experience:

Company Name: Macarons
Dates of Employment: 5/2015 - 11/2015
Job Responsibility:

- - Prep
- - Line cook
- - Clean
- - customer service

Company Name: Connie Atkins
Dates of Employment: 2012 - 2015

Job Responsibility:

- - Cook
- - Driver
- - Errands
- - Clean

Company Name: Home to You
Dates of Employment: 2012 - 2015

Job Responsibility:

- - Customer aide
- - Cook
- - Clean / Laundry
- - Errands

Skills

- - Fast Learner
- - Works well with others and alone
- - Enthusiastic

ÍSCDORÐA

Íslandskurðar og skattar
Íslandskurðar og skattar

Íslandskurðar og skattar
Íslandskurðar og skattar
Íslandskurðar og skattar

Íslandskurðar og skattar
Íslandskurðar og skattar
Íslandskurðar og skattar

Íslandskurðar og skattar
Íslandskurðar og skattar
Íslandskurðar og skattar

Íslandskurðar og skattar
Íslandskurðar og skattar
Íslandskurðar og skattar

Íslandskurðar og skattar
Íslandskurðar og skattar
Íslandskurðar og skattar

Íslandskurðar og skattar
Íslandskurðar og skattar
Íslandskurðar og skattar

Íslandskurðar og skattar
Íslandskurðar og skattar
Íslandskurðar og skattar

Íslandskurðar og skattar
Íslandskurðar og skattar
Íslandskurðar og skattar

Prep Cooks Test

Score 16 / 20

Multiple Choice (1 point each)

- 1) A gallon is equal to ____ ounces
a. 56
b. 145
c. ~~32~~ 32
d. 128
- 2) Mesclun are what type of vegetable?
~~Root~~ Roots
b. Beans
c. Salad Greens
d. Spices
- 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
- 4) At what internal temperature must chicken be cooked so that it is safe to eat?
a. 155 degrees F
b. ~~165~~ 165 degrees F
c. 175 degrees F
d. 185 degrees F
- 5) How do you blanche 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
- 6) Which of the following ingredients would you pack before measuring?
a. Olive Oil
b. Salt
c. ~~Brown~~ Brown Sugar
d. White Sugar
- 7) What is Al Dente?
a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft
- 8) Food should be left out no more than
a. 2 hours
b. 3 hours
c. ~~4~~ 4 hours
d. 5 hours

4

Prep Cooks Test

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

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

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

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

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

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

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

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) Dice Mince: to cut into very small pieces when uniformity of size and shape is not important.

8

- 1) After washing your hands, which item should be used to dry them?
a) Clean apron
b) Sanitized wiping cloth
c) Single use paper towel
d) Common used cloth
c) Single use paper towel
- 2) While washing dishes by hand, which item should you wear?
a) Cutting glove
b) Oven Mitt
c) Rubber glove
d) Nothing
c) Rubber glove
- 3) When should you wash your hands?
a) Before you start work
b) After handling non-food items (garbage, money, cleaning chemicals)
c) After using the restroom
d) All of the above
d) All of the above
- 4) If you need to move a heavy load, you should PULL and not PUSH the object.
a) True
b) False
b) False
- 5) Which of the following could you be at risk for getting burned from?
a) Steam from boiling pots
b) Hot liquids (coffee, soup, tea)
c) Hot equipment (ovens, pots, chafing dishes)
d) Harsh chemicals
e) All of the above
e) All of the above
- 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.
a) True
b) False
a) True
- 7) What should you do if you spill liquids or see a liquid spill?
a) Leave it for someone else to clean-up
b) Wait until the end of your shift to clean it
c) Flag the spill and clean it immediately
d) Not sure
c) Flag the spill and clean it immediately
- 8) When handling hot items you should?
a) Wear rubber gloves
b) No need to wear anything
c) Use an oven mitt or cloth towel
d) Nothing
c) Use an oven mitt or cloth towel
- 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?
a) Rinsing
b) Scraping
c) Washing
d) Sanitizing
a) Rinsing
- 10) What is the proper method for cleaning and sanitizing stationary equipment?
a) Spray with a strong cleaning solution and wipe with a sanitized cloth
b) Spray with a sanitizing solution, then rinse with clean water and dry
c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution
c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution

Servers Test

Multiple Choice

- 1) Food is served on what side with what hand?
 - a) On the left side with the left hand
 - b) On the left side with the right hand
 - c) On the right side with the left hand
 - d) On the right side with the right hand

- 2) Drinks are served on what side with what hand?
 - a) On the left side with the left hand
 - b) On the left side with the right hand
 - c) On the right side with the left hand
 - d) On the right side with the right hand

- 3) Food and drinks are removed on what side with what hand?
 - a) On the left side with the left hand
 - b) On the left side with the right hand
 - c) On the right side with the left hand
 - d) On the right side with the right hand

- 4) What part of a glass should you handle at all times?
 - a) The stem
 - b) The widest part of the glass
 - c) The top

- 5) When you are setting a dining room how should you set up your tablecloths?
 - a) Neatly and evenly across the tables
 - b) The creases should all be going in the same directions
 - c) The chairs should be centered and gently touching the table cloth
 - d) All of the above

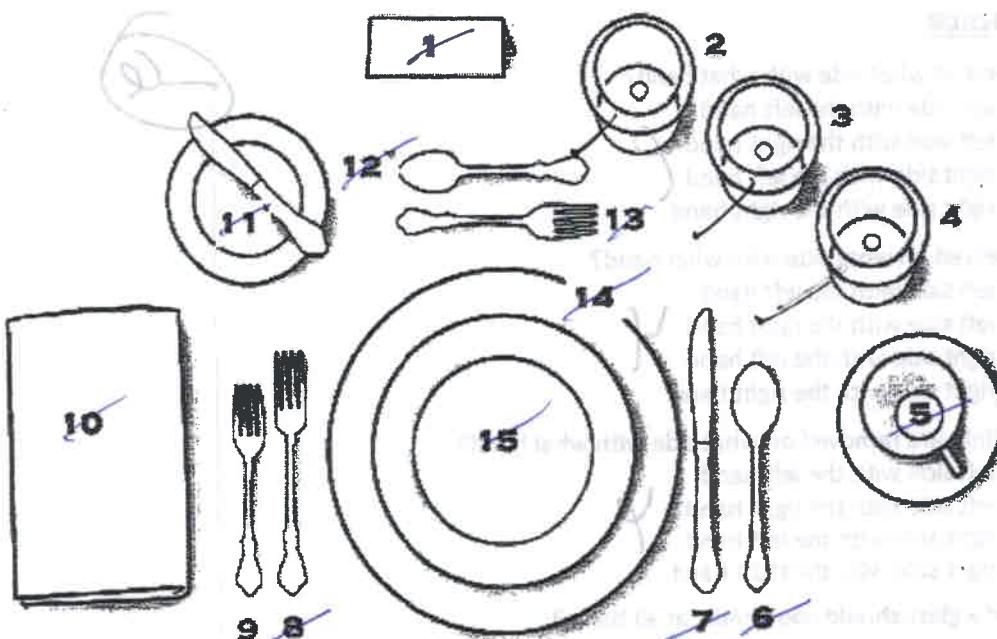
- 6) If you bring the wrong entrée to a guest what should you do?
 - a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
 - b) Inform the guests that you will bring the correct entrée once everyone else in the dinning room is served
 - c) Try to convince the guests to eat what you brought them
 - d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

Match the Correct Vocabulary

- D. Scullery
- E. Queen Mary
- A. Chaffing Dish
- G. French Passing
- B. Russian Service
- F. Corkscrew
- C. Tray Jack

- A. Metal buffet device used to keep food warm by heating it over warmed water
- B. Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron)
- C. Used to hold a large tray on the dining floor
- D. Area for dirty dishware and glasses
- E. Large metal shelving unit for prepared food to be held or for dirty trays to be stored
- F. Used to open bottles of wine
- G. Style of dining in which the courses come out one at a time

Servers Test



Match the Number to the Correct Vocabulary

10. Napkin

11. Bread Plate and Knife

1. Name Place Card

12. Teaspoon

13. Dessert Fork

6. Soup Spoon

15. Salad Plate

4. Water Glass

8. Dinner Fork

5. Tea or Coffee Cup and Saucer

7. Dinner Knife

3. Wine Glass (Red)

9. Salad Fork

14. Service Plate

4. Wine Glass (White)

Fill in the Blank

1. The utensils are placed 4wd inch (es) from the edge of the table.
2. Coffee and Tea service should be accompanied by what extras? cream/sugar, lemon, cookies, pastry
3. Synchronized service is when: all entries are served
4. What is generally indicated on the name placard other than the name? Table Number
5. The Protein on a plate is typically served at what hour on the clock? Top of the hour
6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately? Handle the order yourself to ensure correctness.