

Muhammad Abdullah

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SKILLS:

- Prepare a variety of foods; meat, seafood, poultry, vegetable, and cold food items.
- Arrange sauces and supplementary garnishes for allocated station.
- Proper food handling safety procedures.
- Set up stations and collect all necessary supplies to prepare menu for service.
- Serve menu items compliant with established standards.
- Maintain a prepared and sanitary work area at all times.
- Constantly use safe and hygienic food handling practices.
- Knowledgeable in handling different kitchen ware and equipment.

WORK EXPERIENCE:

The Art Institute - Hollywood	Work study	2016	Los Angeles, CA
The Stylist Suite and Tasting	Sous chef	2016	Los Angeles, CA
LA Weekly's Tacolandia 2016	Prep cook, Line cook	2016	Los Angeles, CA
All Star Chef Classic	Prep cook, Line cook	2016	Los Angeles, CA
The Cheesecake Factor	Prep cook, Line cook	2014 - 2016	Los Angeles, CA
Jack in the Box	Cashier	2013 - 2014	Los Angeles, CA
Little Caesars Pizza	Prep cook, Line cook	2012	New York, NY
Burger King	Line cook	2012	New York, NY

EDUCATION:

The Art Institute of Hollywood - Associates Degree Culinary Arts 2016

Port Richmond High School – Diploma

ACHIVEMENTS:

President - Ai project link	2016	
Silver Medal - ACF Student Competition	2016	Akron, OH
Certificate of appreciation - ACF Student Competition	2016	

REFERENCES: Professional and personal references available upon request

Prep Cooks Test

Score 17 20

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

d 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

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

d 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

C 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

b 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

b 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

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

C

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)

Salt *Salt* *Pepper*

19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

20) Rough chop: to cut into very small pieces when uniformity of size and shape is not important.

