

Multiple Choice (1 point each)

1) A gallon is equal to _____ ounces

- a. 56
- b. 145
- c. 32
- d. 128

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2) Mesclun are what type of vegetable?

- a. 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 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 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 hours
- d. 5 hours

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) Salty & sweet are the basic seasoning ingredients for all savory recipes.

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

CULINARY PROFESSIONAL

Extremely motivated and innovative individual with an inherent ability to create tastefully decorated concoctions with high nutritional value. Exceptional understanding of ingredient consistency and ability to handle modern cooking and baking equipment with precision and accuracy.

EDUCATION

The Art Institute of California~ Los Angeles, Santa Monica, CA Associates Degree in Culinary Management | September 2016

Coursework:

• Food safety and nutrition	• Meat identification and fabrication
• Modern banquet cookery	• Baking and pastry skill development
• Cuisines of the Americas	• Contemporary restaurant service
• Formal restaurant cooking	• Cost control and food procurement

WORK EXPERIENCE

Line & Prep Cook

Art Institute of Culinary Arts , CA | July 2013 – Present

- Prepare entrées according to set recipes
- Cook various types of main courses and side dishes
- Assist cook by chopping and preparing vegetables and meats for cooking purposes
- Set up and decorate customers' plates in an aesthetic manner
- Ensure the customers' orders are accurate and consistent
- Provide support in menu development
- Ensure proper menu execution and create prep lists
- Handle inventory and supply management tasks

Sous Chef

Zugo' Cafe Sierra Madre CA

November 2015- February 2016

- Managing food purchasing and storage
- Maintaining a safe and hygiene kitchen environment
- Help create new recipes and menu
- Running kitchen when head chef is away
- Set up station and collect all necessary supplies to prepare menu for operation

Nissan Sage Auto, Glendale CA

April 2016-July 2016

BDC Internet Sales

- Work in a team environment with other customer service representatives on our internet sales team.
- Customer service representatives set appointments for prospective clients to meet with a member of the sales team.
- Customer service representatives manage a high volume of customer inquiries via inbound/outbound calls and emails in a professional manner.
- Customer service representative follow up with existing customers to confirm their satisfaction and generate leads.

Prep & Grill Cook

Five Guys Grill & Bar , CA | Aug 2014 – Jan 2015

Reported to the Executive Chef, performed the following tasks:

- Offer friendly and upbeat guest service
- Prepared a variety of food items
- Managed proper rotation of products
- Developed knowledge about menu items and daily features
- Maintained the sanitation and of work area and utensils

Shift Supervisor

Starbucks Corporation , CA | July 2013 – Present

Reported to the Location Manager, performed the following tasks:

- Acts with Integrity, honesty and knowledge that promote the culture , values and mission of Starbucks corporation
- Delivers legendary customer service to all customers.
- Managed proper rotation of products
- Supervise employees and scheduling
- Anticipates customers and store needs by constantly evaluating environment and customers for cues.

Catering Hostess/ Server

Happy Gillmore , CA | July 2011 – Jan 2013

Reported to the Catering Manager, performed the following tasks:

- Provided highly professional catering services for events accommodation up to 400 guests
- Assisted in the setup and teardown of tables, chairs, food, and beverages for as many 40 tables per event.
- Managed proper rotation of products.
- Developed knowledge about menu items and daily features
- Maintained the sanitation and of work area and utensils

SPECIAL CAPABILITIES

- Keen knowledge of creating mouthwatering menus
- Ability to cook and bake a vast variety of food items and pastries
- Strong understanding of preparing healthy and nutritious entrees for health conscious customers
- Knowledge of preparing stocks, soups, salads and sauces
- Trained in handling food preparation activities keeping in mind sanitation and hygiene protocols

INTERPERSONAL SKILLS			
• Customer service • Flexible	• Communication • ‘Can do’ attitude	• Multitasking • Positive attitude	

