

Precious Ayon

Panorama City

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Career Focus

*I was a Culinary/Pastry student at College of the Canyons-ICUE

*I graduated College of the Canyons with an AA and Certificate in Culinary Arts and a certificate in Culinary Arts

Summary Of Skills

*I have taken a lot of culinary classes such as Knife Skills, Safety Sanitation, Culinary Fundamentals, Bake, Pastry Art, Chocolates, International Cuisine, Garde Manger, Front-Of-House, and Back-Of-House

*I love building my experience and knowledge of the restaurant business

*I am a hard worker and always strive to better myself and create the best experience for the customer

Accomplishments

* I have a certificate in Pastry and Baking from ICUE-College of the Canyons

*I have received multiple academic awards in High School

*Had previously went through a first aid course

*I have my food handler's permit

Professional Experience

*I worked at Don Cuco's Mexican restaurant as a busser, hostess and line cook for over a year

*Worked at La Quinta Hotel in Valencia, helped preparing food and a front desk greeter

*Have participated in numerous events for my culinary school including preparing and catering a wedding and prepping food for large events

*Worked the Back-of-house and front-of-house for the restaurant that is located at my culinary school

* Worked at Valencia Coldstone Creamery making ice cream specialized for every customer

* Did a full-time internship at College of the Canyons ICUE cafe

~~* Worked as a Prep Cook at The Cheesecake Factory for over a year~~

*Currently works as a Baker for Universal Studios Hollywood

Education

Canyon High School, class of 2013: Graduated 2018 from College of the Canyons

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

C 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

B 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

C 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

Grill Cooks Test

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)

roux is some type of fat and flour and it is used as a thickening agent

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

• Heat butter in a pot at a low temperature and gently skim off the top of the fats. It is used to make things less greasy.

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

1. Bechamel
2. Hollandaise
3. Esp.
- 4.
- 5.

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

Seasoning the grill is to get it prepped so when you start to grill it doesn't stick

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

- egg yolks
- Clarified butter
- salt & pepper
- lemon juice