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Experience.
May 2015
PM Transportations
Owner & operator
Contract agreement Lyft, Uber, SideCar, Gump Hub, Door Dash, Restaurant on the run,
Responsible for, Tax's, customer satisfaction, equipment maintenance

October 2013-June 2015.
Aramark refreshment service
Route Sales Representative
Cater to Broadcom free beverages services exclusively Responsibilities include, Ordering, Inventory & Cost Control, customer satisfaction and equipment maintenance

February 2012-October 2013
Sodexo Inc. Irvine CA
O.B.S. Supervisor
Responsible for managing the free beverages services for the Broadcom account, servicing over 5,000 Broadcom employees on the campus. Responsibilities include, Ordering, Inventory & 1, customer satisfaction and Responsible for. Additionally I am tasked with making being a teamwork coach as well to ensure all employees in my area are motivated, understand the organizations, and adhere to all sanitation guidelines.
December 2010-January 2012

Baliwick's - Littleton, N.H.
Sous Chef
Responsible for Food orders Daily Menu Planning / Off-site catering operations. Shared responsibilities on staffing and kitchen management.

April 2009 –December 2010
Mag Pitt Inc. - Pittsburgh, PA.
(Cheerleaders Nightclub)
EX. Chef
Responsible for all facets of Kitchen operation in the Nightclub
Staffing, Scheduling, Food orders, Inventory, Cost control, Menu planning, In-house and off site catering as well as In-House Events to include Planning & booking entertainment.

August 2007 – March 2009
Fish Market
Fort Mill, SC.

Grill Cooks Test

Score 34 / 40

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

D

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

A

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

Grill Cooks Test

C 10) Food-handling gloves must be changed frequently and also:

- After handling garbage
- After every break
- After picking things up off the floor
- Between handling raw and cooked foods
- All of the above

C 11) A Julienne is:

- to cut food into 1 inch X 1 inch cubes
- A cooking method using high heat
- To cut food into 1/8 X 1/8 slices
- A rough cutting method producing oblong shapes

D 12) A gallon is equal to _____ ounces

- 56
- 145
- 32
- 128

B 13) How many cups are in a quart?

- 2
- 4
- 6
- 8

a 14) A Chiffonade is:

- To slice an herb or leafy vegetable into thin ribbons
- To de bone a fish
- Another name for parchment paper
- To cook food in liquid, or at just below the boiling point

C 15) Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be safe

- 145° F
- 135° F
- 160° F
- 180° F

C 16) Which of the following explains the process of poaching?

- Poke poultry on the thickest part in order to make sure it's tender
- To cook food in an oven that has reached 350° F
- Cook gently in water that is hot but not boiling (160°-180°)
- Submerge protein in boiling liquid to speed cooking time

B 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- 8 oz of celery, 4 oz of onion, 4 oz of carrot
- 4 oz of celery, 8 oz of carrot, 4 oz of onion
- 4 oz of celery, 8 oz of onion, 4 oz of carrot
- 2 oz of celery, 10 oz of carrot, 2 oz of onion

C 18) Which of the following best describes braising?

- To cook quickly in a pan on top of the stove until food is browned
- Process through which natural sugars in food become browned and flavorful while cooking
- Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- To plunge food into boiling water briefly, then into cold water to stop the cooking process

Grill Cooks Test

Score: 23/40

B 19) Which of the following best describes the process of Caramelization?

- To cook quickly in a pan on top of the stove until food is browned
- Process through which natural sugars in food become browned and flavorful while cooking
- Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- 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?

- 145°F
- 155°F
- 165°F
- 175°F

C 21) What temperature should ALL ground meat be cooked to?

- 145°F
- 155°F
- 165°F
- 175°F

a 22) What temperature should fish be cooked to?

- 145°F
- 155°F
- 165°F
- 175°F

W 23) What is a roux and what is it used for? (2 points)

to thickening

W a) Requires immediate corrective action?

- Packaged food items are stored at least 6 inches above the floor
- Ice is being used to cool beef stew in a shallow pan
- New meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler

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

Cook off the milk part then skim it off from top

It's can clarified because it clear and you should see the bottom of the pot

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

1. Red Tomato

2. Bechamel

3. Velouté

4. Hollandaise

5. Espagnole

26) Which of the following is NOT an approved method to thaw potentially hazardous food?

a) In a microwave oven

26) Thaw the grill

b) On a clean counter at room temperature

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

a) Egg Yolk

b) Clarified Butter

c) Lemon Juice

d) Salt

PEPPER

WATER

TOP