

**Multiple Choice Test (1 point each)**

- 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
- 2) The recommended temperature for your refrigerator is...  
a) 45°F  
b) 50°F  
 c) 40°F  
d) 20°F
- 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
- 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
- 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
- 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
- 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
- 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
- 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

- 10) Food-handling gloves must be changed frequently and also:
- a) After handling garbage
  - b) After every break
  - c) After picking things up off the floor
  - d) Between handling raw and cooked foods
  - e) All of the above
- 11) A Julienne is:
- a) to cut food into 1 inch X 1 inch cubes
  - b) A cooking method using high heat
  - c) To cut food into 1/8 X 1/8 slices
  - d) A rough cutting method producing oblong shapes
- 12) A gallon is equal to \_\_\_\_\_ ounces
- a) 56
  - b) 145
  - c) 32
  - d) 128
- 13) How many cups are in a quart?
- a) 2
  - b) 4
  - c) 6
  - d) 8
- 14) A Chiffonade is:
- a) To slice an herb or leafy vegetable into thin ribbons
  - b) To de bone a fish
  - c) Another name for parchment paper
  - d) To cook food in liquid, or at just below the boiling point
- 15) Potentially hazardous hot foods must be maintained at an internal temperature of \_\_\_\_\_ or higher to be safe
- a) 145° F
  - b) 135° F
  - c) 160° F
  - d) 180° F
- 16) Which of the following explains the process of poaching?
- a) Poke poultry on the thickest part in order to make sure it's tender
  - b) To cook food in an oven that has reached 350° F
  - c) Cook gently in water that is hot but not boiling (160°-180°)
  - d) Submerge protein in boiling liquid to speed cooking time
- 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?
- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
  - b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
  - c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
  - d) 2 oz of celery, 10 oz of carrot, 2 oz of onion
- 18) Which of the following best describes braising?
- 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

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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

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

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

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

✓

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 ~~butter~~ melted butter with flour  
used to thicken SAUCES -

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

~~Melt~~ Melt butter, skim the top, pass through  
a chinois - strainer -

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

1. bechamel
2. tomato
3.
4.
5.

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

You can season grills, and cast iron PANS -

In some kitchens salt is used, others just burn off the grill with sheet trays

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

egg yolks

clarified butter are the main ingredients

lemon  
citrus  
white

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## EXPERIENCE

### Private Chef - February 2010 - Present

### Spread Mediterranean Kitchen - Los Angeles, CA

February 2016 - Present

Lead Line Cook

### The Little Door - Santa Monica, CA

August 2014 - September 2015

First Chef

### Claire's at the Depot - Warrenton, VA

July 2012 - July 2013

Sous Chef

### Iron Bridge Wine Co. - Warrenton, VA

February 2010 - February 2011

Executive Chef

### Frisee - San Francisco, CA

September 2006 - January 2008

Chef de Cuisine

## AREAS OF EXPERTISE

- Cooking Methods • Seasonal Dishes • Implementing Recipes
- Menu Development • Food Preparation • Food Costing
- Knife Skills • Art of Plating • Food Safety

## KEY SKILLS

- Fluent in Spanish and English.
- Can quickly gain an in-depth familiarity with any kitchen's operations.
- Knowledgeable with the maintenance and repair of kitchen equipment.
- Strong and effective leadership skills, along with the ability to successfully manage a team of cooks.

## EDUCATION

- Universidad Internacional de las Américas - San José, Costa Rica  
Bachelor of Arts in English

## REFERENCES

- Available upon request