

Acrobat

outsourcing

Your Hospitality Staffing Professionals
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First and Last Name: Antonio Cortez
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Working Experience:

Company Name: Blominda's 40 carrots Cafe, Century City

Dates of Employment: 2/2012

Job Responsibility:

- PREP-AND COOK ALL FOOD ITEMS. ASSIST CHEF-
- WITH ANYTHING NEEDED FOR DAILY SPECIALS.
- CONDUCT CLEANING, (Hoods, walls, floors etc.)
- DISHWASHING. GROW MARKET AND DELI.

Company Name:

Dates of Employment: 6/2015

Job Responsibility:

- PREP- ALL GRABS N 20, SALADS, Cold plates
- HOT PLATES, CONDUCT CLEANING, shoes (1) weekly
- DISHWASHING.

Company Name: Jillians Entertainment.

Dates of Employment: 2/1999

Job Responsibility:

- PREP-COOK- FOR ALL PRIVATE PARTIES
- HELP WITH DAILY OPERATION IN GENERAL.
- DISHWASHING.

Signature

Multiple Choice (1 point each)

- _____ 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. ☒ 128
- _____ 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 blanch 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

Multiple Choice (1 point each)

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

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

Prep Cooks Test

- 17) What is a Julien cut?
- 1) Cut into long thin strips, matchstick
 - 2) Cut out into long thin strips then turned and cut into 1/8" dice
 - 3) Cut into long thin strips then turned and cut into 1/8" dice
 - 4) Cut into long thin strips then turned and cut into 1/8" dice
- 18) To cook a food in a pan without turning over is to broil. True or False?
- 1) True
 - 2) False
 - 3) True
 - 4) False

19) The basic recipe for a vinaigrette is 3 parts oil to 1 part vinegar. True or False?

- 20) What is a vinaigrette?
- 1) A dressing made of oil and vinegar
 - 2) A dressing made of oil and vinegar
 - 3) A dressing made of oil and vinegar
 - 4) A dressing made of oil and vinegar