

Multiple Choice Test (1 point each)

B 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

(7)

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

A 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

C 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

E 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

C 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

D 12) A gallon is equal to _____ ounces

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

B 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

A 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

C 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

D 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

C 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

A 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

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

A

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)

A thickening Agent for Stews,
Soups, and Gravy

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

Melted unsalted Butter and freeze,
Sometimes used in COOKIES and CAKES.

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

1. Bechamel
2. MARMALADE
3. HOLLANDAISE
4. VELOUTE
5. ESPAGNOLE

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

to season the grill is to make sure
there is oil on the grill for non stick
and so food can get a good crust

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

lino vega

North Hollywood, CA
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Willing to relocate: Anywhere
Authorized to work in the US for any employer

WORK EXPERIENCE

Sous Chef/Line Cook

lord of the wingz - Hollywood, CA - 2015 to Present

Responsibilities

run the line by myself as well as talking to customers and late night cleaning.

Accomplishments

alot of customer service requires because we close at 3a.m every day i have to get to know my crowd.

Skills Used

knife skills,timing,lots of chopping

Line Cook

Saddle Ranch Chop House (Universal) - Studio City, CA

pizza cook

cheesecake factory - Canoga Park, CA - January 2014 to September 2014

Responsibilities

handle both salad and pizza stations while filling station. very high volume orders with excellent presentation, prep dough for next day and keep up with orders

Accomplishments

time management improved , learned to keep my cool under extreme pressure.

Skills Used

knife skills,time management, portioning

pizza cook

California pizza kitchen - Canoga Park, CA - April 2013 to August 2014

Responsibilities

(morning)prep line,chop veggies to exact specs,portion control every ready to eat item,have line completely full by 11 am and prep flat bread and thin crust

(night) fill line and check ready to eat items where stocked always maintain stone oven clean to avoid pizza sticking. clean line and floors and silver and wait inspection

Accomplishments

complete mastery of hand tossing pizza,mastery of stone oven,high volumes kitchen experience

Skills Used

hand tossing pizzas,knife skills,prep skills,time management

Warehouse Worker

hotnails - Reseda, CA - 2010 to 2011

Responsibilities

package staples manually by hand,sometimes completing upto 500 boxes in 6 hours

warehouse worker

UPS - Sylmar, CA - 2009 to 2010

Responsibilities

scan,stack,inspect all boxes according to number, load all bulk at the end of shift, knowledge of extendos and belt.

Accomplishments

AS one of my first jobs i was very new to it and got very good at loading\unloading.

pizza chef de cuisine

bucca de beppo - Encino, CA - August 2015

Responsibilities

prep and portion all items on the line ,keep ticket time under 9 mins and sanitize each and every night including tile floors.

Skills Used

i used knife skills to hand cut a lot of the items, timing had to be perfect

hot food chef

gelsons market - North Hollywood, CA - September 2014

Responsibilities

made sure i had all food to tempture and ready to eat by 11 am everyday ,ensure all production was ready for next day and provide excellent customer service that was "second to none"

Accomplishments

better understanding of higher scale customer service and punctuality

Skills Used

knife skills,portion control and shrink control, customer service

EDUCATION**ged in gen ed**

sylmar high school - Sylmar, CA

2006 to 2009