

Multiple Choice Test (1 point each)

 n 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

 C 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

 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

 D 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
- B 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
- C 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
- A 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
- C 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

B

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

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

A

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)

fat + flour
sauces

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

melting butter at a low heat to separate the milk solids

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

1. Hollandaise
2. Brown stock
3. bechamel
- 4. fish stock
5. velouté

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

wipe down with oil so the food don't stick

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

egg yolks, Clarified Butter, lemon juice
salt to taste

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Cheesecake Factory

Line chef, March 2014- present

Inspect and clean food preparation areas, such as equipment and work surfaces, or serving areas to ensure safe and sanitary food-handling practices.

Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, Sautee

Hearthstone Restaurant

Line chef Oct. 2014- Nov.2015

- Set up stations and collect all necessary supplies to prepare menu for service
- Prepare a variety of foods; meat, seafood, poultry, vegetable and cold food items
- Arrange sauces and supplementary garnishes for allocated station
- Cover, date and correctly store all bits and pieces and food prep items
- Notify Chef in advance of likely shortages
- Serve menu items compliant with established standards
- Use food preparation tools in accordance with manufactures instructions
- Close the kitchen correctly and follow the closing checklist for kitchen stations
- Maintain a prepared and sanitary work area at all times
- Keep the work area fresh all through the shift
- Make sure all storage areas are tidy and all products are stored appropriately
- Constantly use safe and hygienic food handling practices
- Returns dirty food preparation utensils to the appropriate areas

- Assist with all duties as assigned by Kitchen Manager

Professional Experience

Sunset Restaurant, Malibu, CA

Line chef, Mar 2012 – Aug. 2014

Inspect and clean food preparation areas, such as equipment and work surfaces, or serving areas to ensure safe and sanitary food-handling practices.

Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters.

Ensure freshness of food and ingredients by checking for quality, keeping track of old and new items, and rotating stock.

Season and cook food according to recipes or personal judgment and experience.

Bake, roast, broil, and steam meats, fish, vegetables, and other foods.

Portion, arrange, and garnish food, and serve food to waiters or patrons.

Carve and trim meats such as beef, veal, ham, pork, and lamb for hot or cold service, or for sandwiches.

Observe and test foods to determine if they have been cooked sufficiently, using methods such as tasting, smelling, or piercing them with utensils.

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Patina Group, Los Angeles, CA

Line chef, Apr 2012 – present

Perform food preparation and serving duties, such as carving meat, preparing flambe dishes, or serving wine and liquor.

Peel, wash, trim, and cook vegetables and meats, and bake breads and pastries.

Prepare meals in private homes according to employers' recipes or tastes, handling all meals for the family and possibly for other household staff.

Specialize in preparing fancy dishes and/or food for special diets.

Create and explore new cuisines.

This is a special events caterer where I cooked for some A list celebrities including the Emmy's. I performed a variety of Cooking, baking, carving and generally pitched in to make the event a food success. I am still called in occasionally.

Room Forty, Inc, Los Angeles, Ca
Chef, Dec 2012 – Feb 2013

Prep cooking, line cooking some light baking.

Compass Group, San Diego, CA
Chef, Aug 2011 – Apr 2012

Cook food or prepare food items, such as sandwiches, salads, and ice cream dishes, using standard formulas or following directions.

Wrap menu item such as sandwiches, hot entrees, and desserts for serving or for takeout.

Scrub and polish counters, steam tables, and other equipment, and clean glasses, dishes, and fountain equipment.

Replenish foods at serving stations.

Serve salads, vegetables, meat, breads, and cocktails, ladle soups and sauces, portion desserts, and fill beverage cups and glasses.

This is a cafeteria in Qualcomm where we served over 1,000 covers a day.

Education

Riverside City College, Riverside, CA
Culinary Arts, Aug 2011

Additional Skills

References: Chef David Avalos instructor RCC Culinary Arts (951) 233-0382 david.avalos@rcc.edu
Chef Maria Williams instructor RCC Pastry/baking (951) 328-3807 maria.williams@rcc.edu
Chef Drew Ison Sunset Restaurant (805) 206-0151