

Multiple Choice Test (1 point each)

- D 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
- 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
- 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

- 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
- A. 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
- 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
- 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

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 Roux is a mixture of melted Butter & Flour,
And it is used to thicken soups and sauces.

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

Melting the Butter down and skimming the ~~top~~ solids
of the top, Clarified Butter is used for Hollandaise
AND other sauce

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

1. BESHAMEL
2. MARINARA
3. Hollandaise
4. 
5. 

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

To season a grill means to break it in this
process is important so that meats and other foods
don't stick.

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

Egg yolks & and Clarified
Butter, And a touch of Vinegar.
TARRAGON

COURTNEY REED

Cupcakegoddess86@aol.com

310.770.8183

Sherman Oaks, Ca

SKILLS

- Proficient in MS Office Suite/ Excel Spreadsheets
- Microsoft PowerPoint
- Basic knowledge of French and Spanish
- Food & Beverage operations
- Baked goods production
- Extensive proficiency with specialty tiered cakes
- Skilled in both savory and sweet

EXPERIENCE

Maude, Beverly Hills, CA

September 2016 – Present

Pastry chef

- Solely production

Upstairs2, Los Angeles, Ca

April 2016 – September 2016

Pastry Chef Consultant

- Revamped the pastry menu from store bought cake mixes to scratch baking
- Also helped on the line during service when needed

Belcampo Meat Co., Santa Monica, CA

March 2015 – April 2016

Pastry Chef

- Solely created the dessert menu and weekly specials, Managed all pastry Inventory, trained multiple cooks both pastry and pantry stations

The Beverly Hills Hotel, Beverly Hills, CA

December 2011 – March 2015

Pastry Cook

- Works Daily production Brunch, Lunch, and Dinner services
- Created desserts for the Polo Lounge Menu, Chocolate Trio and Goat Cheesecake
- Assisted banquets team with high volume banquets from 300-600
- Light chocolate production, I.e. Bonbons, decorations, tempering

Prepares special occasion cakes and amenities (i.e. anniversaries and birthdays)

Joe's Restaurant, Venice, CA

February 2011 – December 2011

Pastry Sous Chef

- Managed all pastry inventory as well as purchasing
- Created countless plated desserts for tasting menus, holidays and regular day to day seasonal menus
- Solely produced all Wedding/Birthday cakes for the restaurant as well as offsite private functions

The Standard Hotel, New York, NY

July 2009 – September 2010

Pastry Cook

Worked all services for volumes of 300-500 on a daily basis

Jumped on the Grade Manger station whenever they need help, I.e. cold apps supported the banquets team during High Profile events at the Boom Boom Room

Brasserie, New York, NY - La Fonda Del Sol (Patina Group), New York, N.Y. June 2007 – June 2009

Pastry Cook

- Prepared from 90-250 desserts on a daily basis, closed the station on a nightly basis as well
 - Assisted Pastry Chef Ken Larson with offsite plated dinner for the Autism Speaks event
- Apart of the opening pastry team of Patina's Spanish tapas restaurant (La Fonda Del Sol)

ADDITIONAL EXPERIENCE

Culinary Staffing, Los Angeles, CA

March 2013 – Present

Grade Manger/Pastry Cook

Aided various catering companies for high profile events (such as Wolfgang Puck, Patina, SBE)
(Events such as the Oscars, various events at LACMA, FOX Emmy's after party)

Mark Josephs Cakes, Brooklyn, NY

November 2009 – February 2010

Intern

- Fondant and gum paste work
- Cake assembly

EDUCATION

Pace University, New York, NY

Bachelor of Arts in Hospitality & Tourism Management, May 2009

Johnson & Wales University, Providence, Rhode Island

Associate of Arts in Baking & Pastry Arts, May 2007

