

Ricardo Desales Jr.
913 S Hampstead Street, Anaheim, Ca 92802
714-409-4240

Objective: Seeking a full-time position with a growing company where my skills and experience will allow me to grow within the company.

Education: Riverside County High School
6511 Arlington Avenue, Riverside
Diploma/Graduate

Experience:
Market Café at Park Place Irvine, Ca September 2 2014 – April 14, 2015
Dishwasher: Ensured the cleanliness and sanitation of all dishes, glassware, silver wear, pots, pans, and equipment used by the kitchen staff. Perform other duties or tasks as assigned or required.

Stubrik steakhouse and Bar Fullerton, Ca May 1,2015 – June 30 2015
Dishwasher: Perform cleanliness and sanitation duties that are required.
Prep: Cook Meat & Steam Veggies(over a grill), prep veggies(carrots, cabbage, broccoli, ext)

Boys Burgers Anaheim Ca June 30,2015 - July 12
Dishwasher/prep: sweep and mop kitchen area and perform duties or task assigned.

Rosines mediterranean cafe Anaheim Hills Ca July 12, 2015 - Present (Still Working)
Prep Cook/ Kitchen Helper: preparation of meals by chopping vegetables, Perform other duties or tasks as assigned or required.

Skills:
Fast-Paced
Punctual
Able to multi task
Good Communication Skills
Bilingual-English/Spanish

Certificates:
Physical Education Certificate, 3K Spring 2009
Issa Certified Personal Trainer 2014
California Certified Food Handler 2014

References:
Arlington Regional Learning Center, 951-353-4400
Multiple Subject Instructor, Castella Ysaguirre

Lead,
Kristian, 714-768-1483

Market Cafe

Cook/ Bryan 714-429-6906

Grill Cooks Test

Score **87%** / 40

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

Grill Cooks Test

Score 87%
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)

Flour & fat cooked together & used to thicken sauces.

- a) Package meat is being stored above 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 eggs, salad in the walk-in cooler.

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

Sticks of butter melt, it is used for catering or pastry meals.

- a) 0°F and 100°F
- b) 32°F and 220°F

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

1. Bechamel
2. Espagnole
3. Tomato
4. Hollandaise
5. Velouté

- a) After cutting board, what should be done before the cutting board is used for slicing onions for salad?
- b) Clean the board with a wet cleaning cloth.
- c) Turn the board over and use the other side.
- d) Run the board under running water.
- e) Wash the board prior to slicing the onions.

26) Which of the following is NOT an approved method to thaw potentially hazardous foods?

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

Season a grill means use Canola oil to prevent the grill from rusting.

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

- a) 3 eggs
- b) Wash hands if the hand sinks are too far away
- c) 25 teaspoon sugar
- d) Maintaining moisture in the kitchen

3 eggs
25 teaspoon sugar
12 tablespoon butter
2 teaspoon kosher salt
2 teaspoon VINEGAR
1/8 teaspoon cayenne PEPPER