

**Multiple Choice Test (1 point each)**

- A 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
- D 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
- 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
- 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

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C 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)

THICKENING AGENT FROM BUTTER + FLOUR  
THICKENS SAUCES / SOUPS

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

COOKING BUTTER LOW SLOW. UNTIL FAT AND MILK SOLIDS  
SEPARATE. USE FOR COOKING SO SOLIDS/PROTEINS DON'T BURN OVER  
HIGH HEAT

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

1. BECHAMEL (WHITE)
2. ESPAGNOLE (BROWN)
3. HOLLANDAISE (EGG)
4. VELOUTE (BLONDE)
5. TOMATO

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

OILED RAG: USED TO WIPE GRILL SLATES, PREVENT FOOD FROM  
STICKING AND CLEANS BURNT GRIT / DRIPPINGS.

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

EGG YOLKS, BUTTER, TOUCH OF WATER, VINEGAR (CHAMPAGNE)  
SCALLOTS, SALT.



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## Education

<b>The Culinary Institute of America</b>	Hyde Park, NY	October 2010 - June 2012
<i>Degree of Associate in Occupational Studies - Culinary Arts</i>		
<b>Green Valley High School</b>	Henderson, NV	Graduated with Honors June 2010

## Experience

<b>Roots &amp; Rye</b>	San Jose, CA	November 2015 - November 2016
<i>Sous chef / Kitchen Manager</i>		

- Re-training of entire kitchen staff, Creating and enforcing standards, recipes, consistency with staff.
- Responsible for food & labor cost management, budgeting, inventory, and financial forecasting.
- Maintaining weekly invoices, primecost, new hire paperwork and all BOH payroll.
- Responsible for recipe costing and aiding in creation and execution of new dishes.
- Leading line or expo for either am or pm service to ensure food quality, consistency, and time efficiency.

<b>Propiedad Publica</b>	La Paz, Bolivia	September 2015 - October 2015
<i>Chef Consultant</i>		

- Training of employees to follow chef's standards and procedures
- Aided in restaurant operations and menu creativity

<b>Patina Restaurant Group @ LACMA</b>	Los Angeles, CA	August 2014 - September 2015
<i>Sous Chef</i>		

- Responsible for operations within three units in LACMA campus ; Cafe, Coffee + Milk, on-site Catering
- Maintain a clean and sanitary kitchen that properly meets regulated standards
- Responsible for both back-of-house and front-of house ordering and kitchen inventory

<b>Momofuku Ma Peche</b>	Manhattan, NY	March 2013 - July 2013
<i>Line Cook</i>		

- Responsible for prep, mise en place, and service on meat entremet and fry station for dinner service
- Aided with meat cook station responsibilities/cookery
- Cleaned and maintained assigned station with standard of high sanitary conditions

<b>Red Gravy</b>	Brooklyn, NY	December 2012
<i>Line Cook</i>		

- Successfully assisted in opening restaurant
- Responsible for prep mise en place, and service on garde manger, fry, dessert stations

<b>The Vanderbilt</b>	Brooklyn, NY	October 2012 - December 2012
<i>Line Cook</i>		

- Responsible for prep, mise en place, and service on garde manger, saute, dessert stations
- Aided saute station during brunch service

<b>Bouchon</b>	Las Vegas, NV	June 2011- October 2011
<i>Culinary Extern</i>		

- Responsible for prep and mise en place on hot/cold line stations
- Responsible for making 2 of 3 daily family meals
- Head Commis of hot/cold line stations and assisting in service of private banquets/parties

<b>Tokyo Sushi</b>	Las Vegas, NV	June 2008 - September 2010
<i>Line Cook</i>		

- Pan-fry and grill/broil stations during service
- Composed salads, soups and hot/cold appetizers



# JUSTIN H. YI

## Activities and Awards

### **ServSafe Managers Certification**

November 2014 - November 2019

Member of Korean Association of Culinary Institute of America

Student Group Leader at Culinary Institute of America

*Member of HS FCCLA/Star Events*

September 2007 - June 2010

- Participant of annual Culinary Competitions

*Member of HS Prostart*

September 2007 - June

2010

- Participant of annual Culinary Competitions

