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**Goal:** To have a career position with a progressive organization that will utilize my education and background, expand my knowledge, and offer opportunities for growth and advancement.

**Qualifications:**

- Certified in Food Safety and Sanitation, State of California
- Able to assist in kitchen by preparing and cooking various types of food
- Willing to learn new principles and cooking techniques

**Education:** The Art Institute of California - Los Angeles

**Work Experience:**

**Marycrest Residential Facility, February 2009 to Present**  
Cook

- Participation in all aspects of the kitchen operation including cooking, prepping, safety and sanitation
- Assist kitchen staff
- Prepare food to meet various types of nutritional needs

**The Liquor Bank Deli, May 2008 to January 2009**  
Owner

- Maintain all aspects of kitchen operation including line cooking, prepping, safety and sanitation
- Inventory management
- Food and labor cost controls
- Staff management
- Menu and Daily Special formulation
- Purchase food and supplies
- Involved in all aspects of seasoning, sautéing, deep frying, broiling, and grilling

**Great Western Caterers, September 2006 to May 2008**  
Sous Chef

- Prep, cook, and serve food for movie, commercials, etc
- Purchase food and supplies
- Plan menu
- Assist at all stations in kitchen and on catering truck

**Broadview Retirement Facility, July 2006 to September 2006**  
Head Cook/Kitchen Manager

- Manage staff and production in kitchen
- Order supplies and food inventory
- Create weekly menus for breakfast, lunch and dinner
- Prepare daily meals to meet Low Sodium Food Program requirements for 100 person facility
- Inspect food service area to maintain orderly, safe, and sanitary conditions
- Maintain organization of pantry

**Salvation Army, November 2004 to July 2006**  
Head Cook

- Create monthly menus, prepare meals to meet Food Program requirements
- Order and maintain supplies and food inventory
- Supervise production in kitchen
- Delivery driver

**Matisse Restaurant, April 2004 to October 2004**  
Kitchen Supervisor

- Coordinate with customers, managers, & internal support staff to assure successful execution of service
- Prepared a variety of gourmet courses for high volume events, banquets, and catering type events

**References:** References available upon request



**Grill Cooks Test**

**Score** / 40

**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

A

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

A 12) A gallon is equal to \_\_\_\_\_ ounces

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

4 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+D 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

C  
21) What temperature should ALL ground meat be cooked to?  
a) 145°F  
b) 155°F  
c) 165°F  
d) 175°F

C  
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 Browned

By fat, used as a thickener

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

Butter that has had the  
fat skinned

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

1. Bechamel
2. Veloute
3. Espanole
4. mornay
- 5.

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

Helps with flavoring &  
searing foods

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

Egg yolks, oil,  
s & l

