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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 skimmed

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

1. Bechamel
2. Veloute
3. Espagnole
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,
salt

