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**boat**  
outsourcing  
Staffing Professionals

## Grill Cooks Test

Score / 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

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

TEST\_Grill Cook (rev. 2013.07.31)

## Grill Cooks Test

Which of the following best describes the process of 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

20) What temperature should poultry be cooked to?  
a) 145°F  
b) 155°F  
c) 165°F

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

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

d 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 mixture of fat & flour used in making sauces

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

Heat unsalted butter over very low heat, simmer gently until foam rises - remove foam (clarified butter has a high smoke point 450° - allows to sear meats without burning butter).

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

1. béchamel
2. velouté
3. espagnole
4. tomato
5. hollandaise

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

Coat grill when its off with high heat cooking oil / protects from rust, easier to clean

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

egg yolks  
butter  
lemon juice  
salt & pepper



**CATHERINE HERRERA**  
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## **SUMMARY**

I am an experienced chef and culinary specialist with proven ability to manage and train kitchen staff in cooking, presentation and sanitation of food and work area. I have a proven track record of training restaurant/dining room staff to uphold the highest service standards, as well as experience in menu planning and recipe development specific to dietary needs. I am looking for an opportunity to contribute my skills and experience to a mission driven establishment. I have excellent verbal and written communication skills in both English and Spanish and am proficient in conversational Italian.

## **APPLIED EXPERIENCE**

**Sous chef, Fairmont Grand Hotel, Del Mar Ca    Aug 2015 - May 2016**

- Managed, trained and scheduled staff, of 20+ employees.
- Handled inventory/ordering of products and ingredients.
- Developed menus and recipes.
- Expedited service efficiently.

**Executive Sous chef, JW Marriott le merigot, Santa Monica Ca    Mar 2014 – Mar 2015**

- Directed banquet functions of up to 1000 ppl
- Managed, trained and scheduled staff.
- Handled inventory/ordering of products and ingredients.
- Developed menus and recipes.

**Head chef, Rok Prime steak house, San Juan Capistrano Ca    Aug 2013– Mar 2014**

- Directed restaurant's catering business on-and-off-site.
- Managed, trained and scheduled staff.
- Handled inventory/ordering of products and ingredients.
- Developed menus and recipes.

**Head chef, Dana point yacht club, Dana point Ca    Feb 2013 – Aug 2013**

- Directed banquet functions for yacht club members of 450ppl
- Handled inventory/ordering of products and ingredients.
- Developed menus and recipes.

**Contracted chef/teaching position in local retirement communities, San Diego Ca Nov 2012 – present**

- Engage seniors in participating in alternative activities that will help to involve them and integrate them into the residential community.
- Perform detailed dietary needs assessments with clients prior to service delivery.
- Provide instruction to seniors that are both in independent and assisted living communities by way of a cooking program designed to stimulate mobility both mentally and physically.
- Contribute ideas for new and innovative recipes and coordinate menu adjustments.

**Pasta maker, Pelican Hill, Newport Coast Ca Jan 2012 –Sept 2012**

- Prepared fresh pasta, from scratch, on a daily basis.
- Managed pasta station.

**Hilton Hotel, Woodcliff Lake NJ Jan 2010 – Aug 2011**

- Assisted in banquet functions up to 1000ppl.
- Lead cook on hotel restaurant line.
- Assisted with inventory and scheduling.

**Intern, Giuda Ballerino, Rome Italy**

- Studied under Michelin star chef.
- Catered events throughout the city of Rome.
- Worked the service line.
- Developed wine pairing menu of rare wines from all regions in Italy.

## **EDUCATION**

**THE INTERNATIONAL CULINARY CENTER; New York, NY and Alma; Parma, Italy**

Grand diploma, Italian Culinary Experience October 2008

**ABC BARTENDING SCHOOL; New York, NY**

Certificate for tending bar, July 2006

**JOHN JAY COLLEGE OF CRIMINAL JUSTICE; New York, NY**  
(BA) June 1998

English

**UNITED STATES ARMED FORCES, United States of America**  
Completed training for the army national guard 1997-2003.

Management serve safe certification.

References are available upon request.