

# Christopher Ibarra-Campos

## Objective:

Seeking an entry-level position within the culinary industry at a great restaurant or an externship position abroad that will allow me to gain valuable industry skills.

## Education:

**January 2017 – Present**      **The Art Institute of California**      **North Hollywood, CA**  
*Associates in Culinary Arts*

**Graduated 5/2016**      **Le Cordon Bleu College of Culinary Arts**      **Pasadena, CA**  
*Diploma in Le Cordon Bleu Culinary Arts*

## Curriculum Overview:

- Culinary Arts Foundations I, II, & III
- Baking & Pastries I
- Catering and Buffets
- Cuisines Across Cultures
- Sanitation
- Food History
- Applied Math & Cost Control

## Experience:

**04/2012 - Present**      **Freelance Construction**      **Various Locations, CA**  
*Construction Assistant*

- Unload construction materials.
- Assist with various duties including painting, measurements, laying and mixing cement, and retriever tasks.
- Clean up the work site and return all materials or items to their rightful place.

**7/2016 – 12/2016**      **Universal Studios Hollywood**      **Universal City, CA**

### Cook

- Marinated ribs, chicken, and separated fish.
- Responsible for prepping corn in large quantities.
- Cleaned kitchen, sanitation, and stored food products.

## Culinary Experience:

**04/2016 – 06/2016**      **Ink Restaurant**      **Los Angeles, CA**

### Prep Cook/Extern

- Portioned and stored lamb and octopus.
- Prepped produce including carrots, broccoli, celery, onions, and turnips.
- Prepared corn puree, cooked egg yolks, and prepared carrot juice.
- Cleaned, applied safe food handling techniques, and assisted chef.

**2/17/2016 – 2/21/2016**      **Anaheim Convention Center**      **Anaheim, CA**

### Event Staff

- Worked under Chef Frank Barrettmills during event at convention center.
- Prepped produce, fabricated proteins, and plated food items to promote kitchen equipment.
- Cleaned, applied safe food handling techniques, and assisted chef.

**9/2014 – 12/2014**      **Culinary Staffing Services**      **Various Locations, CA**

### Event Staff

- Responsible for working and assisting at various events including The Athenaeum, Anaheim Convention Center, Wolfgang Puck, Aquarium of the Pacific and Long Beach Convention Center.



- Cooked food items including chicken, pork, beef, and brisket.
- Prepared salads and sandwiches.
- Washed and stored dishes.
- Assisted with prep of vegetables.

**Certification:**

- ServSafe Food Handler Card by the National Restaurant Association. Valid until 2019

**Skills:**

- Bilingual; fluent in Spanish, French, and Japanese
- Team Player
- Customer Service Oriented



## Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

d

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

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

g

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

b

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

b

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

g

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

a

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

g

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

b

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

**Prep Cooks Test**

a

9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

d

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

b

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

b

12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, mince
- d. Mince, dice, chop

d

13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

c

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

c

15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

b

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

b 17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8" dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

q 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

20) Mince: to cut into very small pieces when uniformity of size and shape is not important.

