

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 Barrettmils 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

Multiple Choice (1 point each)

- 8 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- 9 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
- 9 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
- 9 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

Prep Cooks Test

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

9 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.

Prep Cooks Test

1. What is a 1/2 inch cut?

- a. Food cut into long thin strips, rectangular
 - b. Food cut into long thin strips then turned and cut into a 1/2" thick
 - c. Food cut into thick cubes and uniform pieces
 - d. Cutting and turning into a long square when finished like a paper
 - e. To cook a food in a pan without browning when heat with the pan surface and release moisture
2. What is a 1/2 inch cut?
- a. Food cut into long thin strips, rectangular
- b. Food cut into long thin strips then turned and cut into a 1/2" thick
- c. Food cut into thick cubes and uniform pieces
- d. Cutting and turning into a long square when finished like a paper
- e. To cook a food in a pan without browning when heat with the pan surface and release moisture

Please use blank if not sure

3. What is the basic measuring equivalent for all savory recipes?
4. To cut into very small pieces with uniformity of size and shape is called: