

Sarahi Campos

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Experience

Catering Wedding Event

Amy Stone | Venice, CA | May 2015

- Prepared and cooked high-end meal.
- Sweet and savory pastries, BOH.
- Served guests, FOH.

Brielle's Catering

Gary Woodford | Montebello, CA | June 2015 - April 2016

- Prepared and cooked high-end meal.
- Packaged meals.
- Represented the company, social media and customer service.

Harold Catering

Daniel Harold | Los Angeles, CA | August 2016 - Present

- BOH prep, high-end meals for VIP events.
- FOH server
- Describes food to guests in depth.

Bistro 31

Danielle Goldstein | Los Angeles, CA | April 2016 - June 2016

- Student-run restaurant
- Rotated FOH and BOH
- Greeted guests and seated them.
- Prepared and cooked high-end meals.
- Prepared and plated high-end desserts..

Le Meridien Delfina Santa Monica Hotel

Los Angeles, CA | July 2016 - Sept. 2016

- **Hostess, summer job**
- Greeted guests and seated them.
- Maintained professional and sharp appearance at all times.
- Dining room preparatory work.

Magnolia Bakery

Los Angeles, CA | Oct. 2016 - Jan. 2017

- **Baker**
- Completed all of house and customized orders.
- Cakes, cupcakes, cheesecakes, bars, and pies.

Education**James A. Garfield High School**

High School Diploma (2010 - 2014)

Art institute of Los Angeles

Associates of Science | Baking & Pastry (2014 - 2016)

Skills

Very motivated quick learner with good communication skills and work ethic.

- Communication skills
- Interpersonal abilities
- Bilingual in spanish and english
- Leadership skills
- Customer Service skills
- ServSafe Certified

**Programs/
Operating
Systems**

- Microsoft Office
 - Word
 - PowerPoint
 - Excel

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



A

2) Mesclun are what type of vegetable?

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

D

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

A

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

A

7) What is Al Dente?

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

A

8) Food should be left out no more than

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

Prep Cooks Test

D 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

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

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

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

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

X 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

C 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

B 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

A

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

A

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

