

# Sarahi Campos

4537 E 6th St Los Angeles, CA 90022 | C: (323) 712-2464 | sarahicampos114@gmail.com

## Experience

### **Caterling 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



**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 blanch 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

*(Handwritten signature)*

## 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
- 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
- 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

## Prep Cooks Test

---

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.

