

Grill Cooks Test

Score 39/40

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

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

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

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

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

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

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

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

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

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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

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19) 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 coved, 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 chicken be cooked to?

- a) 145°F
- b) 155°F
- ☒ c) 165°F
- d) 175°F

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- ☒ c) 165°F ✓
- d) 175°F

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)

FAT / FLOUR - THICKENING AGENT

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

REMOVING MILK SOLID FROM BUTTER THROUGH HEAT - ALLOW HIGHER SMOKE POINT / FLAVOR

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

1. TOMATO
2. HAUTAISE
3. VELOUTE
4. ESPANOL
- 5.

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

WIPE WITH OIL /

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

EGG BUTTER

David Vasquez
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Education:

Le Cordon Bleu Pasadena, CA

Curriculum:

Professional Culinary Arts I – basic knife cuts, beginning techniques, stock/soup/sauce making.

Professional Culinary Arts II – intermediate techniques; braising, searing, roasting, pan/deep fry, protein fabrication, time management, portioning, cost control.

Baking & Pastry Techniques –basic baking techniques; cakes, meringues, mousse, tarts, pies.

Advanced Professional Culinary Arts – team tasting menu presentation, mock restaurant drill with prep and fire, front and back of the house coordination and training

Garde Manger- pate, galantine, terrine, preserves, cheese making, buffet presentation

International

- Le Cordon Bleu, Pasadena, California (July 2008) Quintessential Croissant, Advanced laminated dough techniques
- Le Cordon Bleu, Pasadena, California (July 2008) Advanced sauce techniques
- Le Cordon Bleu, Hollywood, California (July 2008) Servsafe
- Cal State LA, Los Angeles, California (1978-1984)

Experience:

Job Title: **Performance Chef**

Employer: Pirch

Dates: July 2015 - October 2016

Duties: Meet and greet public as spotlight chef. Create custom meals for high-end clientele. Create and teach cooking classes. Created family meals Monday – Friday for front of house. Front of House Representative of company 'Moments of Joy' philosophy / Catering for Bloomingdales

CHEF JOHN CARDONA

818 312. 0217

Job Title: **Cook / Facilitator**

Employer: Fitness Kitchen, LA

Dates: April 2015 –April 2016

Duties: Assist Chef, owner in all phases of a boutique paleo meal production kitchen including detailed prep, cook, and build out of tailored meals to health conscious clientele in the professional sports and entertainment industries. Communicate with new hires systems and production techniques.

OWNER AARON

800. 590. 1292

Job Title: Cook / Line Lead

Employer: The Waffle

Dates: January 2015 – April 2015

Duties: High volume line techniques. Key opening and closing duties. Work with vendors. Inventory control, supervision. Event catering

CHEF TINA - 626 905-4532

Job Title: Creative Director / Catering

Employer: The Creative Source, Glendale, California

Dates: September 2002 – November 2014

Duties: Create event strategies. Other duties include supervision, event planning, cost analysis, site evaluation, graphic design, customer service and product development.

OWNER: STEPHANIE MINS
818 636-6009

Job Title: Cook / Event Services

Employer: Wolfgang Puck

Dates: November 2008

Duties: Prepared vegetables, meats, and other items for cooking, cook meals for special events, cook appetizers, pastries, salads, sauces, and dressings, garde manager, work one on one with chefs, keep work area clean and sanitized

Job Title: Cook

Employer: American Latin Music Awards (ALMA), Boston Culinary Group

Dates: August, 2008

Duties: Front of the event, meet and greet guests as prepared food.

Job Title: Manager

Employer: Rosehi Inc, Los Angeles, California

Dates: June 2004 – August 2006

Duties: Managed a high volume night club. Duties included supervising 22 employees, providing customer service, booking special events, ordering products, scheduling, payroll, monitored time sheets, marketing, graphic design and balancing receipts. Responsibilities also included knowledge of the Alcohol and Beverage Control law.

Volunteer work: Slow Food Preservers of Los Angeles – Food preservation specialist
Anne Douglas Center for Women at the Los Angeles Mission –
Creation of legacy fundraising event to provide support services for the women and children of the ADC program. Created event concepts, strategies and application
Le Cordon Bleu, Alumni Association - Mentorship committee
Creation of the mentorship program for Le Cordon Bleu campuses, USA.

Additional Comments: I'm a dependable, responsible, flexible, loyal, motivated and hard working person who believes in the importance of being a team player.

