

Jose Luis Contreras

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OBJECTIVE

To utilize my creativity, management skills and possibly grow with a successful company and team.

EDUCATION

El Camino Community College, Torrance, CA
Fire Technology and Science & Photography

2010 - 2014

Los Angeles Trade Technical Collage
Culinary Program

2017 - Current

SUMMARY OF QUALIFICATIONS

- Food handler and manager certified
- Excellent verbal and written communication in English and Spanish
- Successful multitasking while working independently and efficiently in a fastpaced environment
- Strong hands-on experience in line service food preparation and cooking
- Detail oriented and able to meet the standards of the restaurants needs

EXPERIENCE

Free Range Los Angeles, Los Angeles, CA
Driver, Cook and Cashier.

2014 - Current

North Italia, El Segundo, CA
Sauté, Pizza, Pasta and prep cook

2015 - 2016

Open Sesame Grill, Long Beach, CA
Line cook and Prep cook

2014 - 2015

District Wine, Long Beach, CA
Line cook and Prep cook

2013 - 2014

El Super Taco Mexican Restaurant, Culver City, CA
Prep Cook, Line Cook and Cashier

2009 – 2010

Subway Sandwich Restaurant, Los Angeles, CA
Sandwich artist and Cashier

2008 – 2009

Marty's Hamburger Home of the Combo, Los Angeles, CA
Prep cook, Grill cook and Catering Server

2006 - 2009

Multiple Choice (1 point each)

60 7090

- d 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- c 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
- d 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
- c 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours

Prep Cooks Test

- c 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
- d 11) What is the temperature range of the danger zone?
- a. 25-135
 - b. 40-140
 - c. 50-160
 - d. 30-130
- d 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
- b 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
- e 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

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

Prep Cooks Test

1. What is a white cut? 1
- a. Food cut into small pieces
 - b. Food cut into small pieces then frozen and cut into 1/2" dice
 - c. Food cut into 1/2" cubes and frozen
 - d. Food cut into 1/2" cubes and frozen in a bag
2. What is a bag of frozen food? 1
- a. Food cut into small pieces
 - b. Food cut into small pieces then frozen and cut into 1/2" dice
 - c. Food cut into 1/2" cubes and frozen
 - d. Food cut into 1/2" cubes and frozen in a bag

3. What is a bag of frozen food?

4. What is a bag of frozen food? 1

5. What is a bag of frozen food? 1