

# Jose Luis Contreras

(323) 633-0719 · JoseContrerasphoto@gmail.com

## 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



## Prep Cooks Test

Score 91/20

### Multiple Choice (1 point each)

d 1) A gallon is equal to \_\_\_\_ ounces

- a. 56
- b. 145
- c. 32
- d. 128

6

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

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

C 8) Food should be left out no more than

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

7090

## Prep Cooks Test

6 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

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

