

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

- D 1) A gallon is equal to _____ ounces
- 56
 - 145
 - 32
 - 128
- C 2) Mesclun are what type of vegetable?
- Roots
 - Beans
 - Salad Greens
 - Spices
- B 3) What does the term braise mean?
- Sear quickly on both sides
 - Slowly cook in covered pan with little liquid
 - Cook on high heat and quickly
 - Slowly cook in simmering water
- B 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- 155 degrees F
 - 165 degrees F
 - 175 degrees F
 - 185 degrees F
- A 5) How do you blanch vegetables?
- Immerse for a short time in boiling water
 - Cook lightly in butter over med heat
 - Soak in cold water overnight
 - Rub with salt before cooking
- C 6) Which of the following ingredients would you pack before measuring?
- Olive Oil
 - Salt
 - Brown Sugar
 - White Sugar
- A 7) What is Al Dente?
- Firm but not hard
 - Soft to the touch
 - Very hard
 - Very soft
- C 8) Food should be left out no more than
- 2 hours
 - 3 hours
 - 4 hours
 - 5 hours

Prep Cooks Test

18. A
c. b. Fr
a. Food
17) What is a
staffing Professional
outsourcing
16)

- 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
- C 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - c. Flour
 - d. Water
- B 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
- 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
- C 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) mince : to cut into very small pieces when uniformity of size and shape is not important.

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EDUCATION

- | | | |
|---|-----------------------------|-------------------|
| 07/2011-08/2013 | University of Phoenix | San Diego, CA |
| <ul style="list-style-type: none">▪ Bachelor's Degree Business Management | | |
| 07/2005-11/2006 | California Culinary Academy | San Francisco, CA |
| <ul style="list-style-type: none">▪ Culinary Arts | | |

EXPERIENCE

- | | | |
|---|--|---------------|
| 07/2016-Current | Giuseppe Restaurants & Fine Catering | San Diego, CA |
| Sales and Operations Coordinator | | |
| <ul style="list-style-type: none">▪ Assist Director of Sales▪ Answer phones and direct calls to appropriate departments▪ Process and execute delivery orders | | |
| 09/2015-08/2016 | Bon Appetit Management Company, Petco Cafe | San Diego, CA |
| Catering Lead | | |
| <ul style="list-style-type: none">▪ Book and execute daily catering orders▪ Prep and plate all catering orders, working Executive Chef to ensure food quality and presentation▪ Station float during lunch service, gather, prep, serve at any station needing assistance | | |
| 08/2014-07/2015 | Burger Lounge | San Diego, CA |
| Assistant General Manager | | |
| <ul style="list-style-type: none">▪ Evaluate and devise new techniques to control profit and loss for company operations▪ Execute highest guest service standards to ensure delighted customers and return business▪ Build and maintain relationships with vendors, customers, local media personas | | |
| 8/2009- 7/2014 | Aramark Business Dining, Illumina, Inc | San Diego, CA |
| Catering Director/Lead Catering Cook | | |
| <ul style="list-style-type: none">▪ Financial, managerial and culinary responsibility for a corporate cafeteria and catering service for 1125+ daily guests▪ Collaborate with chef and vendors on how to cut costs without sacrificing quality▪ Prepare all catering orders for daily cold and hot meals▪ First two years spent as garde manger and deli cook, preparing all cold line items | | |
| 12/2006-09/2009 | Starbucks Coffee Co | San Diego, CA |
| Barista | | |
| <ul style="list-style-type: none">▪ Create exceptional customer service environment through friendly demeanor and impeccable memorization of regular orders▪ Help implement standards to control waste of milk and coffee beans | | |
| 08/2006-12/2006 | Four Seasons Aviara | Carlsbad, CA |
| Cook-Intern | | |
| <ul style="list-style-type: none">▪ Brunch buffet prep/line cook▪ Breakfast line cook▪ Pastry production cook | | |