

**Prep Cooks Test**

**Score** / 20

Multiple Choice (1 point each)

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

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

C

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

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.

# MARIE CARAMELLO - UYEJI

5750 Amaya Dr #25, La Mesa, CA 91942

riomarie@gmail.com

Phone: 619.869.3747

## EDUCATION

---

07/2011-08/2013      *University of Phoenix*      San Diego, CA  
▪ Bachelor's Degree Business Management

07/2005-11/2006      *California Culinary Academy*      San Francisco, CA  
▪ Culinary Arts

## EXPERIENCE

---

07/2016-Current      Giuseppe Restaurants & Fine Catering      San Diego, CA  
*Sales and Operations Coordinator*

- 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*

- 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*

- 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*

- 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*

- 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*

- Brunch buffet prep/line cook
- Breakfast line cook
- Pastry production cook