

Prep Cooks Test

Multiple Choice (1 point each)

- 1) A gallon is equal to _____ ounces
 - a. 56
 - b. 145
 - c. 32
 - d. 128
- 2) Mesclun are what type of vegetable?
 - a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- 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
- 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
- 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
- 6) Which of the following ingredients would you pack before measuring?
 - a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- 7) What is Al Dente?
 - a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- 8) Food should be left out no more than
 - a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours

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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

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

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

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

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

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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

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) Chamomile & nutmeg are the basic seasoning ingredients for all savory recipes.

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

Kaleem Jabar
(310)654-5612
13200 Doty Ave. #302
Hawthorne Ca, 90250
Eyeghamnopork@yahoo.com

OBJECTIVE

My objective is to work full time/part time for a successful high end company where i can be for a long term and build a career in.

PROFESSIONAL EXPERIENCES

Natural Arts Restaurant- Los Angeles Ca,
February 2000 - June 2006

Cashier,store clerk,host, server,Prep, and grill
Supervisor- Charles Forrester (323)732-8865

Jamba Juice- Sherman Oaks Ca/Manhattan Beach Ca
June 2005 - May 2009

Shift leader,Customer Service,Cashier,Food Clerk, and Training Mentor/Ast Manager
Supervisor- Derek Vail (818)753-7600

24 Hour Fitness- Manhattan Beach Ca,
June 2007- January 2009

Front Desk Representative,Customer Service,Service Manager, Cashier
Supervisor- Tina Wilson (310)536-9300

Morrison Cafeteria- Culver City Ca,
March 2009 - April 2011

Grill cook, Dietary Aide cook,
Supervisor- Pam Dawson (310) 836-7001

Bj's Cafe- Torrance Ca,
September 2008 - January 2011

Busser,server
Supervisor- Martin Sanchez (310) 542-3400

Lids-Torrance
November 2010 - April 2013

Key holder/ Assistant Manager
Supervisor-Joe Hunter (310) 542-5914

Umami Burger- Hermosa Beach Ca,
November 2013 - June 2015
Prep,fryer,Grill,Salad,Jr Sous Chef
Supervisor- Samaera Smith (310) 214- 6263

Great Maple- Torrance Ca,
September 2015 - February 2017
Grill Cook, Garmo fryer,Pastry, Jr Sous Chef
supervisor-Chef Wing Jo(310) 425-1001

SKILLS & STRENGTH

Excellent Communications skills,
Team Oriented,Exceptional Organizational skills,
Knowledge Of Computers,Dependable & Self Motivated
Great Worker Under Pressure,Friendly & flexible
And a Very Hard Worker

EDUCATION

Westchester Emerson High School Westchester Ca.
Graduation- June, 2004-2005
General Education- Diploma
El Camino College- Torrance Ca,Graduation- Enrolled General Education- Management

REFERENCES

Charles Forrester 323 732-8865 Chef 21 yrs known
Michelle Vaughn 323 317-4030 Nurse 17 yrs known
Tina Wilson 310 536-9300 Operations Manager 7 yrs known
David Davey 310 370-1270 Sales Manager 2yrs known
Matt Reilly 713 855 1995 General Manager 2 yrs known

AVAILABILITY

Open