

**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 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
- \_\_\_\_\_ 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

## Prep Cooks Test

- 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

## Prep Cooks Test

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) Salt and 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.



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#### 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](tel:(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](tel:(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](tel:(310)536-9300)  
Morrison Cafeteria- Culver City Ca,  
March 2009 - April 2011  
Grill cook, Dietary Aide cook,  
Supervisor- Pam Dawson [\(310\)836-7001](tel:(310)836-7001)  
Bj's Cafe- Torrance Ca,  
September 2008 - January 2011  
Busser,server  
Supervisor- Martin Sanchez [\(310\)542-3400](tel:(310)542-3400)  
Lids-Torrance  
November 2010 - April 2013  
Key holder/ Assistant Manager  
Supervisor-Joe Hunter [\(310\)542-5914](tel:(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](tel:(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](tel:(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](tel:3237328865) Chef 21 yrs known

Michelle Vaughn [323 317-4030](tel:3233174030) Nurse 17 yrs known

Tina Wilson [310 536-9300](tel:3105369300) Operations Manager 7 yrs known

David Davey [310 370-1270](tel:3103701270) Sales Manager 2yrs known

Matt Reilly [713 855 1995](tel:7138551995) General Manager 2 yrs known

#### AVAILABILITY

Open