

## Grill Cooks Test

Score / 40

### Multiple Choice Test (1 point each)

A 1) How much time should you take to wash your hands with soap?

- a) 1 minute
- b) 20 seconds
- c) Time does not matter, water temperature does
- d) 5 minutes

C 2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

D 3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above

D 4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- b) Prevent food handlers from contaminating their hands by touching their hair
- c) Keep the food handlers' hair in place
- d) None of the above

C 5) Which of these conditions requires immediate corrective action?

- a) Packaged food items are stored at least 6 inches above the floor
- b) Ice is being used to cool beef stew in a shallow pan
- c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- d) Raw fish is stored above raw chicken in the walk-in freezer

C 6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- c) 41°F and 135°F
- d) 39°F and 178°F

D 7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?

- a) Clean the cutting board with a wet wiping cloth
- b) Turn the board over and use the other side
- c) Rinse the board with running water
- d) Wash, rinse, and sanitize the board prior to slicing the onions

D 8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- a) In a microwave oven
- b) During the cooking process
- c) Under cool running water
- d) On a clean counter, at room temperature

C 9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- a) Wiping spills only
- b) Washing hands if the hand sinks are too far away
- c) Sanitizing the blade of utensils such as knives
- d) Maintaining moisture on the wiping cloth

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E 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

D 11) A julienne is:

- a) To cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

D 12) A gallon is equal to \_\_\_\_\_ ounces

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

B 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

A 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

A 15) Potentially hazardous hot foods must be maintained at an internal temperature of \_\_\_\_\_ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

C 16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

C 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

C 18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process



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B 19) Which of the following best describes the process of Caramelization?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

C 20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

D 21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

A 22) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

23) What is a roux and what is it used for? (2 points)

FAT & flour  
To Thicken Sauces

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

TAKE OUT THE FAT  
Hollandaise

25) What are the 5 mother sauces? (5 points)

1. Bechamel
2. Espagnole / Hollandaise
3. Tomato
4. Veloute
5. Demi glaze

26) What does it mean to season a grill and why is this process important? (3 points)

SPRAY grill / Prevent Perion cooking

27) What are the ingredients in Hollandaise sauce? (5 points)

Butter  
Egg Yolks  
Nutmeg

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**Objective:** Chef Manager Position in the Foodservice industry, where I may apply the broad based expertise I've gained in over 20 years in food service.

#### **Employment History**

**Pacific Palisades Charter High School / Sodexo**

**2016-2017**

##### **Chef/Manager**

I'm Responsible for managing all aspects of dining facilities, providing service for up to 1200 students. Doing Payroll, ordering food, Inventory and training all employees' health and food safety.

**Genzyme Corporation – Chef Manager / Sodexo**

**2009 - 2016**

Ridgefield, NJ

I'm Responsible for managing all aspects of dining facilities, providing service for up to 400 employees daily. Developed and maintained successful in house catering business. Responsible for cash management, product inventory, cost control, and purchasing. Supervised staff in order to ensure that proper guidelines for preparation, portioning, and storage were adhered to. I consistently maintained sanitary conditions in all areas of kitchen and storage facilities.

**Daughters of Miriam – Executive Chef / Sodexo Senior Services**

**2006 – 2009**

Clifton, NJ

Responsibilities include: menu planning, catering, food cost, inventory, and staff management of 25 employees, for 250 facility residents.

Interacted with specialized staff, such as dieticians, nurses, hospice workers, and board officials to ensure and maintain the proper dietary care for all residents, with a focus on Jewish dietary laws.

**Whitsons Food Service - Chef Manager**

**2000 – 2006**

Locations:

- Forbes Magazine, New York, NY
- Stryker Corporation, Rutherford, NJ

Responsible for managing all aspects of each location's dining facilities, providing service for up to 300 employees daily. I maintained successful in house and off site catering business. I was Responsible for cash management, product inventory, cost control, and purchasing.

**Sodexo Marriott – Sous Chef**

**1997 – 2000**

Richmond, VA

I Supervised staff of thirteen kitchen employees. I prepared daily breakfast and lunch for fine dining facility, as well as in house catering functions; such as corporate conferences and hotel staff meetings. Also, was responsibility for tracking all product inventories and purchasing.

**La Petit France – Chef**

**1994 - 1997**

Richmond, VA

I have prepared menu items and daily specials, utilizing all facets of sauté, broiler, grill, and prep cookery in this fast paced and upscale restaurant.

**Sandler Foods – Territory Food Service Sales Manager**

**1992 – 1997**

Virginia Beach, VA

Maintained long standing accounts and successfully opened new accounts, providing service and products to facilities such as universities, hotels, military bases and local restaurants.

#### **Education**

**Johnson & Wales University – Associate Degree in Culinary Arts, Norfolk, VA**