

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

- B 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
- B 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
- B 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
- A 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

Grill Cooks Test

- 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
- C 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
- B 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
- A 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

Grill Cooks Test

- 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 coved, 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

- B 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)

Roux is flour and fat cooked together used to thicken sauces

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

Place butter in a small heavy bottom pan once butter is melted you see foam, skim the foam from surface, remove from heat allow butter to rest.

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

1. *Bechamel*
2. *Veloute*
3. *Espagnole (Brown Sauce)*
4. *Hollandaise*
5. *Tomato Sauce*

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

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

Clarified butter, egg yolks

Gill Cooks Test

- 10) 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) Cook's method by which food is browned in fat, then seared, lightly seared, in liquid at low heat
 - d) To fry the food into boiling water briefly, then into cold water to stop the cooking process

B

11) What temperature should chicken be cooked to?

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

C

12) What temperature should ALL ground meat be cooked to?

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

B

13) What temperature should fish be cooked to?

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

A

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

Roux is flour and fat
 Cooked together used
 to thicken sauces

15) What is the process of making clarified butter, and why is clarified butter used? (2 points)

Place butter in a small heavy bottom pan
 once butter is melted, pour from pan
 from surface, remove foam that clings butter
 to the top

- 1. Butter
- 2. Vegetable
- 3. Spices (Herbs, Salt)
- 4. Hollandaise
- 5. Tomato Sauce

16) What does it mean to season a grill and why is this process important? (2 points)

17) What are the ingredients for hollandaise sauce? (2 points)

Clarified butter, egg yolks

Ewuniki Nadira

1107 W. 42nd Street #112
Los Angeles, California 90037
(323) 396-1617 nikacaterernadira@gmail.com

Hospitality Experience

Thompson's Restaurant & Catering

Nov 2011 - Dec 2016

Catering Assistant, Line Cook, Prep Cook

Prep for 200-300 covers daily. Create Recipes, Prep gourmet lunches and dinners. Able to follow instructions and read recipes accurately. Also make dressings, sauces, stocks. Knowledgeable of various kitchen equipment. Work various work stations Grill station, Fryer Station. Pasta Station. Assist chefs with line and expediting for lunch and dinner service. Check temps on hot and cold foods and maintain stock and kitchen inventory.

C2 Kitchen& Grill Restaurant

Jan 2011- Dec 2013

Line Cook/Expeditor/Prep Cook

Prep appetizers, large platters for catering events. Also work Grill Station, Test various Menu items to ensure proper cooking methods. Prep desserts for dinner service.

LA Convention Center

June 2010- June 2015

Line Cook/Prep Cook

Prep for 300-500 covers. Prep for high volume events catering events, basketball games, concerts, weddings. Also work with various Executive Chefs, helping with menu specials recipes, food and beverages orders. Able to carry up to 50lbs. Stand for long periods.

Education

University of Nevada, Las Vegas (UNLV)

Las Vegas, NV
June 2019

Bachelors of Science, Hospitality and Restaurant Management

Los Angeles Trade Technical College

Los Angeles, Ca
June 2010-2016

Associate of Arts Degree -Restaurant Management

Volunteer

Warner Bros Studios for Cystic Fibrosis

June 2013- 2016
August 2013-2016

La Food and Wine Festival

Work Related Skills

Southern Nevada Food Card

August 2016
May 2015

Serv- Safe Food Safety Manager

