



# LE CORDON BLEU.

Atlanta, GA

Austin, TX

Boston, MA

Chicago, IL

Dallas, TX

Las Vegas, NV

Los Angeles, CA

Miami, FL

Minneapolis/St. Paul, MN

Orlando, FL

Pittsburgh, PA

Portland, OR

Sacramento, CA

San Francisco, CA

Scottsdale, AZ

Seattle, WA

St. Louis, MO

September 25, 2012

To Whom It May Concern:

Ashley Mendoza was a student of mine for six weeks for Foundations I, LCBC110, which is an introductory course to the culinary arts.

Ashley is an enthusiastic and motivated student. She is very determined and works hard to develop her skills and knowledge. When she does not understand a concept, she takes the extra time needed to master it. Ashley always arrives to class early, participates in lectures and discussions and has an overall great attitude.

I feel confident that Ashley will be an asset to whatever program or organization of which she becomes a part and will work hard to learn and master all that is required of her and more. I would hire her without hesitation if given the opportunity to do so.

Please feel free to contact me with any questions you may have regarding Ashley Mendoza and her performance under my instruction.

Sincerely,

Chef Rose Ludwig, CECMBA  
rludwig@la.chefs.edu

Le Cordon Bleu College of Culinary Arts

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Chefs.edu/Los-Angeles



# Ashley Mendoza

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## Career Objective

Seeking an intermediate level position in the culinary industry where I can utilize my schooling and work experience to advance further in this field.

## Experience

### Lovarc

March 2010- Present

Joint Forces Training Base

Los Alamitos, CA

#### **Chef Manager**

- Oversee all food service operations for a military dining facility.
- Oversight and preparation of the menu.
- Oversight of management of line staff, dishwasher, utility cleaning staff, inventory, purchasing, pricing, food and staff budgeting.
- Ensures safety and cleanliness maintenance.
- Maintain the waste to a minimum.
- Ensures all stations are set up according to standards and maintained throughout the shift with 100% accuracy.
- Responsible for the ordering/receiving, stocking and rotation of all kitchen product while maintaining a clean and safe work environment at all times.
- Maintains professional grooming and appearance and acts as a role model according to established grooming and appearance policy.
- Responsible for ensuring that all services are provided to the agreed and expected quality at the agreed time.
- Ensures that proper procedures, temperatures, and time periods are adhered to during food preparation.
- Ensures that all regulation logs are filled out on a daily basis.

### Bicycle Casino and Hotel Restaurant

February 2016- May 2016

Bell Gardens, CA

#### **Lead line cook**

- Responsible for opening and setting up kitchen for the day.
- In charge of daily inventory and gathering food order from warehouse to replenish items used.

## Ashley Mendoza

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Phone: (813) 444-1234 | Email: ashley.mendoza@gmail.com

### Career Objective

Seeking an entry-level position in the culinary industry where I can utilize my schooling and work experience to become proficient in this field.

### Experience

#### Greystone

March 2019 - Present

Team Lead / Training Chef

Los Angeles, CA

Greystone Hotel

- Manage all food service operations for a midsize dining facility.
- Oversee and coordinate the menu.
- Oversee the management of the staff, ensuring they are properly trained, motivated, and working within budget.
- Monitor quality and cleanliness of the kitchen.
- Maintain the stock to a minimum.
- Ensure all sections are set up according to standards and maintained throughout the shift.
- 100% accuracy.
- Responsible for the ordering, stocking and rotation of all kitchen products while maintaining a clean and safe work environment at all times.
- Manage the front-of-house and ensure the highest level of customer service.
- Established training and experience policy.
- Responsible for ensuring that all sections are provided to the guest and expected quality of the service.
- Ensure that all food products, temperatures, and food safety are adhered to during food production.
- Ensure that all regulations are followed on a daily basis.

#### Greystone Hotel and Hotel Restaurant

February 2018 - May 2018

Los Angeles, CA

Food and Beverage

- Responsible for opening and setting up kitchen for the day.
- In charge of daily inventory and gathering food order from warehouse to replenish items.

- Accountable for daily prep, set up and breakdown of breakfast and lunch service.
- On the line I was responsible for setting up all stations including fry, sauté, grill and rotated shifts on a daily basis.
- Followed all recipes, safety protocols and practiced safe food handling and storage.
- Lead the omelet station every Sunday brunch.

### **Nieuport 17**

June 2013- February 2014

Tustin, CA

**Prep Cook, Line Cook, Garde Manger**

- Responsible for prepping cold and hot food items including but not limited to salads, fruits, meats, poultry, fish, dressings, appetizers and desserts.
- Responsible for the cold station which includes appetizers as well as salads and desserts.
- On the line, I was responsible for setting up and breaking down all lunch items which included sandwiches, burgers, poultry, fish, vegetables and side dishes.
- Assisted the chef in making the soup of the day.
- Maintained a clean work station.
- Practiced correct food handling and storage procedures.
- Adhere to all safety procedures.

### **Education**

**Le Cordon Bleu**

Pasadena, CA

August 2012- August 2013

**Woodrow Wilson High School**

Long Beach, CA

September 2002-June 2006

### **Awards and Certificates**

Safety Award 2010

National Environmental Health Association Certified 2012

**References available upon request**





**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

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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) 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.

## Prep Cooks Test

1. What is a prep cook?

- 1. Prep cook is responsible for preparing ingredients for the chef.
- 2. Prep cook is responsible for ensuring the kitchen is clean and organized.
- 3. Prep cook is responsible for ensuring the kitchen is stocked with ingredients.
- 4. Prep cook is responsible for ensuring the kitchen is safe.

2. What are the main responsibilities of a prep cook?

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3. What are the main responsibilities of a prep cook?

4. What are the main responsibilities of a prep cook?

5. What are the main responsibilities of a prep cook?