

Esther Rhodes

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Objective

To obtain a responsible culinary arts position in an established foodservice organization which will help me enhance my skills and make a positive contribution to the community.

Profile

I have a strong ability to work under pressure with a positive attitude and I am an excellent team player. In addition, I am a motivated, punctual, and multi-tasking worker who has strong time management skill sets.

Skills Summary

- ◆ The fundamentals of kitchen operations and the efficient use and maintenance of commercial kitchen appliances and utensils.
- ◆ Essential cooking methods, including roasting, grilling, deep-frying, broiling, and sautéing.
- ◆ Food preparation including vegetables, dry goods, dressings, stocks, and sauces.
- ◆ Experience with large volumes of food: assisting with the preparation of fresh produce for the non-profit L.A. Kitchen.
- ◆ Customer service and inventory control experience.
- ◆ Certified Bartender.
- ◆ California ServSafe Food Handler Certification Course~Certified.
- ◆ Excellent interpersonal, team building, and problem solving skills.
- ◆ Skilled in establishing and maintaining positive partner relations.

Employment & Volunteer History

Student Cook, L.A. Kitchen, Los Angeles, CA

07/27/2015-Present

- Developed and mastered a variety of food preparation techniques.
- Obtained proper knife skills and how to manage time effectively.
- Gained professional development, nutrition education, food safety, and life skills training.

Administrative Assistant & Driver, N.G.W.T. Towing Service, Los Angeles, CA

10/2011-10/2013

- Provided first-rate customer service and ensured staff administrative needs were met.
- Provided driving services to customers and assisted with a variety of car services.
- Oversaw incoming phone calls, provided towing information to inquiring customers, and performed office duties.

Catering Server & Bartender, Party Staff L.A., Los Angeles, CA

07/2011-02/2012

- Provided bartending services at special events and served food in a timely fashion for hundreds of guests.

Catering Server, Culinary Staffing Services, Los Angeles, CA

10/2008-06/2011

- Worked cohesively in a team setting at a variety of catering events and gained strong time management skills.
- Helped set up banquets and special events, assisted with food prep, and service duties.

Owner, The Good Life Cleaning, Moving, & Hauling Service, Los Angeles, CA

10/2006-10/2008

- Provided cleaning services to both local households and businesses and offered hauling services.
- Worked cohesively in a team setting and helped organize inventory and managed cleaning and moving schedules.

Pastry Chef & Co-Owner, Family Affair Restaurant & Catering, Los Angeles, CA

01/1995-04/2000

- Created a variety of baked goods including pastries, quick breads, pies, and cookies and helped with decorating sweets.
- Provided pastries for a variety of catering and special events and oversaw a team of five to ten staff members.

Education

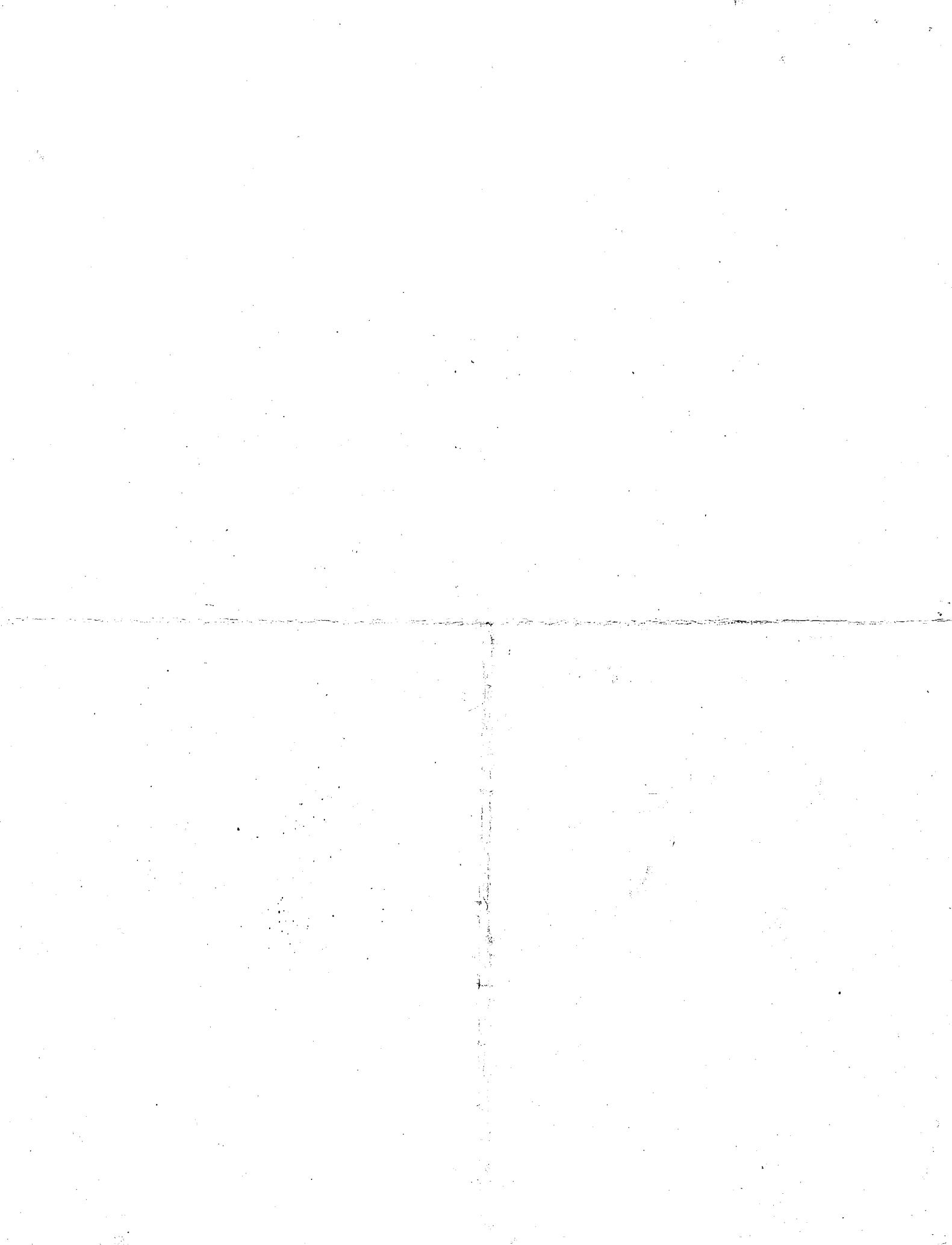
- **L.A. Kitchen**, Culinary Arts & Nutrition Advocacy Training Program, Los Angeles, CA
Certificate, Culinary Arts 07/2015-Present

References

Becky Locker, Director of Culinary Job Training, L.A. Kitchen, 805-698-2974

Chef Sherry Johnson, Owner, The Three Bears, 424-200-5133

Zaneta Smith, Life Skills Coordinator, L.A. Kitchen, 213-268-8122





ACROBAT OUTSOURCING

TSC GROUP

First and Last Name: Esther Rhodes

Email: Esther.rhodes@gmail.com

Phone number: 213 284-1151

Working Experience:

Company Name: Catalina Island

Dates of Employment: 06/2019 - 10/2019

Job Responsibility:

- Pantry COOK
- Prep all Pastry Desserts
- •
- Serve all Prepared Items

Company Name: Compass Group (Culver City Hospital)

Dates of Employment: 10/2018 - 6/2019

Job Responsibility:

- Patient COOK
- Prep Menus According to Diet Standard
- Set up Line for Service

Company Name: Acrobat

Dates of Employment: _____

Job Responsibility:

- COOK
- Prep
- •
-

Skills

- Cooking
- Baking
- Prepping
- Smoking
- Grilling



Grill Cooks Test

36

-4

40

Multiple Choice Test (1 point each)

90%

C 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

I 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

I 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

A 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

c 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

C 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

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



B

Grill Cooks Test

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C

20) What temperature should chicken be cooked to?

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

A

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)

Butter + flour Thickens
used for making Gravies, Cheese Sauces

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

Butter Heated and Browned at Heat
used for flavoring Skin Sns until Browned

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

1. Tomato
2. Béchamel
3. Hollandaise
4. Velouté
5. Espagnole

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

use oil to keep food from sticking.

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

Butter, Lemon juice, egg yolk, Batter

