

Elliot Pruitt
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Line Cook, Grill Cook, and Prep Cook or Food Server, Sandwiches Maker

Experienced food service worker known for ability as a line cook, pantry cook, and grill cook. Specialize in a wide variety of breakfast items, with experience in lunch and dinner items, and catering management. Thorough understanding of kitchen equipment and inventory control.

Key Skills

Customer Service Training
Kitchen Management/Productivity
Strong Organizational/Leadership
Team Building/Training/Supervision
Safety/Sanitation/Quality Controls

Prepared/filled fast food orders on Grill
Prep/stocked supplies daily for next day
Turnaround Management
Possess basic computer skills
Vendor/Inventory Management

Recent Career Experience

Church Hill, Los Angeles, Ca

2016-Present

Pantry Line Cook

- Set up salad station.
- Slice all meat, cheese, tomatoes.
- A Coordinate food orders to support timely and efficient.

Heavenly Delight Catering, Sylmar, CA

2010-2016

Catering Manager

- Providing quality food with an attractive presentation.
- Set up the food serving area and create a buffet style for the event.
- Kitchen Management/Supervision.

Ultimate Sub& Soup, Los Angeles, CA

2007-2010

Sandwiches Maker and Prep Cook

- Set up sandwiches station.
- Slice all meat, cheese, tomatoes.
- Compiled and maintained inventory of food used.

Miss Peaches Soul Food, North Hollywood, CA

2005-2009

Line Cook and Prep Cook and Dishwasher

- Prepped and stocked supplies for the following day.
- Ensure proper food safety sanitation standards to ensure guest safety.
- Label food and proper rotation of cooler.

Pete's Bar & Grill, Los Angeles, CA

2000-2005

Grill Cook and Prep Cook

- Portion and arrange food for grill orders.
- Label food and ensure proper rotation.
- Coordinate food orders to support timely and efficient.

Sodexo Marriott Cafeteria, Beverly Hills, CA

1995- 2000

Line Cook, Grill Cook, Prep Cook

- Cooked all grill orders, arranging food portions appropriately for servers.
- Prepped and stocked supplies for the following.
- Safety/Sanitation/Quality Controls.

Education: Business Computer Operator. Customer Service Training. ServSafe Certificate

Multiple Choice (1 point each)

- C 1) A gallon is equal to _____ ounces
a. 56
b. 145
c. 32
d. 128
- d 2) Mesclun are what type of vegetable?
a. Roots
b. Beans
c. Salad Greens
d. Spices
- A 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
- C 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
- A 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
- A 6) Which of the following ingredients would you pack before measuring?
a. Olive Oil
b. Salt
c. Brown Sugar
d. White Sugar
- A 7) What is Al Dente?
a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft
- d 8) Food should be left out no more than
a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

d 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

C 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

A 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

A 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

C 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

d 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

b 15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

b 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

A

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

A

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) diced : to cut into very small pieces when uniformity of size and shape is not important.

Prep Cooks Test

- 1) Which is a julienne cut?
- Food cut into long thin strips, matchsticks
 - Food cut into long thin strips then divided and cut into a 1/8" dice
 - Food cut into thin rounds and cut into 1/8" thick
 - Cutting and peeling into oblong seven sided lozenge like shapes
- 2) To cook a food in a pot without covering over low heat until the steam subsides and releases moisture.
- Sweat
 - Boil
 - Roast
 - Simmer
- 3) The basic seasoning is needed for all savory recipes.
- 4) To cut two very small pieces when uniformity of size and shape is not important.