

*Justin L. Lindsey*

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**Objectives:** My main objective is to further define my technique within Culinary Art as a career to advance the skills I have obtained within the cooking field. I would be honored to one day carry the title Chef in suffix to my name.

**Professional Profile:**

- \* Excellent communication & Leadership skills
  - Excellent knife skills
  - Diligent, and capable of working in a fast pace environment
  - Dedicated to the sensitivity of deadlines, and proper business procedures
  - Very fast learner & a team player

**Education:** Culinary Arts  
St. Joseph Center Culinary training program  
Graduated 2015 Venice CA,  
Graduated in 2001, from Charter Oak High School in Covina CA.  
B-A in Art/ Graphic Design.  
Los Angeles Film School, in Hollywood CA. 2009 – 2010

**Employment History:**

- Sweet Hands & Jerk – July 2015 to Current ; Los Angeles CA,- Prep cook/ PA
- Annie's Edibles/Internship July to August 2015; Culver City CA, – Cook
- The Kitchen – April 2014 to May 2015; Susanville CA – Shift Leader/linebacker
- Bread & Roses June 2015 to September 2015; Venice CA- Cook
- Dyin Breed Artist – 2009 to Current – Contracted Designer

**Relevant Skills:**

Adobe Photoshop, Illustrator, Premier. Final Cut Pro, Microsoft Office, Word, Excel, Power Point, Outlook. Avid, Fruity Loops, Windows, I type 30 wpm. I free hand draw, paint, Tattoo, Sculpt, Build; I'm an All around artist.

**Selected Achievements:**

I am a self taught artist, a prodigy. I became a certified artist at 13 years old, a National artist at age 17. I Graduated High School with honors, and designer in 2001. I have won and earned numerous, first place Certificates and high esteems Nation wide, and from the who's who of Hollywood.





**Grill Cooks Test**

**Score 30/40**

**Multiple Choice Test** (1 point each)

- 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
- D 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
- B 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

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

B 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

A 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 covered, in liquid at low heat
  - d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

- D 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

- C 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

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

Melt Butter, and  
Take all the milk fat out with  
a spoon till no more white  
Bubbles.

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

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

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

The over usage of a grill will  
Season it in time.

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

Egg yolk,  
Unsalted,  
cayenne pepper,  
Salt.

**Grill Cooks Test**

1) 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) To cook slowly in a pan on top of the stove until food is browned  
 c) To cook slowly in a pan on top of the stove until food is browned and flavorful while cooking  
 d) To cook slowly in a pan on top of the stove until food is browned and flavorful while cooking

2) What temperature should chicken be cooked to?  
 a) 165°F  
 b) 175°F  
 c) 185°F  
 d) 195°F

3) What temperature should all ground meat be cooked to?  
 a) 165°F  
 b) 175°F  
 c) 185°F  
 d) 195°F

4) What temperature should fish be cooked to?  
 a) 145°F  
 b) 155°F  
 c) 165°F  
 d) 175°F

5) What is a term and what is it used for? (2 points)  
 Butter, Flour

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

7) What are the 3 mother sauces? (2 points)  
 1. Béchamel  
 2. Velouté  
 3. Hollandaise  
 4. Tomato  
 5. Espagnole

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

9) What are the ingredients in Hollandaise sauce? (2 points)  
 The egg yolk, butter, lemon juice, salt, and white pepper.

10) What are the ingredients in Hollandaise sauce? (2 points)  
 The egg yolk, butter, lemon juice, salt, and white pepper.