

Grill Cooks Test

Score 31 / 40

Multiple Choice Test (1 point each)

- a 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
- 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
- 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

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- 10) Food-handling gloves must be changed _____
- a) After handling garbage
b) After every break
c) After placing them on/off the hands
d) After every 30 minutes
e) All of the above
- 11) A julienne is:
a) To cut food into 1/2 inch x 1/8 inch cubes
b) A cooking method using high heat
c) To cut food into 1/8 x 1/8 x 1/8 slices
d) A rough cutting method producing oblong shapes
- 12) A gallon is equal to _____ ounces
- a) 56
b) 144
c) 32
d) 128
- 13) How many cups are in a quart?
- a) 2
b) 4
c) 8
d) 16
- 14) A California 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
- 15) Potentially hazardous hot foods must be maintained at an internal temperature of _____
- a) 145°F
b) 135°F
c) 100°F
d) 180°F
- 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
- 17) If a recipe calls for 16oz of mushrooms, how many ounces of onion, celery, and carrots do you need?
- a) 3 oz of celery, 4 oz of onion, 4 oz of carrot
b) 4 oz of celery, 8 oz of onion, 8 oz of carrot
c) 4 oz of celery, 8 oz of onion, 8 oz of carrot
d) 2 oz of celery, 10 oz of onion, 2 oz of carrot
- 18) Which of the following best describes braising?
- a) To cook quickly in a pan on top of the stove
b) Process through which food becomes tender and flavorful while cooking
c) Cooking method by which food is browned in fat, then cooked, basted, and finished in liquid
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 broiling?
- a) To cook quickly in a pan on top of the stove
b) Process through which food becomes tender and flavorful while cooking
c) Cooking method by which food is browned in fat, then cooked, basted, and finished in liquid
d) To plunge food into boiling water briefly, then into cold water to stop the cooking process
- 20) What temperature should chicken be cooked to?
- a) 145°F
b) 155°F
c) 165°F
d) 175°F
- 21) What temperature should ALL ground meat be cooked to?
- a) 145°F
b) 155°F
c) 165°F
d) 175°F
- 22) What temperature should fish be cooked to?
- a) 145°F
b) 155°F
c) 165°F
d) 175°F
- 23) What is a sauce and what is it used for? (5 points)
- Handwritten answer: A liquid or semi-liquid preparation that is used to enhance the flavor of food.
- 24) What are the ingredients in Hollandaise sauce? (2 points)
- Handwritten answer: Egg yolks, butter, lemon juice, salt, and white pepper.
- 25) What does it mean to sear a grill and why is it used?
- Handwritten answer: To sear a grill means to heat it up to a high temperature to cook food quickly.
- 26) What are the ingredients in Hollandaise sauce? (2 points)
- Handwritten answer: Egg yolks, butter, lemon juice, salt, and white pepper.
- 27) What are the ingredients in Hollandaise sauce? (2 points)
- Handwritten answer: Egg yolks, butter, lemon juice, salt, and white pepper.

Rhonda Mayfield

Chef/ Private Chef/ Catering Chef

Palmdale, CA 93552

Rmayfield8758@gmail.com - 6613749268

Willing to relocate: Anywhere

Authorized to work in the US for any employer

WORK EXPERIENCE

prep/line cook

Sason Catering - North Hollywood, CA - February 2014 to Present

Cater to weddings prep in the kitchen and plating..

Inventory Auditor

RGIS - Valencia, CA - May 2014 to April 2016

Achieves established average per hour (APH) counting goals while ensuring accuracy and integrity of the data collected in all inventories worked.

- Adheres to all company policies and procedures.
- Able to work assigned shifts and adhere to a flexible schedule with varying hours to include working an extreme schedule, resulting in long hours on occasion.
- Relates information clearly and accurately, verbally and in written form, in a positive manner that yields cooperation.
- Demonstrates a positive presence and energy. Is optimistic, respectful and honest with others.
- Maintains a can do attitude, attacks job with passion, demonstrates a sense of urgency and delivers excellent output.

Line Cook / Cashier

Little Caesars Pizza - Palmdale, CA - May 2009 to February 2010

Served customers in eating places that specialize in fast service and inexpensive carry-out food.

- Accepted payment from customers, and make change as necessary.
- Requested and recorded customer orders, and compute bills using cash registers, multi-counting machines, or pencil and paper.
- Cleaned and organized eating, service, and kitchen areas.
- Notified kitchen personnel of shortages or special orders.
- Communicated with customers regarding orders, comments, and complaints.
- Prepared daily food items, and cook simple foods and beverages, such as pizza, or coffee using

SKILLS

can lift 50-200lbs (4 years)

CERTIFICATIONS/LICENSES

Serve Safe Certificate

June 2014 to June 2017

ADDITIONAL INFORMATION

KEY QUALIFICATIONS

- 3+ years' extensive experience in the retail environment
- Proven record of driving profitable sales through promotions and merchandizing
- Highly skilled in achieving store sales goals in a team-selling environment
- In depth knowledge of building exceptional customer experiences through engagement, attitude and service
- Proficient in performing daily departmental maintenance tasks

SPECIAL SKILLS

- Demonstrated ability to keep track of repeated customers, their likes and dislikes and their contact information
- Proven ability to anticipate customer responses
- High level of literacy in reading, writing, math and technology

