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Objective

A position in the kitchen as a Chef de Cuisine, Sous Chef, Line Cook and opportunity for growth and advancement.

Personal statement

I am friendly, loyal and clearly dedicated individual who has an ambition to succeed in any given environment. Although I have extensive experience in the culinary industry, I love to learn, and am always up to a challenge whatever the situation. I get along well with others, while also working efficiently on my own. I am seeking a position where I can develop and excel while giving my best to an employer.

Work experience

Chef de Cuisine

Twin palm restaurant, 101 W. Green St. Pasadena, Ca **1994-2009**

- I was in charge of keeping food cost and labor under budget.
- Created and prepared regular menus, catering menus, and special events menus.
- Kept track of food quality
- Order supplies, made schedules, restaurant inventory, invoice coding.
- Manage all aspects of interviewing and hiring of potential employees.
- Manage all aspects of the kitchen.

Pantry

La Boheme restaurant, West Hollywood, Ca **1993-1994**

- Preparation of salad dressings.
- Preparation of meats, poultry, seafood, shellfish for salads.
- Daily preparation of lettuce and vegetables for salads.

Line Cook

Trumps restaurant, West Hollywood, Ca **1984-1992**

- Preparation of meats, poultry, and fish for the grill.
- General preparation for fresh pastas, sauces, and soups.

Skills

Butcher, Grill, Sauté, Bake, and Pantry

Education

Handling and sanitation certificate

References

Available on Request.

9/2009 – 6/2010 I was unemployed

Chef

6/2010-07/2011

Overtime Bar and Grill 933 N Brand Blvd. Glendale, Ca 91204

(818)247-6256

Lead Cook

08/07/11-2/17/12 Barbrix Wine and Restaurant, Silver Lake Ca

Working under Chef Don Dickman. I was in charge of the line and oversee Kitchen production and keep track of food quality.

Chef de Cuisine

2/18/12- 11/23/13 Morrison Company

Created catering menus, and special events menus.

Keep track food quality. Order supplies, made schedules, manage all aspects of interviewing and hiring of potential employees. Manage all aspects of the kitchen.

Chef

01/1/14- 6/15/15 Phi Beta Five "Sorority"

Created monthly menus and special events menus, order supplies,

Manage all aspects of the kitchen.

Chef de Cuisine

6/22/15- 7/30/16 59th and Lex Café

Working under Executive Chef. I was in charge of the line and oversee Kitchen production and keep track of food quality.

Sous Chef

9/20/16-12/17/16 Ravello Bar and Grill

Working under Executive Chef Carlos Escalante. I was in charge of the line and oversee kitchen production and keep track of food quality.

References

Stacie Reader (626)-825-0879 Catering Manager

Victor Cuilla (626)233-8714 Restaurant Owner

Luis Rodriguez (818)262-5137 Restaurant Owner

Prep Cooks Test

Score / 20

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 blanche 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

_____ 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

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