

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
- 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
- C 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
- C 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

d 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

b 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

C 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

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

C 20) What temperature should chicken be cooked to?

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

C 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)

Equal parts of flour & Fat (oil, butter etc)

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

you put a butter stick in a pot under medium heat & let it simmer until the milk solids are in the bottom and the clear top that's clarified butter

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

1. tomato sauce
2. veloute
3. bechamel
4. brown sauce
5. hollandaise

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

is to make sure it's clean and then turning the flame till it's hot and after that lubricating it with oil so food won't stick.

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

- Egg yolks
- clarified butter
- salt
- lemon juice

Grill Cooks Test

- 10) Which of the following best describes the process of caramelization?
- To cook quickly in a pan on top of the stove until food is browned
 - Process through which natural sugars in food become browned and flavorful while cooking
 - Cooking method by which food is browned in fat then cooked, tightly covered, in liquid at low heat
 - To turn food into boiling water briefly, then into cold water to stop the cooking process
- 11) What temperature should chicken be cooked at?
- 145°F
 - 165°F
 - 185°F
 - 175°F
- 12) What temperature should all ground meat be cooked at?
- 165°F
 - 175°F
 - 185°F
 - 155°F
- 13) What temperature should fish be cooked at?
- 145°F
 - 155°F
 - 165°F
 - 175°F

14) What is a roux and what is it used for? (2 points)

Equal parts of flour x fat (oil, butter etc)

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

You put a butter stick in a pot under medium heat & let it simmer until the milk solids are in the bottom and the clear for that clarified butter

- 16) Which are the important ingredients in hollandaise sauce? (2 points)
1. lemon juice
 2. 1 egg yolk
 3. butter
 4. salt
 5. white pepper

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

It is to sear the food quickly in a small amount of oil or butter, turning the food frequently to cook evenly on all sides.

- 18) What are the important ingredients in hollandaise sauce? (2 points)
- 1 egg yolk
 - clarified butter
 - salt
 - lemon juice

Ali Lyazidi

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- 🔹 Energetic culinary professional with blend of creativity, passion for food and exceptional cooking skills. Works well as a dynamic leader in high- pressure settings.
Multilingual chef with 18 years in cooking professionally(Catering, fine dining and personal chef); with a focus on different cuisines (Moroccan, French ,Latin and Asian).

Employment History

- | | | |
|---------|---|---|
| 01/2015 | ○ | Starving Student Catering: Chef |
| Present | | <ul style="list-style-type: none">📌 Preparing food items and executing requests based on required specifications.
Planned breakfast, lunch and dinner as well as special menus for in house special events and catering.
Comprehensive knowledge of food and catering trends. |
| 04/2015 | ○ | Himitsu Us: Personal Chef |
| 02/2016 | | <ul style="list-style-type: none">📌 I planned and prepared very specific diets and meals (Gluten- free , organic minimally processed etc....) for Elton John and his partner (David Furnish) and for their two kids and staff and did cook for occasional parties and gatherings; also I cooked staff meals on daily basis |
| 07/2013 | ○ | Moyer Meals: Chef |
| 11/2014 | | <ul style="list-style-type: none">📌 As the executive chef I prepared food items consistently and in compliance with recipes, portioning , cooking and waste control guidelines.
Reduced food cost by 20% by using seasonal ingredients, setting standards for portion size and minimizing waste.
Verified proper portion sizes and consistently attained high food quality standards. |

Education History

- | | | |
|---------|---|--|
| 06/1996 | ○ | Venice Senior High School: High School/Education, General |
| 06/1999 | ○ | Le Cordon Bleu College of Culinary Arts-Pasadena: Bachelor's Degree/Culinary Arts/Chef Training |

A^a Languages



Spanish



French



Arabic

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References

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