

STACEY L. OWENS

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OBJECTIVE

To obtain a job in the culinary industry, so I can gain more experience in the kitchen. I am a student cook / prep cook with the goal of becoming a pastry chef.

SKILLS

- Excellent customer service skills
- Self Motivated
- Adaptive and creative
- Positive attitude
- Food safety certified
- Clear and effective communication
- Highly reliable
- Quick learner
- Responsible alcohol service

EXPERIENCE

Student Cook

Culinary Staffing Service / Los Angeles, CA

June 2016 – Feb. 2017

- Prepped and cooked food
- Washed dishes
- Cashiered
- Served beer
- Maintained a clean work area at all times

Housekeeping

SMG - Long Beach, CA

Sept. 2006 - Sept. 2006

- Vacuuming
- Cleaning bathrooms
- Sweeping & mopping

Crew Member

Subway – Los Alamitos, CA (Transferred to Cerritos, CA)

July 2005 - Sept. 2005

- Prepped sandwiches, baked cookies, and bread
- Chopped vegetables and prepared soup
- Maintained a clean work and eating area

Inventory Specialist

Washington Inventory Service / Santa Fe Springs, CA

Jan. 2002 - Apr. 2002

- Counted merchandise
- Used computers to enter, access, and retrieve data
- Used inventory control procedures

CashierLong Beach Convention Ctr. / Long Beach, CA

Jan. 2000 – Sept. 2001

- Operated cash register and provided great customer service
- Stocked and organized goods
- Maintained clean and orderly checkout areas.
- Light catering and cold food prep.

EDUCATION

Long Beach Adult School Long Beach, CA

2000

Obtained my G.E.D.**Cerritos College** Norwalk, CA

2007-Present

ServSafe Certificate for Managers

March / 2016

Working on earning an AA in Business Administration and a Culinary Certificate in Baking.

Food Handlers Certificate

June / 2016

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

- A 1) A gallon is equal to _____ ounces
a. 56
b. 145
c. 32
d. 128
- A 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
- B 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
- C 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
- E 8) Food should be left out no more than
a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

A

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

A

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

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

C

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

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

D

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

C

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

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

A

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

