

• Jesús Alfonso Fierros

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Objective: Landing this job would help enhance my networking skills, which is needed in order to have a successful business, being that I want to become an entrepreneur.

**Software/ Digital skills**

Word

Ability to create PowerPoint presentation

**Foundational/Artistic skills**

Excellent Knife Skills

Ability to follow directions and recipes

Ability to work under pressure with speed and accuracy

Product Identification

Menu Creation

Observe and Maintain sanitation procedure

Ability to create dishes with Seasonal Ingredients

Latin Cuisine

Fundamentals Techniques

A La Carte and European Cuisine

Servsafe

**Soft Skills**

Excellent communication and teamwork

Effective Speaking

Generate ideas

Problem solving

Time and Task management

Initiative

Responsibility

Respect

Judgment and Decision Making

Bilingual-Spanish

Education

The International Culinary School at the Art Institute of California-Sunnyvale, San Jose, California

AS candidate, Culinary Arts, Expected Graduation winter 2013

GPA if 3.5 or higher

Coursework includes: Relevant coursework

Award-Presidents Honor Roll

Experience

05/17 - present The Westmont 1675 Scott Blvd, Santa Clara, CA 95050

Lead Cook- 1) Inventory

- 2) prepping hot items according to menu
- 3) Assembling sandwiches and salads
- 4) Managing a clean and safe working area

**Grill Cooks Test**

**Score 38/ 40**

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

D

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

A

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

A

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

## 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

C

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

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)

A Roux is a combination of Fat and flour equal parts. It's used as a thickening agent.

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

Slowly melt the butter. Removing all the fat that stays on top leaving you a clear product.

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

1. Vinaigrette
2. Tomato Sauce
3. Bechamel
4. Espagnole
5. Hollandaise

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

It means giving the grill that special taste your food will get by cooking on it. It seasons your product and gives it an extra taste.

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

Egg Yolks Butter

Vinegar

Oil

Salt

~~Pepper~~

Lemon Juice

Cayenne

Multiple Choice (1 point each)

d 1) A gallon is equal to \_\_\_\_ ounces  
a. 56  
b. 145  
c. 32  
d. 128

ee C 2) Mesclun are what type of vegetable?  
a. Roots  
b. Beans  
c. Salad Greens  
d. Spices

b 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 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

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

a 8) Food should be left out no more than  
a. 2 hours  
b. 3 hours  
c. 4 hours  
d. 5 hours

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

B 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.