

# Acrobat

outsourcing

Your Hospitality Staffing Professionals  
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## Working Experience:

Company Name: Culinary Staffing

Dates of Employment: 12/2013 - Present

### Job Responsibility:

- Help with prep and cook for any
- catering needs.
- Cook.

Company Name: Tinham Flats

Dates of Employment: 2014

### Job Responsibility:

- Prep
- Cook
- Grill

Company Name: Bohio Restaurant

Dates of Employment: 2010

### Job Responsibility:

- Prep & Cook.
- Work salad station
- Grill

## Skills

- Cut Skill
- Knife Skills



**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 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
- \_\_\_\_\_ 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

## Prep Cooks Test

- \_\_\_\_\_ 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

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

**Prep Cooks Test**

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18) To cook a food in a pan without browning over low heat until the steam softens and releases moisture.

- a. Sauté
- b. Boil
- c. Stew
- d. Grill

Fill in the Blank (1 point each)

19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

20) 1/4 inch to cut into very small pieces when uniformity of size and shape is not important.