Gary Salzman
531 E 31st Street
Los Angeles, CA 90011
Phone 213-713-8069
Email garysalzman240@gmail.com

Dear Sir, or Madam.
Please consider me as a serious candidate for your organization. I have a strong background in the culinary world. I have a two year education in Hospitality Management and military training in the United States Army which will help in leading a team in the kitchen. I have nine months of education in Culinary Arts that I bring to the table also. I Specialize in Italian food, Mexican food and American food from all regions of the lower forty eight states. My Resume follows as such.

Thank you for taking the time to go over it. And please contact me at your nearest convenience.

Thank you
Gary Salzman

Objective

My objective is to work up and learn as much as I can from your organization. I would like to start off as a cook then work up and prove my leadership skills to you to ultimately become your head or executive chef.

Skills

- Skilled in team leadership
- Knowledge of computers such as using word and Google Docs.
- Skilled in precision knife cutting.
- Knowledge of all safety and sanitation codes.
- Skilled in French style cooking.
- Skilled in Italian style cooking.
- Skilled in Most American style cooking.
- Skilled in Mexican style cooking.

Education

Studied at University of Antelope Valley. In Lancaster, CA
I have an Associates Degree in Hospitality Management.
I have a Certificate in Culinary Arts and A ServSafe certificate.
I held a 3.1 GPA in college I have my transcripts to show also.

United States Army
From 1997 to 1999
I was a tank systems hull mechanic and a wheeled vehicle mechanic 63E and 63B

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Experience

The Rainbow Bar and grill. West Hollywood, Ca
05/17 to 05/17
Duties: I worked there as a Line cook/ Prep Cook. I did some prep work but mostly cooked. The style there was Italian and Mexican food.

My Father's BBQ. Carson, CA
03/17 to 05/17
Duties: I worked there as a grill and meat cook. I was mainly cooking ribs, and chicken. I also filled in as a dishwasher when needed and prep and line cook as needed.

Reliable Staffing LAX division. Los Angeles, CA
07/16 to 01/17
Duties: My job was to go from site to site wherever they sent me. Mostly to places that made food for airlines like Gate gourmet or Flying food group. I worked in the cold and hot food departments.

Culinary Staffing. Los Angeles, CA
04/16 to 07/16
Duties: I was also sent from site to site with this job. I mostly worked catering and in hotels for this company as a cook/ prep cook.

The Allen House. Santa Fe Springs, CA
11/14 to 02/15
Duties: They had no lead cook. All cooking was done by residents. I volunteered my skills as a cook and led other residents in cooking better and healthier food for the clients and staff.

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References

Dean Lee.
Department of Water and Power.
661-317-5032

Frank Lancaster
Warner Bros.
661-406-4513

Nereda Laudato
Nurse
818-371-6717

Chris Paladino
Rainbow Bar and Grill
443-907-0154

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Prep Cooks Test

Score 17 / 20

Multiple Choice (1 point each)

-3

85%

d 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

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

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

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Prep Cooks Test

c 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

b 11) **What is the temperature range of the danger zone?**
   a. 25-135
   b. 40-140 41 - 135
   c. 50-160
   d. 30-130

b 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

d 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

b 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

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

Prep Cooks Test

17) What is a Julien cut?

a. Food cut into long thin strips, matchsticks

b. Food cut into long thin strips from curved 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 liquid evaporates and releases moisture.

a. Sweat

b. Boil

c. Roast

d. Grill

Fill in the blank (1 point each)

19) _____ are the basic seasoning ingredients for all savory recipes.

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