

Kunta White

Objective

To obtain a position in the hospitality industry that will benefit from my skills and training that will also lead to continued personal and professional growth.

Experience

4/2005-Present The Beverly Hilton Beverly Hills, CA.

Banquet Cook

- Participate in the production and presentation of menu items for multiple, simultaneous and detailed events ranging from 10 to 8,000 guests.
- Assist with the numerous celebrity events and Kosher functions, such as, The Golden Globes, The Oscars and Pre-Grammy Parties.
- Maintain high quality and sanitation according to hotel/restaurant standards.

2/2010-2/2011 Delphine Eatery Bar at The W Hotel Hollywood, CA.

Line Cook

- Prepared meals in a high-volume kitchen with exceptional quality, emphasizing details and presentation in both the hot and cold stations.
- Inspected and cleaned food preparation areas, equipment and work surfaces.
- Conducted quality control; inventoried, ordered, maintained and delivered kitchen supplies.

2/2004-3/2005 Le Cordon Bleu Pasadena, CA.

Catering Event Cook

- Supported process to develop and organize catering services.
- Prepared ingredients for cooking, including portioning, chopping and storing food.
- Stored all food items in appropriate storage area.

12/2003-1/2004 Whittier College Whittier, CA.

Cook & Buffett Bunner

- Inspected food preparation and food presentation and ensured taste and quality of food.
- Assisted with the set up of station to ensure timely and efficient service.
- Followed and adhered to state issued guidelines for food handling proficiently.

Education

2003-2004 Le Cordon Blue Culinary Academy Pasadena, CA.

Culinary Art Degree

- Serve Safe Certificate

References

References are available on request.

Prep Cooks Test

Score 16 / 20

Multiple Choice (1 point each)

D

1) A gallon is equal to ____ ounces

- a. 56
- b. 145
- c. 32
- d. 128

4

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

B

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

Y

B

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

Prep Cooks Test

D 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

C 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

B 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

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

