

Heidy A. Galan
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Summary

Culinary Professional seeking employment opportunities in Food Service Industry. Strong Customer Service background with excellent problem solving skills and culinary techniques.

Qualifications

- ❖ Experienced in producing appetizers, bake goods, and following Chef's recipes.
- ❖ Quality knife skills and Prep Cook.
- ❖ Ability to work in fast paced environment.
- ❖ ServSafe Certified.
- ❖ Willing to accept "on - the job training".
- ❖ Bilingual English and Spanish.

Employment

Cook, Commissary Cook and Student Cook Culinary Staffing 2016 to present

Team Member McDonald's, 2015

- ❖ Responsible for cooking order according to customer's orders.
- ❖ Adhere to food standards and regulations.
- ❖ Grilled hamburgers and breakfast items.
- ❖ Provided excellent customer service by providing a welcoming environment.
- ❖ Operated the drive-thru.
- ❖ Maintaining a clean environment.

Prep Cook. Cook Lebanese Country Club Guayaquil, Ecuador 2012-2014

- ❖ Set up stations and collect all necessary supplies to prepare menu for service.
- ❖ Prepare a variety of foods; appetizers and desserts.
- ❖ Covered, date and correctly store all food prep items.
- ❖ Notify Chef in advance of likely shortages.
- ❖ Close the kitchen correctly and follow the closing checklist for kitchen stations.
- ❖ Maintain a prepared and sanitary work area all at times.
- ❖ Keep the work area fresh all through the shift.
- ❖ Constantly use safe and hygienic food handling practices.
- ❖ Assist with all duties as assigned by Kitchen Manager.

Education and Training

ServSafe Certificate, Los Angeles Trade Technical College (LATTC), expiration 2020

Culinary Art Program pursuing Associates Degree, Los Angeles Trade Technical College (LATTC) Los Angeles, CA (expected graduation June 2018)

High School Diploma, Guayaquil, Ecuador.

Prep Cooks Test

Multiple Choice (1 point each)

1) A gallon is equal to ____ ounces

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

(3)

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 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

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

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

1.26.2019 Test

12) What is a voluntary choice?

a. People are forced to join the army, unwillingly

b. People are forced to join the army, unwillingly

c. People are forced to join the army, unwillingly

d. People are forced to join the army, unwillingly

13) The decade is a period of ten years.

a. 20 years

b. 500

c. 1000

d. 10

14) Problems are difficulties or difficulties.

15) Adapt is a verb meaning adjust to fit a new situation.

16) Observe is a verb meaning watch carefully.