

Acrobat

outsourcing

Your Hospitality Staffing Professionals
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First and Last Name: Jennifer Rodriguez
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Working Experience:

Company Name: The Hollywood Roosevelt
Dates of Employment: April 2017 - August 2017
Job Responsibility:

- Set up Station.
- Prepare food before service
- make sure tickets go out on time

Company Name: The Hollywood Bowl
Dates of Employment: June 2016 - October 2016
Job Responsibility:

- make sandwiches
- make salads
- work within a team

Company Name: Sea World
Dates of Employment: November 2015 - May 2016
Job Responsibility:

- serve people food
- make sure there is enough food on the line

Skills

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Multiple Choice (1 point each)

- C 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - ☒ d. 128
- 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
- d 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 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
- b 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

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

9

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

C 12

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.
chop

Prep Cooks Test

- 17) What is a julien cut?
- Food cut into long thin strips, measured
 - Food cut into long thin strips, then minced and cut into 1/8" dice
 - Food sliced into thick, rounded and uniform pieces
 - Cutting and peeling into oblong even sized, pointed like shapes
- 18) To cook a food in a pan without draining out the fat until the food softens and releases moisture.
- Sauté
 - Boil
 - Roast
 - Grill

Fill in the blank (1 point each)

- 19) _____ are the basic seasons ingredients for all savory recipes.
- 20) _____ to cut into very small pieces when uniformity of size and shape is not important.