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**Job Objective:**

Position as a Chef in kitchen of restaurant recognized for standards of excellence in food preparation.

**Employment:**

**Head Chef;** Café Verona, 201 S. LaBrea Boulevard, West Los Angeles, California 90036. September 2015-Present.

**Head Chef;** Madeline Garden, 1030 E. Green Street, Pasadena, California 91106. February 2012-August 2015.

**Chef de Cuisine;** Maison Maurice Restaurant, 8620 Wilshire Boulevard, Beverly Hills, California 90211. September 2008-February 2012.

**Sous Chef;** The Flaming Pit Restaurant, 18701 N. Frederick Road, Route 355, Gaithersburg, Maryland 20879. February 1993-June 2008.

**Line Chef/Apprentice;** Poissonnerie Daguerre Maree, 4 Rue Bayen, Paris-17, France . June 1986--September 1990.



**Education:**

Havre de Grace Senior High, Havre de Grace, Maryland; High School Diploma—1987.

Loyola College, Baltimore, Maryland; Bachelor of Science; Political Science with minor in History--1993.

**Personal:**

I have extensive knowledge, and many years of hands on training with Greek, Armenian, Turkish, Persian, French, Spanish (Tapas), Italian and American Continental Cuisines. I have excellent knife skills, and have many years of experience with staff training, menu development, portion control, cost management and inventory controls, and food cost management.

California Food Handler Certificate #1491557

Certified Food Handler Manager Certificate#13431070

Chapman & Hall, Ltd., 1941.—Price 12s. 6d. net.  
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**Grill Cooks Test**

**Score / 40**

**Multiple Choice Test (1 point each)**

a 1) How much time should you take to wash your hands with soap?

- a) 1 minute
- b) 20 seconds
- c) Time does not matter, water temperature does
- d) 5 minutes

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1 2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

d 3) Food handlers must always wash their hands

- a) Before starting work
- b) Switching between handling raw and ready-to-eat food
- c) After going to the restrooms
- d) All of the above

d 4) The most important reason for having food handlers wear hair restraints is to

- a) Prevent food from getting into food handlers' hair
- b) Prevent food handlers from contaminating their hands by touching their hair
- c) Keep the food handlers' hair in place
- d) None of the above

C 5) Which of these conditions requires immediate corrective action?

- a) Packaged food items are stored at least 6 inches above the floor
- b) Ice is being used to cool beef stew in a shallow pan
- c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
- d) Raw fish is stored above raw chicken in the walk-in freezer

C 6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- c) 41°F and 135°F
- d) 39°F and 178°F

d 7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?

- a) Clean the cutting board with a wet wiping cloth
- b) Turn the board over and use the other side
- c) Rinse the board with running water
- d) Wash, rinse, and sanitize the board prior to slicing the onions

A 8) Which of the following is NOT an approved method to thaw potentially hazardous foods?

- a) In a microwave oven
- b) During the cooking process
- c) Under cool running water
- d) On a clean counter, at room temperature

QA 9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:

- a) Wiping spills only
- b) Washing hands if the hand sinks are too far away
- c) Sanitizing the blade of utensils such as knives
- d) Maintaining moisture on the wiping cloth

## Grill Cooks Test

R 10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

C 11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

C 12) A gallon is equal to \_\_\_\_\_ ounces

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

b 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

a 14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

b 15) Potentially hazardous hot foods must be maintained at an internal temperature of \_\_\_\_\_ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

C 16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

C 17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

C 18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

**Grill Cooks Test**

Q 19) Which of the following best describes the process of Caramelization?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

C 20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

Q 21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

Q 22) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

23) What is a roux and what is it used for? (2 points)

A roux is a fat/flour thickening agent to thicken sauces, soups, etc.

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

Melt butter, remove clear butter leaving milk fats - Clarified butter is used to cook foods at high temperature.

25) What are the 5 mother sauces? (5 points)

1. Bechamel
2. Veloute
3. Espagnole
4. Tomato Sauce.
5. Hollandaise.

26) What does it mean to season a grill and why is this process important? (3 points)

Season is to wipe grill w/ oil to clean and to prevent sticking.

27) What are the ingredients in Hollandaise sauce? (5 points)

Egg yolks, water, lemon juice, clarified butter, cayenne pepper or tabasco.

