

DOB-2-22-1993

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Objective: to develop my work skills. To become a professional Cheff. Italian food and Asian
To have a future in my hands. Stable Career in Cooking
Meet New People

Education:

belmont high school

Royal security training academy

- Security guard license #1770266
- Pepper spray license #8464 and baton permit #1522285

West coast usa forklift training

- Sit Down forklift licence

Volunteer: a world fit for kids

- Coached young kids
- Attained success in mentoring young children

Work experience:

Mcdonalds

feb.2011-june2011

- Cashier 690 Alameda St 90017
- Cooked Adela Flores storeMng (2133)489-1989

Naito corporation payday loan

july. 2011-feb2012

- Customer service 1930 Wilshire Blvd #400 90057
- Adapted payday data sheets Ms.Banks front desk:213)355 5600

National group security/ glendale rite aid

march 2013- april2013

- Maintain a safe community
- Crowd control 3345 Wilshire blv#415 90005 (888)893-8755

Yen sushi and sake bar

june 2013- august2014

- Build a clean environment (dishwasher) Clean Sushi Rice

Lopez appliances

Stove and Laundry Repair

june 2014 - nov. 2014

- Refrigerator repair
- Sales associate

Manage Store when
Owner is Out

Always me clothing

january 2015- july 2016

Shipping

- Packed boxes up to 70lbs
- Receiving delivery orders and arranged clothing

The Cheesecake Factory (The Grove)

- Head Appetizer cook - day shift. Nov.11-2016--Present
189 the Grove dr. k-90
90036. 323 634-0511 kmanager Victor Mendosa

Thank You for the Opportunity

Multiple Choice (1 point each)

- 2 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- 0 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- 0 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
- 0 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
- 0 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
- 0 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- 0 7) What is Al Dente?
- a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- 0 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours

Prep Cooks Test

- b 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
 - 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
- C 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
- e 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- e 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.

Test Prep Cook Test

10) What is a butter cut?

- a. Food put into food the size of a butter cut
- b. Food cut into food the size of a butter cut
- c. Food mixed into food the size of a butter cut
- d. Cutting and putting food into food the size of a butter cut

- a. Butter
- b. Butter
- c. Butter
- d. Butter

11) What is a butter cut?

12) What is a butter cut?

13) What is a butter cut?