

Jovan Bagnerise

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Professional Cook

Profile

Quality-focused and efficient Professional Cook adept at preparing and plating food in high-energy, fast-paced kitchens. Line Cook with extensive experience in high pressure culinary environments. Skilled in preparing large volumes of food quickly and efficiently; staff and kitchen management.

Skills and Qualifications

- Excellent communication skills: listening, speaking, writing, following instructions
- High level of motivation and initiative; Adaptable and productive Team Member
- Extensive experience as professional Cook with knowledge and skills to perform all duties:
 - Prepare, season and cook dishes such as soups, meats, vegetables and starches
 - Ensure food is cooked and stored at correct temperature by regulating ovens, broilers, grills.
 - Ensure freshness of food and ingredients by checking for quality, keeping track of old and new items using FIFO system, first in – first out
 - Observe and test foods to determine if they have been cooked sufficiently, using methods such as tasting, smelling or piercing them with utensils
 - Train new employees; Coordinate and direct activities of workers who assist in preparing and serving meals; Instruct works in the preparation, cooking, garnishing or presentation of food.
 - Clean and inspect equipment, appliances, work areas to ensure cleanliness & functional operation
 - Determine production schedules and staffing needs to ensure timely delivery of services

Experience

Cook

Culinary Staffing, Los Angeles CA

2011 to 2016

Agency in Southern California. Gained a wealth of experience and knowledge performing assignments at the following venues:

Westin Hotel, Pasadena CA

Intercontinental Hotel, Century City CA

Patina Restaurant Group, Los Angeles CA

Anaheim Convention Center, Anaheim CA

Huntington Hotel, Pasadena CA

Education/Certifications/Memberships

A.A. Degree, Culinary Arts and Restaurant Management, Los Angeles Trade Technical College

Pierce College, Business Technology, Tacoma WA; GED, Tucson AZ

National Restaurant Association Certifications: ServSafe; ManageFirst Program: Hospitality and Restaurant Management, Nutrition, Human Resources Management and Supervision; Home Economics Careers and Technology Education Certificate for Culinary Arts Skills: Achieving Excellence, Member, International Food Service Executives Association...Student Representative 2013-2014.

Prep Cooks Test

Score 19/20

Multiple Choice (1 point each)

D

1) A gallon is equal to ____ ounces

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

B

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

165

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

C

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

C

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

95/100

Prep Cooks Test

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) Baking Soda
Baking Powder

- a. Flour
- b. Yeast

11) What is the temperature range of the danger zone?

- a. 25-120
- b. 40-140
- c. 50-150
- d. 70-130

12) Which of the following plastic containers is the safest to store food in?

- a. Glass, plastic, metal
- b. Metal, glass, plastic
- c. Glass, metal, plastic
- d. Metal, glass, chop

13) Which direction should you handle the handle 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 controls at all times

14) When you prick something, you prick 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. Skimming Spoon
- d. Portion Spoon

16) Which of the following is used to cook in a small amount of fat?

- a. Season
- b. Sear
- c. Grill
- d. Grill
- e. Fry

True/False: Is it safe? (ST) A

1. Bacteria grows in the danger zone

2. It is ok to use a metal utensil to eat off the food

3. Peeling, washing and drying fruits and vegetables

4. Cooking until the food is bubbling

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21

Grill Cooks Test

Score 35/40

Multiple Choice Test (1 point each)

B 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

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

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

C 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

D 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

C 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

-5

87.9

Grill Cooks Test

E 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

D 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

B 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

B 21) What temperature should ALL ground meat be cooked to?
a) 145°F
b) 155°F
c) 165°F
d) 175°F

B 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)

ROUX IS OIL OR BUTTER HEATED
ADD FLOUR AND COOKED/BROWN TO
DESIRED CONSISTENCY. USE FOR SAUCES, SOUP
GRAVY

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

COOK BUTTER UNTIL MILK FAT IS RENDERED
IT IS USED TO GIVE THE PRODUCT AND SILK SMOOTHNESS

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

1. BÉCHAMEL
2. VELVOUTE
3. BROWN
4. CHEESE
5. TOMATO

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

TO CLEAN THE GRILL OF ANY DEBRIS, SLIGHTLY OIL IT
AND SET TEMP TO MAINTAIN APPROPRIATE HEAT

27) What are the ingredients in Hollandaise sauce? (5 points)
BÉCHAMEL, EGG YOLK, BUTTER, HEAVY CREAM

1. **INNER**
2. **OUTER**
3. **WATER**
4. **WIND**
5. **STAMEN**