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AMALIA SANDOVAL

COOK

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Pursuing a position as a cook, I'm a self starting hard worker & able to adapt quickly and open to learn new things and techniques. Enthusiastically driven and I take pride in completing tasks both on schedule and on an elite level. In my 7 years of cooking I've acquired loads of experience, in the culinary / hospitality industry.

Experience

COOK

Culinary Staffing..... Miracle Mile in LA, CA

Responsible for stocking and setting up stations with ALL necessary supplies. Preparing food for service, simple chopping, slicing, butchering, and preparing sauces. Cooked menu items in cooperation with all kitchen staff. All made from scratch in a timed and organized manner. While still complying with nutrition, sanitation regulations, and safety standards.

COOK

Tender Greens..... Pasadena, CA

Responsible for preparing and serving food for event. Setting and stocking up stations with ALL supplies, also preparing side salad and sauces. Some frying, grilling, chopping, slicing, and marinating. Following recipes and menu options in orders of the chef.

PIC (Person In Charge), Cashier

Subway..... Los Angeles, CA

responsible for controlling and maintaining proper temperatures on all stations, with meats and veggies.bake bread/cookies.sweep and keep lobby clean and tidy. Plus dishwashing

Medical Assistant

York Medical Group..... Highland Park, CA

Organized facilities function. Multitask various tasks and prioritizing was key. I handled sensitive and confidential information. Assisted in initial paperwork. Updated and maintained patient records. Scheduled and coordinated appointments. Performed injections, venipuncture, urinalysis and vital signs. All documentation was taken.

Medical Assistant

American Career College

Los Angeles, CaJuly 2007-Nov,2008.
Medical Asst. Diploma

11/2008 - 01/2010 10/2007 - 04/2013 05/2013 - 03/2015 10/28/16 - 11/28/16

Multiple Choice (1 point each)

- D 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
- d 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
- B 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
- 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
- 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

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

A

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

A

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

Prep Cooks Test

- 17) What is a julien cut? A
- a. Food cut into long thin strips, width 1/8"
 - b. Food cut into long thin strips then turned and cut into a 1/8" dice
 - c. Food sliced into finely chopped and uniform pieces
 - d. Cutting and peeling into oblong even sided tapered like shapers
- 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture. A
- a. Simmer
 - b. Boil
 - c. Roast
 - d. Sauté

Fill in the Blank (1 point each)

- 19) Salt and pepper are the basic seasoning ingredients for all savory recipes.
- 20) Wedges to be cut into small pieces when uniformity of size and shape is not important.