

Grill Cooks Test

Score / 40

-11

29 / 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
- c 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
- b 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
- a 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

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- 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

- 20) What temperature should chicken be cooked to?

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

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

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

- 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 Base for soup or stews

Gumbo or stew/bravy

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

melting butter on stove in sauce pan until brown
for sauces or steaks

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

1. miranera
2. Alfredo
3. cheese sauce
- 4.
- 5.

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

use oil so food won't stick

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

egg yolk + 1

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
- d 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 debone 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

O'Neil's Catering – Houston, Tx Sous Chef (July 2015 – January 2019)
24-hour in-flight catering service. servicing private jets, corporations, home builders, weddings, and private parties. Gained experience with following menu recipes and creating eye-catching food presentations for high-paying customers. Independent work environment with responsibility of training new staff and ensuring they meet the needs of the company.

Kings-view Café – Houston, Tx Lead Kitchen (May 2013 – July 2015) Increased restaurant profits by up-selling menu items, beverages, and desserts. Went above and beyond to meet customer needs and effectively resolve food or service issues. Correctly received orders, processed payments and responded appropriately to guest concerns. Managed payroll.

Finger-licking Restaurant – Houston, Tx Manager (November 2011 – May 2013)
Consistently met the needs of customers and resolved food or service issues. Facilitated monthly inventory control and weekly stock ordering. Generated work schedules and managed payroll.

Jessica's Plate Catering – Houston, Tx Sous Chef (August 2014 – November 2015) Jessica's Plate Catering was launched in honor of my late daughter. My concept is soul food that traveled the world. My specialty dishes are Indian and Vegan, inspired by my trainings in Africa, London, New Orleans, and South Carolina. I cater weddings, birthday parties, anniversaries, and many other events. I have catered events as large as over 550 in attendance while operating large volume cookers, deep-fat fryers, and griddles.

Skills

Restaurant manager POS System Excellent multi-tacker Comfortable standing for long periods of time Culinary knowledge Reliable and punctual Team worker Engaging personality Neat, clean, and professional appearance Recognition by peers and management for going above and beyond normal job functions

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Skills Summary

Hardworking, experienced Sous Chef with history of safely handling food, operating cash registers, taking food orders, proving excellent customer service, and catering to large groups of people. I am looking to further my knowledge in the restaurant industry and use my skills to improve on a business's current operations.

Education

Degree / Date of Graduation

Houston Community College – Houston, Tx Associate of Arts (2000) Coursework in Business and Restaurant Management, Food and Beverage Operations, and Culinary Arts

Experience

Cardinals Point Captains- Galveston, Tx Galley/Chef (February 2019-Present) research vessel. Planned quantity and prepared all types of meals, beverages, and snacks for the vessel. Planned and budgeted the meals to meet nutritional and economic goals of vessel. Ordered and supervised the storage of all supplies, equipment, and provisions used by the assistant cook(s) and galley helpers used for meal preparation and for the cleaning of crew quarters and other common areas of the vessel. Keep records and accounts maintained all inventory control system, and cost control records. Supervised all activities of one or more workers who assist in preparing and serving meals, and cleaning galley.