

John Alvarez
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Qualifications

Over 5 years of experience in the culinary field. Ability to clean and sanitize work areas, utensils, and equipment, understanding haccp procedures, food safety, product knowledge kitchen safety, knowledge in preparing all mis en place, seasoning, and cooking several foods including salads, soups, dressings, proteins, sauces, emulsions etc. Hands on experience in roasting, grilling, blanching, searing and frying, braising, sauteing. Checking freshness of raw food and ingredients before cooking.

Epicurean Group "Xilinx " San Jose, CA

Oct 2012 Jul 2013

Title: Prep cook

Working the grill

Making Panini's

Help to make fresh soups and salads

Making " grab n goes "

Working "taqueria station"

Setup work station(s)

Serve food in appropriate portions

Wash and sanitize tools, knives, kitchen area, tables, and utensils

Operate stoves, grills, fryers, ovens automatic slicer etc

Plaza Garibaldi restaurant San Jose, CA

Aug 2011 Oct 2012

Title: Line cook

Preparing and setting stations

Ordering produce, meats, seafood etc.

Assistance with creating schedules

2014

Testarossa Winery

Los Gatos, CA Oct 2015-2016

Title: Cook/ prep

Producing 5 -10 course high-end Dinners for banquets. Up to 300 guest at a time

Apple HQ

Cupertino, CA

December 2014 February 1, 2016

Title: Line cook

Lead for soup and stock station, responsible for writing menus and order guides for menus.

Pasta station cook, assisted the lead cook build sauce's, create menus and order guides.

Black Sheep Brasserie

San Jose, CA

2016-2017

Chef De Partie, Saute

Began as garde manger for 2 months, moved to saute for 9 months, responsible for setting up section by 5:00 pm, Also was required to make family meal 2 times a week.

Orchard City Kitchen

Campbell, CA

January 2017- August 2017

Chef De Partie, Saute

Creating items for the menu.

Providence

Los Angeles, ca

July 2017-current

Garde Manager

Additional

Graduated from Mission College Hospitality Program

I'm eager to learn and have a passion for cooking.

Multiple Choice (1 point each)

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

Prep Cooks Test

- 9) Which is the improper way to thaw frozen food?
- a. In the fridge
 - b. In a sink with cold water *four night in walk in*
 - c. On the counter
 - d. In the microwave
- 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda *or salt.*
 - b. Baking Powder
 - c. Flour
 - d. Water
- 11) What is the temperature range of the danger zone?
- a. 25-135
 - b. 40-140
 - c. 50-160
 - d. 30-130
- 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
- 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
- 14) When you poach something, you cook 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. Slotted Spoon
 - d. Portion Spoon
- 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) Obtuse: to cut into very small pieces when uniformity of size and shape is not important.

Prep Cooks Test

- 17) What is a butter cut?
- a. Food cut into long thin strips, matchstick ☒
 - b. Food cut into long thin strips then turned and cut into a 1/4" size
 - c. Food sliced into finely chopped and uniform pieces
 - d. Cutting and peeling into strips seven-sided looking like chips
- 18) To cook a food in a pan without browning over low heat with the steam softens and releases moisture.
- a. Sweet ☒
 - b. Boil
 - c. Roast
 - d. Grill

Fill in the Blank (1 point each)

19) Size and the basic seasoning ingredients for all savory recipes.

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