



Jose Andia Matos

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Full Clean Current Driving Licence

Objective

I'm a cook with 10 years of experience in the food service business and from the past 5 years heading kitchens as a chef. Working as hard as I can is my way to work I have total dedication and love for cooking, I'm looking for a place where I can show my skills and creativity. My specialities are Peruvian food, Mediterranean food and fish and sea food but I can prepare all kind of dishes following standard recipes, I also have strong knowledge of haccp , now how to manage events than more than a 1000 people , know preparation of buffets of all kind of type.

Academic

2004-december07: Expro cooking Institute (Lima-Peru)

**2005-december 2008: San Martin de Porres University (Lima Peru)
tourism and hotels**

Modules included:

- mediterranean cousin
- Control and trade of Meat
- Control and trade of Fish.
- Peruvian modern cousin.
- Clean and safety in the kitchen.
- Control and creation in haccp system.
- Swedesdish cousin.

Technical Skills:

- Preparing and cutting Meat and fish.

- Preparing sauces.
- Language: English (advance) Spanish (native).
- Working in a Modern Kitchen.(ROBOTCUPE, RATIONAL EQUIPMENT ETC)

At work

04-2017 /08-01-2017. Humble pie cataring

Head cook

My job is to prepare all the dishes for the cataring.

12 - 2017 February Paracas luxury and resort *****

Head chef of the cousin. (hot line)

Mediterranean and fusion food were prepared. My position as the chef were many, few of them were to supervise the correct cooking, plating and garnish of the hot line dishes, train new cooks from all the lines of the kitchen, prepare the cost and the standard recipes of all the dishes in the menu, make new dishes for the speciality of the day and chef recommendation. (Lima - Peru) Paracas,pisco,Peru

**July 2008
-February 2010:**

Nörvest Restaurant lunch

This was a catering business that used to make and delivered food for schools and prepare buffet for lunch. My position was the first cook, my duties were the responsibility to prepare the food following the sanitary high standard recipes, make the menu for the week and have them ready on time (1000 packs), every week days. .Habogatan 10 211 24(Malmö-Sweden)

Aug 2010 may 2012: Supermercados Peruanos Sac

I was a chef supervisor, it was my job to supervise and control all the lines of the kitchen for the correct preparation of the buffet in all the stores of the company in the west side of Lima area.

What do I do in my spare time?

- I enjoy going to the gym, reading cook books and playing tennis.

Referees

Jimmy Märkenbjörk.
Administrator of the restaurant
Tel:0702180518
Email: jimmy@skansor.se

Sr. José Carlos Rosas Zurich

Owner of Paracas restaurant Paracas SAC
Cel: 051- 994567802.



Prep Cooks Test

Score / 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

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 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

A

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

b

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?

- In the fridge
- In a sink with cold water
- On the counter
- In the microwave

C

10) Which of the following can you use to put out a grease fire?

- Baking Soda
- Baking Powder
- Flour
- Water

B

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

- 25-135
- 40-140
- 50-160
- 30-130

12) Which of the following is listed from smallest to largest?

- Dice, chop, mince
- Mince, chop, dice
- Chop, dice, Mince
- Mince, dice, chop

B

13) Which direction should pan handles be turned while cooking on the stove?

- Over the fire at all times
- Turned towards you for better control
- Turned towards the right or left at all times
- Over the countertop at all times

C

14) When you poach something, you cook it with what?

- Noodles
- Vegetables
- Liquid
- Oil

D

15) Which spoon is used to remove fat from soups and stews?

- Basting Spoon
- Ladle
- Slotted Spoon
- Portion Spoon

B

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

- Season
- Sauté
- Broil
- Boil
- 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

HA

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) dehydrate or fine brusisse: to cut into very small pieces when uniformity of size and shape is not important.

