

# Eduardo Morales

1829 E. 109<sup>th</sup> St,  
Los Angeles, CA 90059  
(323) 495-2022  
[finsfan1982@gmail.com](mailto:finsfan1982@gmail.com)

## EDUCATION

### ***The Art Institute of Los Angeles, California, Santa Monica, CA (2002-2004)***

- Media Arts & Animation Major (did not graduate)

## WORK EXPERIENCE

### ***Tower 12, Hermosa Beach, CA (January 2017- Present)***

- **Saute Cook:** Duties included opening and prepping saute station for service.
- Making food to order
- Closing out saute station

### ***Dal Rae, Pico Rivera, CA (November 2016- December 2016)***

- **Pantry Cook :** Duties included making desserts, salads, appetizers, seafood apps, prepping, portioning, and closing out the kitchen.

### ***North Italia, Manhattan Beach, CA (June 2015- March 2016)***

- **Pantry Cook:** Duties included making salads, running dessert, soup & fryer stations. Communicating with other cooks/chefs on line, making sure to put food out at same time as all other stations to ensure all guests eat at same time.
- Prep for station to make sure station is stocked and has backups for entire service, and let Chef know of any shortages beforehand.
- Closing out station at end of night and any deep cleaning of station.
- Help pizza station hand stretch pizza, sauce and top, and cook in pizza oven.
- Help prep cooks prep whatever they need help with when time permits.
- Help rest of BOH close out stations at end of night.
- Help dish station when severely backed up during service.
- Open station sometimes.
- Help pasta, sauté, or grill stations during service when time permits.

### ***Specialty's Cafe, El Segundo, CA (March 2015- May 2015)***

- Duties included making salads/sandwiches to spec
- Prepping and restocking for the next day's opening shift
- Making any catering orders that came.
- Close out kitchen.

### ***Ferraro's on the Hill, Rancho Dominguez, CA (January 2015- February 2015)***

- Duties included dishwashing, prepping salads, portioning meats, making dressings
- Helping to make pizzas and sandwiches
- Helping with catering prep
- Closing out dish and prep area.

### ***Dickey's Barbeque, Redondo Beach, CA (March 2014- July 2014)***

- Duties included prepping the restaurant for opening
- prepping sides, seasoning meats, chopping/cutting meats to customers' specs.
- Cashier/dishwasher/prep/ block
- Upselling menu
- Dressing meats for service
- Running restaurant when Owner or GM where gone.

***Fresh Brothers Pizza, Redondo Beach, CA (January 2014- November 2014)***

- Duties included using the pizza rolling machine to roll out pizzas, sauce and top pizzas, run pizza oven/pull pizza to make sure was correct for order before serving or sending on delivery.
- Make salads to order.
- Wash dishes.
- Close out kitchen at end of night.

***Le Pain Quotidien, Manhattan Beach, CA (August 2011- November 2013)***

- *Dishwasher/ Busser:* (please see duties for Sizzler's)
- *Prep Cook:* Duties included portion meat/fish/ poultry according to specified weight for individual servings in omelettes, salads and sandwiches.
  - Chopping, dicing, juliennning, halving, quartering, and mixing vegetables and/or fruit for use in recipes, salads, sandwiches, omelettes and dinners.
- *Line Cook:* Duties included opening or closing the kitchen according to schedule and specified procedures.
  - Running the omelet station: preparing and cooking omelettes according to tickets/orders, boiling eggs according to time/ doneness, preparing oatmeal according to ticket/order, preparing and cooking French toast according to ticket/order, serving yogurt and fruit bowls according to ticket/order. Preparing and cooking any dinner plate that required cooking.
  - Running the sandwich station: preparing sandwiches according to ticket/order.
  - Running the salad station: preparing salads according to ticket/order.
  - Quickly learn new menus (seasonal; would change every four months)
  - Maintain fridges clean and up to date, cycle produce to prevent spoilage.
  - Take temps and record in paperwork.
  - Push orders out as fast as possible without compromising quality.

***Denny's Restaurant, Los Angeles, CA (2007-2008)***

- *Dishwasher/ Busser:* (please see duties for Sizzler's)

***Sizzler's Steakhouse, El Segundo, CA (2006-2007)***

- *Dishwasher/ Busser:* duties included washing dishware, silverware, pots and pans, and glasses. Mopping, sweeping, vacuuming, throwing out all trash, and maintaining the restrooms stocked and clean.
- Wiping down tables and removing plates and/or utensils and classes.
- Helping servers run food when needed.
- Cleaning walk-in refrigerator, freezer, and stockroom.
- Maintaining kitchen clean according to cleaning list.
- Helping out in general when needed.

**SUMMARY OF PROFESSIONAL QUALIFICATIONS**

- I am an organized, detail oriented, efficient, hard-working team player who can also work independently.

- I am a problem solving, reliable, punctual self starter who knows how to meet deadlines and thrives in a fast paced work environment and does not crack under pressure or stress.
- I am a trustworthy, positive, honest bilingual individual who is able to prioritize tasks according to urgency.
- I am a strong work horse who has a willingness to learn and is adept at learning and retaining new skills, knowledge, procedures and/or positions quickly.
- I have good verbal and written communication skills, am able to multi-task, and have a “can do attitude”.
- I have good computer skills; I am proficient in word, email, and am internet savvy. I am intermediate in excel and 10 key, and have basic PowerPoint, Photoshop, Illustrator, A/P, A/R, and general ledger knowledge/skills.
- Believe in the “customer comes first” mantra.
- Can lift and carry 100+ lbs regularly for long periods of time.

#### REFERENCES

**Sam Sleman**

*Executive Chef North Italia, El Segundo, CA*  
(609) 516-1817

**Jesús Ruiz**

*Sous Chef in Training North Italia, El Segundo, CA*  
(562) 754-9992

**Matt Bender**

*General Manager Fresh Brothers Pizza, Redondo Beach, CA*  
(615) 557-7277

**Andrew Gordon**

*GM Le Pain Quotidien, Manhattan Beach, CA*  
(310) 309-7539



## 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

D

C 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

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

4

## Prep Cooks Test

d 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

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

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

b 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**

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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) Mince : to cut into very small pieces when uniformity of size and shape is not important.  
rough chop

