

# Eduardo Morales

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## 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.

### ***Dickeys 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, julienning, 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

- I am a pleasant, friendly, and helpful person who knows how to meet deadlines and thrive in a fast-paced work environment and does not crack under pressure or stress.
- I am a hard worker, positive, honest, and reliable individual who is able to handle tasks according to other people's needs and has a willingness to learn and is adept at learning and retaining new skills.
- I am a strong worker who has a willingness to learn and is adept at learning and retaining new skills.
- I have good verbal and written communication skills, am able to multi-task, and have a "can-do attitude."
- I have good computer skills (a good keyboard, email, and an internet savvy. I am intermediate in Excel and MS Word) and have basic PowerPoint, Photoshop, Illustrator, A/R, and general ledger knowledge.
- I believe in the "customer comes first" motto.
- Can lift and carry 100+ lbs regularly for long periods of time.

# REFERENCES

- Sam Jarama  
Executive Chef Northridge El Segundo, CA  
(805) 316-1917
- Jason Ruiz  
Sous Chef in Training Northridge El Segundo, CA  
(767) 754-8802
- Miss Bender  
General Manager Fresh Brothers Pizza Rancho Beach, CA  
(925) 257-7377
- Andrew Gordon  
GM for Palm Garden, Manhattan Beach, CA  
(310) 309-7530

**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
- h 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

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



