

Jonathan Stefan Kraska
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Elysian Los Angeles Ca August 2014-June 2017

Sous Chef

Responsible for ordering, inventory, menu planning, developing new dishes, weekly market runs.

Lasa Los Angeles Ca

Line Cook

Worked the monthly Lasa pop up at Elysian once a month. Lasa is the project of Filipino brothers Chad & Chase Valencia, they are now a brick and mortar restaurant in Chinatown.

Full Moon Pickles & Catering Los Angeles Ca May 2014-January 2016

Line cook/Production

High volume catering for the film and television industry. Menu planning and pickle production.

Sauvage Portland Or September 2012- May 2014

Line Cook/Server

Rustic French restaurant located inside an urban winery(Fausse Piste wines). Worked both front and back of house.

Olympia Provisions Portland Or January 2010- September 2012

Salumist

Developed recipes and production techniques for a fast growing company. Multiple winner at the Good Food Awards. Producer of salami, pate, smoked and fresh sausages.

Navarre Portland Or March 2007- March 2010

Line Cook

Small plate market driven cuisine with European influence. From whole animal butchery to pastry and preserves.

Small plate market driven cuisine with European influence. From whole animal butchery to party and preserves.

Line Cook

Navajo

Portland Or

March 2007- March 2010

Food Awards. Producer of salami, pate, smoked and fresh sausages.

Developed recipes and production techniques for a fast growing company. Multiple winner at the Good

Salmonist

Olympia Provisions

Portland Or

January 2010- September 2012

back of house.

Rustic French restaurant located inside an urban winery (Fausse Paterwiner). Worked both front and

Line Cook/Server

Sonoma

Portland Or

September 2012- May 2014

High volume catering for the film and television industry. Menu planning and quick production.

Line Cook/Production

Full Moon Pizzas & Calzones

Los Angeles Ca

May 2014- January 2018

Chase Valencia, they are now a brick and mortar restaurant in Clingtown.

Worked the monthly Lasa pop up at Elysian once a month. Lasa is the project of Filipino brothers Chad &

Line Cook

Lasa

Los Angeles Ca

Responsible for ordering, inventory, menu planning, developing new dishes, weekly market runs.

Sous Chef

Elysian

Los Angeles Ca

August 2014- June 2017

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Jonathan Stefan Kraska

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

b 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

c 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

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

a 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 de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

a 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

Grill Cooks Test

b 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

c 20) What temperature should chicken be cooked to?

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

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

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

a 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 sauces, combining flour and butter to thicken a Bechamel sauce

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

~~Heating butter until the whey separates~~
Heat butter to separate the whey from the fat
For finishing meats or fish

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

1. Bechamel
2. Hollandaise
3. Tomato Sauce
4. ~~Al~~
5. ~~Al~~

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

Putting oil on grill so proteins don't stick to grill

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

Egg
Lemon Juice
Salt + Pepper
Butter

Final Cook Test

- 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 in 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) 165°F
- b) 175°F
- c) 185°F
- d) 195°F

21) What temperature should all ground meat be cooked to?

- a) 165°F
- b) 175°F
- c) 185°F
- d) 195°F

22) What temperature should fish be cooked to?

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

23) When a food item is cooked too long, it is said to be overcooked.

I have the answer, I'm not sure if it's correct or not.

24) What is the process of melting clarified butter, and why is clarified butter used?

Clarified butter is used for sautéing and frying. It has a higher smoke point than regular butter.

25) What are the three main types of butter?

- 1. Salted
- 2. Unsalted
- 3. Clarified

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

Seasoning a grill means to coat the grill with oil and heat it to create a protective layer.

27) What are the ingredients in marinades?

- 1. Acid
- 2. Oil
- 3. Seasonings