

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.

Grill Cooks Test

Score / 40

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

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

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

12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- d) 128

13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

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

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

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

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

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. J
5. J

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

Unit Circle Test

(1) Answer the following questions in detail, as far as possible, in the space provided.

(a) To copy data in a box or not to cut it out and paste it on the answer sheet.
(b) Increase difficulty level of questions to force students to work harder and think more.
(c) Complex question in which they have to prove that $\cos^2 x + \sin^2 x = 1$ using the Pythagorean theorem.
(d) To prove $\cos x = \sin x$ using various methods, such as using the concept of area.

(2) Answer the following questions in detail, as far as possible, in the space provided.

(a) 1694
(b) 1723
(c) 1826
(d) 1848

(3) Answer the following questions in detail, as far as possible, in the space provided.

(a) 1725
(b) 1731
(c) 1732
(d) 1733
(e) 1734

(4) Answer the following questions in detail, as far as possible, in the space provided.

(a) 1740
(b) 1741
(c) 1742
(d) 1743
(e) 1744

(5) Answer the following questions in detail, as far as possible, in the space provided.

(a) 1745
(b) 1746
(c) 1747
(d) 1748
(e) 1749

(6) Answer the following questions in detail, as far as possible, in the space provided.

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(8) Answer the following questions in detail, as far as possible, in the space provided.

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(30) Answer the following questions in detail, as far as possible, in the space provided.