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## WILLIE CHARLES WHITE JR.

### OBJECTIVE

I just moved here to San Fernando Valley from San Francisco. I'm 25 looking for a full-time job with a restaurant industry company I can grow with. Willing to drive between 10-30 miles of business. Looking for a line cook or any kitchen or help position. Also, I have one year experience in the kitchen from previous volunteer work at VA hospital.

### SKILLS & ABILITIES

I can make nice knife cuts, clean worker, cooking temps, safety and sanitation  
Great problem solver, fast accurate thinker, great intellectual skills, can read recipe measurements  
Labeling, order picking, inventory check, prep orders, receiving  
Can produce before dead lines  
Have up to date food handlers card

### EDUCATION

#### MISSION COLLEGE

Currently attending Culinary Arts program for AA

#### CARLMONT HIGH SCHOOL, BELMONT CA

I did not graduate but I'm currently enrolled in a diploma program. It will be completed in the next six months. Solar panel installation  
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### COMMUNICATION

I'm a people person and easy to get along with. I love to help others with issues in the work place and to find a solution to resolve it. I pick up on things faster than others. Dependable, will show up on time with a great attitude ready to work. I know right from wrong at any time and work hard at everything I do.



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LEADERSHIP

I take positive criticism, ask questions when I don't know something, honest and loyal.

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REFERENCES

**TYLER WATT, MATHEW K, BIANCA BLAKE**

Goldkey Inc. Allstar marketing, Staples

(818)679-927, (909)217-2106, (818)262-2405



**Multiple Choice (1 point each)**

1) A gallon is equal to \_\_\_\_\_ ounces

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

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

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

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

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

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

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**Prep Cooks Test**

- 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
- 10) Which of the following can you use to put out a grease fire?
- ☒ a. Baking Soda
  - b. Baking Powder
  - c. Flour
  - d. Water
- 11) What is the temperature range of the danger zone?
- a. 25-135
  - ☒ b. 40-140
  - c. 50-160
  - d. 30-130
- 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
- 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
- 14) When you poach something, you cook it with what?
- a. Noodles
  - b. Vegetables
  - ☒ c. Liquid
  - d. Oil
- 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
  - ☒ b. Ladle
  - c. Slotted Spoon
  - d. Portion Spoon
- 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

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

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

Prep Cooks Test

1) When a recipe calls for 1 cup of butter, how much should you use?

- a. 1/2 cup
- b. 1 cup
- c. 1 1/2 cups
- d. 2 cups

2) The amount of liquid in a recipe should be measured in what unit?

- a. cups
- b. pints
- c. quarts
- d. gallons

3) The amount of liquid in a recipe should be measured in what unit?

4) The amount of liquid in a recipe should be measured in what unit?

5) The amount of liquid in a recipe should be measured in what unit?