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OBJECTIVE:

A position as a food technician in which my skills and experience would be an asset to the company.

QUALIFICATIONS:

- Strong ability to adapt and work quickly.
- Creative problem solving.
- Active team player.
- Ability to handle multiple tasks simultaneously.
- Work well under pressure.

EXPERIENCE:

8/00 - Present

UNIVERSAL STUDIOS, Universal City, CA
Lead Cook

Prepare breakfast lunch and dinner, for the staff of the movie studio, and for movie premieres and other events. Responsible for ordering food supplies and in charge of the entire kitchen.

4/05 - Present

THE PARTY STAFF, INC., Los Angeles, CA
Caterer - On Call

Cater to private parties, prepare and serve meals, responsible for the entire set-up.

1/02 - Present

CULINARY STAFFING, INC., Los Angeles, CA
Caterer - On Call

Cater to hotels, hospitals, schools, private barbeques, etc.

1/98 - 8/00

BIENVENIDO CHILD CENTER, Alta Dena, CA
Primary Care Giver

Responsible for the care of under-privileged children between the ages of 2 and 18. Prepared meals, supervised recreational activities, assisted with homework, and helped with character development.

TRAINING:

Serv-Safe, Universal City, CA
Received Certified Certificate for Food Handlers.

HAACP Trade Tech., Los Angeles, CA
Studied cooking temperatures and sanitary measures.

EDUCATION:

Pasadena High School, Pasadena, CA
Graduated

REFERENCES:

Available upon request.

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

2

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

D 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

A 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

D

12) A gallon is equal to _____ ounces

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

B

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

B

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

D

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

D

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)

water, flour to thicken

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

Boil it till foam rises to top then separate, to BAKE

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

1. Hollandise
2. Bechamel
3. Veloute
4. tomato
5. Brown

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

put oil AND wipe it all over it. So it won't rust.

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

Butter
Lemon Juice
eggYolk

egg yolk
vanilla juice
butter

21) What are the ingredients in this chocolate sauce? (5 points)

but oil and white if all over it. 20 it was just

20) What does it mean to season a food and why is this process important? (5 points)

brown
potato
Veggies
Beef
Hollandaise

21) What are the 5 main types of sauces? (5 points)

Boil it till foam rises to top then separate, to Bkx

20) What is the process of making clarified butter, and why is clarified butter used? (5 points)

what? look to thicken

22) What is a roux and what is it used for? (5 points)

1) 120°F
2) 150°F
3) 175°F
4) 190°F
5) 210°F

23) What temperature should you use for the roux? (5 points)

1) 120°F
2) 150°F
3) 175°F
4) 190°F
5) 210°F

24) What temperature should you use for the roux? (5 points)

1) 120°F
2) 150°F
3) 175°F
4) 190°F
5) 210°F

25) What temperature should you use for the roux? (5 points)

1) To bring food into boiling water briefly, then into cold water to stop the cooking process.
2) Cooking method by which food is browned in fat, then cooked, lightly covered in liquid at low heat.
3) Process through which various sugars in food become browned and flavorful while cooking.
4) To cook quickly in a pan on top of the stove until food is browned.
5) What of the following best describes the process of Clarification?

GHI Cook Test