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Hands On

- **Lucques** – California

Private Event Catering Cook - current

Fine dining, full service catering company handling respected clientele, charities, benefits and miscellaneous events throughout the SoCal area. Executed prep for high volume parties and plated once at the event with minimal, concentrated staff. Event menus are typically combinations of the following: pass apps, coursed plates, and dessert with on fly dietary modifications available. Cooks maintain pristine appearance as most events are in home or on site where they are visible to guests.

- **Patina Restaurant Group** – Los Angeles, CA

Private Event Caterer – 2015-2017

Cook, prep, and assembly food caterer for private events including The Emmy's, 2016 Breeders Cup, and the Hollywood Bowl. Worked all stations, hot, cold and pastry while maintaining elite level of professionalism under Patina founder and Michelin starred, Chef Joachim.

- **Rays and Stark Bar at LACMA** – Los Angeles, CA

Lead Line Cook/Garde Manger – 2015-2017

Upscale casual French and Mediterranean dining at LACMA museum with fast paced high volume clientele and constantly rotating menu. In charge of prepping, preparing, and intricately plating for all daily services with keen knowledge and attention to Garde Manger and pastry. Lead line is responsible for other two cooks on station and ensuring ease and poise of service at all times. Promoted in 2016.

- **Hutchinson Bar & Grill** – Beverly Hills, CA

Line Cook - 2015

Crafted authentic American Indonesian fusion dishes, intricate sauces, marinades, and glazes using fresh and foreign ingredients. Cooked with traditional fire pit and wood/grill handling high-end prime meats. Prepped, prepared and plated at all stations. Catered busy promoter hosted weekend brunch services and private in house dinner events.

- **Corebar** – Hawthorne, CA

Organic Bartender/Creative Director - 2015

Handled inventory, stock, and front of house services solo for the bar located within Coast Fitness gym. Crafted original organic juice and nutritional smoothie recipes. Educated clients on long-term and routine product benefits to attain high client recidivism. Gathered independently contracted product partners and investors to promote brand and expand the bars selection of supplements. Handled funds with numeric code access safes and operated as official photographer for the bar's social media platform.

- **Postmates** – Brooklyn, N

Bike Courier - 2014

Responsible for item pick up and delivery within allotted time frame. Provide exceptional customer experience and perfect product delivery while maintaining great relations with restaurant and product pickup locations. Personally managed and self-scheduled hours. Participated in company promos and referred employees.

- **Bon Appetit Food Services** – Beloit, WI

Senior Chef's Assistant/ Head Student Chef – 2010 - 2014

Diligently work along side head chefs assisting with all food preparations and storage for breakfast, brunch, lunch, dinner and private event services. Senior chef assistant carries intimate knowledge of inventory, product costs and revenue sheets. Contributed to creative culinary concepts for large college campus as well as hired, trained and lead shift teams.

Proficiencies

- Language: Conversational Spanish and French, Beginner Czech
- POS and Micros Systems
- Software: All basic MS Office programs (*Word, Outlook, Excel, PowerPoint*), *Adobe Photoshop*
Social Media for Business: Facebook, Twitter, Instagram, Snapchat

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
- B 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 → then ice bath
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

- B 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
- Brunoise / mince / dice*
- 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

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

~~rough dice~~
rough dice/mince

Prep Cooks Test

- 17) What is a knife cut?
- a. Food cut into long thin strips horizontally.
 - b. Food cut into 1/2 inch strips then rolled into a 1/2" roll.
 - c. Food cut into 1/2 inch strips then rolled into a 1/2" roll.
 - d. Food cut into 1/2 inch strips then rolled into a 1/2" roll.
- 18) To cut a food in a way different from rolling or rolling with the roll is called a roll.
- a. Roll
 - b. Roll
 - c. Roll
 - d. Roll

19) What is a knife cut?

20) What is a knife cut?

21) To cut into only one piece, when another is not important.

22) What is a knife cut?