

Tom L Hernandez

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EXPERIENCE

Mels Drive In, West Hollywood, CA — Line Cook

July 2017 - PRESENT

Adapted to breakfast menu in a high end 24/7 restaurant
As well as salads and sandwich station.
Frequently handle restaurant unaided
Stock cooler with food needed for the day

Cheesecake Factory, The Grove, CA — Line Cook

December 2014 - July 2017

Worked fryer and appetizer then moved up to grill station
Earned spot on broiler station, rotated through out stations to help
Prepped station before opening, restocked before leaving.
Properly trained 3 cooks to have a permanent position

Cheesecake Factory, The Grove, CA — Dishwasher

September 2014 - December 2014

Operated dish washing machine daily, Sanitize food utensils for food
safety,

EDUCATION

John F Kennedy, Granada Hills — Diploma

2009 - 2012

Santa Monica College, Santa Monica — Some College

Fall 2012 - Spring 2015

Activities

- Football Player in High school for three years went to playoffs named best overall linemen in Varsity
- Set up for a charity events

SKILLS

Food Handler's Permit
Multitasking: Ability to handle multiple tickets
Maintain a clean and safe station
Time management
Ability to operate standard kitchen equipment
Knife skills

Reference
Evert Hernandez, Prep Cook
at Cheesecake Factory

4520 s figueroa street apt 101
Los Angeles 90037
(323) 273-6882

Robert Recendez,
Construction Worker
451 e 41st Los Angeles 90011

(323)229-6350
Carolina Moreno ,
8420 s. Compton Ave.
Los Angeles ca 90001
(323)592-2950

LANGUAGES

English/ Spanish

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

A

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

1 min

60s

A

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

C

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 180°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

A 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

A 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

B 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

3

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

C

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)

Its flour and fat
cooked ~~together~~ together

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

Its separating milk fat
and water from butter

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

1. Hollandaise sauce
2. ~~+~~
3. ~~+~~
4. ~~+~~
- 5.

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

to put oil on it so it would
be easier to clean

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

4

Ques 2 (200) (b)

Quel est le nom de l'animal qui vit dans le désert et qui aime les fruits ?
L'animal est le nom d'un fruit. (a)

Un oiseau qui vit dans le désert et qui aime les fruits est le nom d'un fruit. (b)
Cet oiseau est nommé fruit. (c)
Cet oiseau est nommé fruit. (d)

Tel oiseau est nommé fruit. (e)

19261 (a)
19262 (b)
19263 (c)
19264 (d)

Tel oiseau est nommé fruit. (f)

19261 (a)
19262 (b)
19263 (c)
19264 (d)

Tel oiseau est nommé fruit. (e)

19261 (a)
19262 (b)
19263 (c)
19264 (d)

(station 5) Trouvez l'animal qui vit dans le désert et qui aime les fruits. (a)

Tel oiseau vit dans le désert et aime les fruits. (b)

(station 6) Trouvez l'animal qui vit dans le désert et qui aime les fruits. (c)

Tel oiseau vit dans le désert et aime les fruits. (d)

(station 7) Trouvez l'animal qui vit dans le désert et aime les fruits. (e)

Tel oiseau vit dans le désert et aime les fruits. (f)

19261 (a)
19262 (b)
19263 (c)
19264 (d)

(station 8) Trouvez l'animal qui vit dans le désert et aime les fruits. (a)

Tel oiseau vit dans le désert et aime les fruits. (b)

(station 9) Trouvez l'animal qui vit dans le désert et aime les fruits. (c)

)

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 blanche 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

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

J

A

A

J

A

A

J

A

J

A

Prep Cooks Test

A

9) Which is the improper way to thaw frozen food?

- In the fridge
- In a sink with cold water
- On the counter
- In the microwave

A

10) Which of the following can you use to put out a grease fire?

- Baking Soda
- Baking Powder
- Flour
- Water

B

11) What is the temperature range of the danger zone?

- 25-135
- 40-140
- 50-160
- 30-130

D

12) Which of the following is listed from smallest to largest?

- Dice, chop, mince
- Mince, chop, dice
- Chop, dice, Mince
- Mince, dice, chop

C

13) Which direction should pan handles be turned while cooking on the stove?

- Over the fire at all times
- Turned towards you for better control
- Turned towards the right or left at all times
- Over the countertop at all times

C

14) When you poach something, you cook it with what?

- Noodles
- Vegetables
- Liquid
- Oil

B

15) Which spoon is used to remove fat from soups and stews

- Basting Spoon
- Ladle
- Slotted Spoon
- Portion Spoon

B

16) Which of the following means to cook in a small amount of fat?

- Season
- Sauté
- Broil
- Boil
- Fry

