

# Amy La

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## **MyTable • Los Angeles, CA**

Personal Chef and App Ambassador | June 2015 – November 2016

- Prepared daily/weekly menus in advanced according to seasonal produce.
- Created dishes and flavors that complimented each ingredient used while meeting the requests of customers placing orders.
- Managed own personal chef profile; updated frequently with menu options, ingredients used as to avoid allergies, descriptions of daily selections in a manner that enticed my audience's taste buds.
- Manage disposition of samples following photo shoot.  
Assist in all areas of studio production when needed.

## **Lemonade • Venice, CA**

Kitchen Prep and Dishwasher • May 2015 - December 2015

- Wash, peel, cut, chop, slice, and otherwise prepare vegetables, salads, and other various menu offerings of that season.
- Prepared hot sides and entrees, replenished sandwich stations for sandwich makers, checked service line frequently to ensure all stations were fully stocked with the freshest batch.
- Stored items according to food regulation, assisting others in preparing special food elements ahead of time so that they can be easily accessed by FOH team.
- Worked with speed and efficiency to ensure proper and timely output of restaurant menu items
- Completed assigned prep work for stocking and set up of station.
- Ensure proper rotation of all products to par. Label, day dot, and sign all products. Obtained Chef/Manager signature of approval on all products.
- Observance of all SRC Policies and Procedures.

## **Loaves and Fishes • San Jose, CA**

Kitchen Lead • September 2011 - December 2013

- Experienced in leading a team of 6+ to prepare hot, nutritious meals for over 200 guests of poor, low-income families, and all hungry children/guests daily.
- Checked in and properly store daily produce donations and assisted kitchen managers in creating weekly/daily menu utilizing available resources.
- Assigned kitchen and station assignments to team members to ensure smooth productivity in preparation for Dinner service hour
- Assisted all team members and stations during food prep. In order to begin service hour on time.
- Welcomed guests to their seats and served guests with special needs, disabilities, or single parents with young children
- Assigned and helped team members with cleaning assignments after service hour to maintain a clean and organized workspace for the following Morning's breakfast service.

## **Volunteer Work**

Semi Annual "Feed the Homeless" in Skid Row | 2014-Present

## **Education**

**Fashion Institute of Design and Merchandising**  
2012- June 2014 | Merchandise Marketing

Piedmont Hills High School | Alumni



**Prep Cooks Test**

**Score** / 20

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



**Prep Cooks Test**

C 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

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

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

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

D 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**

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



**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

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

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

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

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)

mixture of butter and flour to thicken soups, stews, or sauces.

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

bringing butter to an almost boil so milk solids/fat float to the top. solids are removed and remainder is

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

clarified butter. Smoother texture & taste

1. Bechamel
2. tomatoe
3. Hollandaise
4.
5.

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

to, clean, oil, and "prepare" the grill for food to give a smoky flavor, instead of burnt, and create nicer grill marks

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

egg yolk, butter, S/P.

