

DONOVAN GORDON

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Food Services Industry

EDUCATION:

Culinary Arts Fundamentals Training Program, Cerritos College, Norwalk, CA 03/17 to 04/17
**ServSafe Food Handlers' Certificate*
Culinary Fundamentals
Le Cordon Bleu:2011

High School Diploma: 2010
EPHS - Long Beach, CA

- ◇ Kitchen: Food Preparation
- ◇ Knives Skills
- ◇ Kitchen Etiquette
- ◇ Clean & Sanitize Workstation
- ◇ Reads & follows recipes
- ◇ Cooking, sautéing, broiling
- ◇ Knowledge of Mise en Place
- ◇ Banquet Style Cooking
- ◇ Knowledge of Food safety Sanitation standards
- ◇ Quick learner, fast worker
- ◇ Great team player
- ◇ Thrive under pressure
- ◇ Excellent Customer Service

WORK HISTORY

Student Cook 04/2017 to now
Culinary Staffing Service – Beverly Hills, CA
Prep food
Fix plates
Served plates

Warehouse Worker 09/2013 to 12/2016
Power Staffing - Carson, CA
Pulled and shipped orders, Received merchandise, Loaded trucks with forklift and sorted orders

Warehouse Worker 09/2011 to 05/2013
Staff Mark – Long beach, CA
Loaded products weighing up to [50] pounds onto trailers for delivery.
Loaded and unloaded tractor trailers.
Pulled and shipped orders.
Loaded merchandise onto pallets.

Team Member 11/2012 to 12/2012
Ross – Cerritos, CA
Sorted merchandise unloaded from truck.
Stocked and received merchandise.

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
 - b. Cook lightly in butter over med heat
 - c. Soak in cold water overnight
 - d. Rub with salt before cooking
- B 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

- B 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

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

