

December 5, 2017

Joseph Albarran
1254 w 186th street
Gardena CA 90248

To whom it may concern:

I am interested in the position in the back of the house of the restaurant. My resume is enclosed for your review. Given my related experience and excellent capabilities. I would appreciate your consideration for this job opening. My skills are ideal match for this position. I am a graduate student from the Culinary Program of Long Beach Job Corps, currently attending Los Angeles Harbor College to obtain AA in Culinary Art, and I am looking forward to putting my skills to work with your team.

I appreciate your taking the time to review my credentials and credential and experience. Again, thank you for your consideration.

Sincerely,

Joseph R. Albarran

December 8, 2017

Joseph Albanan
1354 W 18th Street
Gardena CA 90248

To whom it may concern:

I am interested in the position in the back of the house of the restaurant. My resume is enclosed for your review. Given my related experience and excellent capabilities, I would appreciate your consideration for this job opening. My skills are ideal match for this position. I am a graduate student from the Culinary Program of Long Beach Job Corps, currently attending Los Angeles Harbor College to obtain AA in Culinary Art, and I am looking forward to putting my skills to work with your team.

I appreciate your taking the time to review my credentials and experience. Again, thank you for your consideration.

Sincerely,

Joseph H. Albanan

Joseph R. Albarran

1254 W 186th street
Gardena CA 90248
310-997-8022

Profile Strong communicator and great team leader who effectively manages all kinds of responsibilities.

Professional Goals Completing a Bachelor in Culinary Art, Advance Training.

Objective Seeking a position in culinary field "Back in the House" section.

Summary of Qualification:

- Organized, rapid, and accurate with exceptional communication.
- Excels at planning and organizing special projects with tight deadlines.
- Decisive yet creative in responding to problems.
- Energetic, creative, and willing to assume responsibilities.
- Able to coordinate several projects simultaneously.
- Ambitious and self-motivated.
- Working well with diverse culture, sexes, ages, persons with varying abilities and races.

Technical Skills:

- Internet research
- Collecting confidential information
- Basic accounting and bookkeeping
- Knife Skills (cooking)

Certification:

- Serv- Safe certified.

Professional Experience:

Royal Rangers/ Boy Scout
Commander

Summer 2003 – Present

Haru Sushi/Sushi N Go
Chef/ Cook

March 2014 – February 2016

Pirate Staffing Agency
General Labor

Spring 2009 – March 2014

Interest:

- Extreme sport
- Camping
- Traveling
- Cooking
- Church

Joseph R. Morrison

Profile: Strong communicator and great team leader who effectively manages all kinds of responsibilities.

Professional Goals: Completing a Bachelor in Culinary Art, Advance Training.

Objective: Seeking a position in culinary field "Back in the House" section.

Summary of Qualifications

- Organized, rapid, and accurate with exceptional communication.
- Expert at planning and organizing special projects with tight deadlines.
- Decisive yet creative in responding to problems.
- Energetic, creative, and willing to assume responsibility.
- Able to coordinate several projects simultaneously.
- Ambitious and self-motivated.
- Working well with diverse cultures, sexes, ages, persons with varying abilities and races.

Technical Skills

- Internet research
- Collecting confidential information
- Basic accounting and bookkeeping
- Kitchen Skills (Cooking)

Certifications

- Server - Safe certified.

Professional Experience

- Commander
Royal Rangers Boy Scout
Summer 2003 - Present
- Head Quarters Sgt in G-2
Chef/Cook
March 2014 - February 2016
- Private Staffing Agency
General Labor
Spring 2008 - March 2014

Interests

- Extreme sport
- Camping
- Traveling
- Cooking
- Church

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
- d 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. 126

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

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

D 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

C 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)

flour and butter (as a thickener)

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

is melted cleared and ~~seared~~ herbs are added to make the dish more nuanced

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

1. Hollandaise
2. béchamel
3. tomato sauce
4. espagnole
5. velouté

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

cleaned and oiled for food not to stick

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

butter / egg and salt

Grill Cooks Test

18) Which of the following best describes the process of caramelization?
a) The process by which a food item is cooked in a dry environment.
b) The process by which a food item is cooked in a liquid environment.
c) The process by which a food item is cooked in a dry environment and then browned.
d) The process by which a food item is cooked in a liquid environment and then browned.

19) What temperature should chicken be cooked to?
a) 165°F
b) 175°F
c) 185°F
d) 195°F

20) What is the recommended internal temperature for ground beef?
a) 160°F
b) 165°F
c) 170°F
d) 175°F

21) What is the recommended internal temperature for pork chops?
a) 160°F
b) 165°F
c) 170°F
d) 175°F

22) What is a good way to keep food moist?
a) Use a marinade.
b) Use a dry rub.
c) Use a wet rub.
d) Use a dry rub.

23) What is the best way to keep food moist?
a) Use a marinade.
b) Use a dry rub.
c) Use a wet rub.
d) Use a dry rub.

24) What is the best way to keep food moist?
a) Use a marinade.
b) Use a dry rub.
c) Use a wet rub.
d) Use a dry rub.

25) What is the best way to keep food moist?
a) Use a marinade.
b) Use a dry rub.
c) Use a wet rub.
d) Use a dry rub.

26) What is the best way to keep food moist?
a) Use a marinade.
b) Use a dry rub.
c) Use a wet rub.
d) Use a dry rub.