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Employment Objective

Seeking a position in all aspects of culinary that may provide a new and challenging experience.

Qualifications

Experienced in organizing and prioritizing prep for service. Executing each individual order to Chef's standards. Ability to delegate priorities and also work as a team.

Work History

Poolside Cafe, Squaw Valley Resort
1/17 – 6/17

Pantry Station, Banquets, Mountain Roots Food Truck

Maintaining and preparing ingredients for stations

Grilling hot menu items to order

Plating salads, soups, and dessert items per order

Working with team to set up and break down kitchen before and after service

Preparing recipes requested for catered events

Expediting orders, operating flat top, fryer, and line in food truck during events

Degnans Deli, Yosemite Natl. Park

4/16 – 10/16

Pantry

Organizing and prioritizing all ingredients for sandwich line

Preparing ingredients as needed throughout service

Operating slicing machine

Assisting in line during peak of service

Badger Pass, Yosemite Natl. Park

12/15 – 4/16

Prep cook

Preparing sauces, produce, and grab and go items

Maintaining sanitary work environment including dish washing and grill cleaning

Restocking and assisting line cook at peak of service

Assisting in expediting orders

Gandolfo's New York Delicatessen, Rancho Cucamonga

11/14 – 10/15

Shift Lead/ Catering

Opening and closing restaurant

Prearrange delivery and catering orders

Deliver to clients and businesses

Process store transactions and create invoices using Quickbooks

Preparing menu items according to recipes

Operating in full service kitchen and cutting equipment

Prep Cooks Test

Score 18/20

Multiple Choice (1 point each)

a 1) A gallon is equal to ____ ounces

- a. 56
- b. 145
- c. 32
- d. 128

4

80%

a 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

d 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

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

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.

