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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

Multiple Choice (1 point each)

a 1) A gallon is equal to _____ ounces

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

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 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

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

4

80%

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

Prep Cooks Test

d 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.

Prep Cooks Test

1. What is a kitchen unit?
- Food is prepared in this unit.
 - Food is stored in this unit.
 - Food is washed in this unit.
 - Food is cooked in this unit.
2. To cook a food in a pot without burning it, you must use the heat control and adjust the temperature.
- High
 - Low
 - Medium
 - Very Low

Fill in the blank (10 points)

1. The basic seasoning ingredient for all savory recipes is salt.

2. The first step in food preparation when the quality of the food is not important is washing.