

George A. Fraser

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PROFILE: A reliable, motivated and dedicated professional eager to providing the highest quality of work and taking initiative in learning and understanding every aspect of my employer's needs. Serve Safe Certification for Food Management.

EXPERIENCE

Party Staff Inc.

Los Angeles, CA

Temporary Culinary Agent. 5/30/17 to 10/21/17

Beverly Hills Country Club at UCLA

Loyola Marymount High

Paramount Studios Etc.

Los Angeles Mission

Los Angeles, CA

Volunteer Cook

Current

Assign duties, responsibilities, and work stations to volunteers in accordance with skill level and work requirements.

Developed equipment maintenance schedules and arranged for volunteers to be safety trained

Observed and tested foods to determine if they had been cooked sufficiently, using methods such as tasting, temp and texture COOK (Wolfgang Puck).

Stored food in designated storage areas to prevent spoilage F.I.F.O. etc..

Prepared a variety of foods, such as meats, vegetables, REHEAT COOK (LMU UNIVERSITY)

Pre-Preparations of various foods, sauted blanched vegetables per large scale banquets, (LANGHAM HILL, ATHENAEUM HOTEL AND RESORT)

Clifton's Cafeteria

Los Angeles, CA

Prep Cook

10/2015 to 02/2016

Sliced and trimmed meats such as beef, veal, ham, pork, and lamb for hot and cold service, and for sandwiches

Washed, peeled, cut, and seeded fruits and vegetables to prepare them for mise en place

Regulated temperature of ovens, broilers, grills, and roaster

Substitute cook for cooks at the level of Cook/1 per vacation and no shows

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

A 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

D 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

C 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

D 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

A 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

B 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)

FAUXY WORD FOR GRAVY

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

HIGH TEMP STOVE TOP COOKING

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

1. ~~SOY~~
2. ~~WINE~~
3. ~~MARINARA~~
4. ~~SAUCE OF ALFREDO~~
5. CHEES

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

EVENLY HEAT GRILL SO SEAR MARKS
ARE EVIDENT. PASTERIZATION OF SURFACE.

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

EGG YOLKS BUTTER,

Grill Cooks Test

10) Which of the following best describes the process of caramelization?

- a) Fat breaks down into a base on top of the stove with food is browned
- b) Protein through which natural sugars in food become browned and flavorful while cooking
- c) Carbs reacting by which food is browned in fat, then coated, lightly covered in liquid at low heat
- d) Fat reacts with food into boiling water briefly, then into cold water to stop the cooking process

11) What temperature should chicken be cooked to?

- a) 145°F
- b) 165°F
- c) 175°F
- d) 185°F

12) What temperature should all ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

13) What temperature should fish be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

14) What is a roux and what is it used for? (2 points)

Flour mixed with fat

15) What is the process of making clarified butter, and why is clarified butter used? (2 points)

High temp stock top cooking

16) What are the 5 main sauces? (2 points)

- a) Soy
- b) Butter
- c) Olive oil
- d) Cream
- e) Cheese

17) What does it mean to sauté and why is this process important? (2 points)

Quickly heat oil so stock moves over evenly. Preparation of sauce

18) What are the ingredients in Hollandaise sauce? (2 points)

Hot milk, butter