

Bernadette Heimann

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Profile:

Experienced In hospitality services - guest relations, hosting, scheduling, basic accounting - and with various aspects of product packaging and shipping.

Professional Goals include continuing to grow in leadership and knowledge, to familiarize myself with innovative technologies and apply them where I can, to interact and share with team members and colleagues, and to develop world-class solutions to real world challenges.

Education:

Sep 2015 - Present

Culinary Arts

- Los Angeles Mission College, CA
- (4.0 GPA)

Sep 2008 - 2014

English Studies

Finance

Real Estate

- Los Angeles Valley College, CA
- (3.75 GPA)

Sep 2003 - May 2007

Hungarian Studies

General Education Courses

- Kovács Pál Gimnázium, Budapest, Hungary
- (Graduate Diploma)

Work Experience:

- Food Service / Kitchen Work
 - Food Prep and Cooking
 - Barista
 - Dishwashing
- Hostess Work
 - Scheduling
 - Interaction with Guests
 - Basic Accounting
- Product Packaging and Shipping
- Modeling
- Dance
- House Work
 - Preparing Meals
 - Cleaning

Work / Employment Chronology:

2016

Culinary Staffing Agency

Catering Event Assignments include:

WPG Catering Events
Patina Restaurant Group Catering
Langham Huntington Hotel (brunch)

cont.

Work / Employment Chronology (cont.):

2016	Culinary Staffing Agency <i>Catering Event Assignments include:</i> The Kitchen for Exploring Food (catering) Wolfgang Puck Catering Passages Malibu	
2015	Food Server / Catering Event Catering "Days of Our Lives" Party	• Los Angeles, CA
2015	Food Prep / Catering Food Wine Catering	• Sylmar, CA
2015	Food Prep / Catering Kids L.A.	• North Hollywood, CA
2015	Food Prep / Catering Kiki Catering	• Lake Balboa, CA
2015	Food Prep Panera	• Studio City, CA
2014	Barista Hostess Nesmond Cafe	• Sherman Oaks, CA
2009 (- present)	Home-maker/Wife/Mother	• Sherman Oaks, CA
2007	Hostess Capricorno Club	• Olbia, Italy
2006	Packager CLB Packaging Kft.	• Budapest, Hungary

Certificates:

- ServSafe Food Protection Manager Certificate
certificate date 11/6/2014
- California Food Handlers Certificate
certificate ID # 2014-1250696

Multiple Choice (1 point each)

- c 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
- a 6) Which of the following ingredients would you pack before measuring?
- ☒ a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- b 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

- a 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
- c 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - c. Flour
 - d. Water
- d 11) What is the temperature range of the danger zone?
- a. 25-135
 - b. 40-140
 - c. 50-160
 - d. 30-130
- b 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
- b 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

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

