

Guilherme Bomfiglio

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### Summary of Qualifications

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- Diverse experience in preparing different cuisine, especially skilled in sauté and grill

§ Competent performing in high volume environments for high-end clientele

§ Demonstrated communication skills from chef to workers and employees

§ Passionate about developing culinary skills and working up through company

§ Fluent in English, Spanish, Portuguese

### Work Experience

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Chef's Assistant, *Los Angeles, CA*

Market Café, Disney Music Hall, *Patina*

- Progressed to chef's assistant under Kevin Napier, starting from food preparation
- Prepared for up to 200 high-end customers per evening
- Experienced with menu preparation and communication from chef to workers

Line Cook, *Los Angeles, CA*

Pinot Grill at the Music Center

- Prepared cuisine in fast paced, high-end environment; 200-250 customers every 2 hours
- Competently perform any task necessary; especially skilled at sauté and grill

Head Cook, Service & Preparation, *Glendale, CA*

Gaucho's Lounge

- Responsible for preparation and service of Brazilian cuisine for orders in lounge
- Prepared for buffet; preparation for made-to-order, especially grill

-Catering chef , PATINA Westwood Gateway

Responsible for daily preparation of multiple orders of diverse cuisine ,buffet style .

-Pasta /Saute cook Wolfgang Puck universal citywalk

Responsible of preparing and maintaining station that makes pasta ,steak,fish and hot appetizers

- CULINARY SPECIALIST at USC Hospitality

Office & Sales Manager, *Los Angeles, CA*

East & West Coast Supplies

- Responsible for human resources including hiring, payroll, & daily office operations
- Communication skills in sales and employee management

#### Education & Licenses

Colégio Maua, *Porto Alegre, Brazil*

High School Diploma

PUC College, *Porto Alegre, Brazil*

Communication, Journalism, Advertisement; no diploma

Food Handler Certificate

**Grill Cooks Test**

**Score / 40**

**Multiple Choice Test (1 point each)**

**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

**2) The recommended temperature for your refrigerator is...**

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

**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

**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

**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

**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

**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

**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

**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

**77%**

**9**

## Grill Cooks Test

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

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

12) A gallon is equal to \_\_\_\_\_ ounces

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

13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

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

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

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

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

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

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

20) What temperature should chicken be cooked to?

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

21) What temperature should ALL ground meat be cooked to?

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

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)

MIX of equal parts flour and butter  
used to thicken SAUCES, stews and soups.

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

→ HEAT the butter till separating the solids  
And removing the solids

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

1. BECHAMEL
2. HOLLANDAISE
3. TARTAR
4. MORNAY
5. FANINA

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

To oil it, for non sticking and prevent rust.

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

- Eggs 3/5
- Lemon juice
- Tarragon
- Salt, pepper