

Kiki Canuto

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4+ years of experience in food service, food handling, and exceptional customer service. Prioritizes balanced nutrition through personal chef work. Specializes in vegetarian and vegan cooking. Aims to share healthy yet convenient meals and snacks with career-oriented, family focused parents and their families. Desires to expand knowledge in other global cuisines, work with a creative team, and learn from other food industry professionals.

PROFESSIONAL EXPERIENCE & EDUCATION

International Culinary Center New York, New York

Culinary Entrepreneurship Program Graduate

Sept 2017-Oct 2017

- Completed six week intensive on full scholarship through Stacy's Pita Chips Rise Project in partnership with Chef Stephanie Izard
- Developed a business plan for a future food delivery service with guidance from industry-level professionals
- Presented a business pitch to a panel of investors and food service professionals at the conclusion of the program

The Getaway Plate

Founder and Head Chef

Jan 2017-Present

- Provide in-home personal chef services, offering weekly meal prep and cooking classes
- Offer additional housekeeping services, including additional grocery shopping and house cleaning
- Build professional and welcoming relationships with clients and their families (references/recommendation available upon request)
- Manage social media accounts (Instagram: [@thegetawayplate](https://www.instagram.com/thegetawayplate)) and website: www.thegetawayplate.com

The Vintage Tea and Cake Company Belmont, MA

Catering/Events Assistant

Feb 2017-Apr 2017

- Completed event day prep work for multiple events
- Set and cleaned up events on an individual basis for large gatherings and small socials
- Managed occasional weekly baking and packaging

Flour Bakery + Cafe Boston, MA

Front-of-House staff

Jan 2013-Jan 2015

- Welcomed and treated guests with warm and confident service
- Balanced ongoing shift duties with closing preparations and staff training while maintaining positive energy
- Modeled staff support, accountability and responsibility by encouraging collaboration, arriving promptly to all shifts and being prepared to uphold the cafe's mission statement

ADDITIONAL EDUCATION/SKILLS

- ServSafe and CPR/First Aid Certified
- United States Personal Chef Association Member
- Knife Skills
- Menu Planning and Business Management
- Works well in fast paced and quickly changing environment
- Trilingual: English, Spanish, and Cape Verdean Criolu
- Previous customer service skills and management training
- Effective communication and collaboration skills in a team setting
- Simmons College Graduate, 2016

Multiple Choice (1 point each)

D 1) A gallon is equal to ____ ounces

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

0

C 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

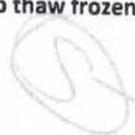
- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

Prep Cooks Test

A

9) Which is the improper way to thaw frozen food?

- In the fridge
- In a sink with cold water
- On the counter
- In the microwave



C

10) Which of the following can you use to put out a grease fire?

- Baking Soda
- Baking Powder
- Flour
- Water

B

11) What is the temperature range of the danger zone?

- 25-135
- 40-140
- 50-160
- 30-130

D

12) Which of the following is listed from smallest to largest?

- Dice, chop, mince
- Mince, chop, dice
- Chop, dice, Mince
- Mince, dice, chop

B

13) Which direction should pan handles be turned while cooking on the stove?

- Over the fire at all times
- Turned towards you for better control
- Turned towards the right or left at all times
- Over the countertop at all times

C

14) When you poach something, you cook it with what?

- Noodles
- Vegetables
- Liquid
- Oil

C

15) Which spoon is used to remove fat from soups and stews?

- Basting Spoon
- Ladle
- Slotted Spoon
- Portion Spoon

B

16) Which of the following means to cook in a small amount of fat?

- Season
- Sauté
- Broil
- Boil
- Fry

Prep Cooks Test

A

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.

