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## **OVERVIEW**

Years of proficient cooking and kitchen operation experience. Goal-oriented and team-spirited.  
Exemplify leadership qualities and professionalism, backed by verifiable  
record of employment.

## **EDUCATION & QUALIFICATIONS**

**Current Food Handlers Certification**  
**Mission View Public Charter - High School Diploma**

## **PROFESSIONAL EXPERIENCE**

***Arclight Cinemas Sherman Oaks, Ca***  
***10/2017***

***5/2017 -***

### **LINE COOK / PREP COOK**

- Prepare all utensils for every station in kitchen
- Prepare, cook, and and serve batches of food
- Ensure that food meets high quality and precise quantity standards of company
- Follow, memorize, and maintain recipes according to recipe book
- Daily inventory line checks of product to ensure quality and freshness
- Operate and help maintain large-volume cooking equipment
- Maintain sanitation, health, and safety standards in work areas
- Work all stations in kitchen, pasta, fry, charbroiler, grill, sauté , and pantry
- Maintain and manage all quality and presentation of food

Carry out general cleaning as directed to include sweeping, mopping up, washing up,  
emptying of rubbish bins and boxes ensuring placement in the correct containers

Clean and sanitize pots, pans, utensils, and other minor equipment routinely used in  
the kitchen following established procedures

Maintain adequate levels of detergents and other cleaning supplies

***Berlin Currywurst Los Angeles, Ca***  
***LEAD COOK***

***5/2015 - 5/2017***

- Manage and supervise all production and kitchen operations
- Open and close restaurant
- Prepare all mise en place for every station in kitchen



- Work all stations in kitchen, grill, fry, sauté, and pantry stations.
- Daily inventory line checks of product to ensure quality and freshness
- Follow, memorize, and maintain recipes according to recipe book
- Restock food and beverage items in all restaurant, and kitchen line
- Assist owner in off-site catering events
- Ordering and receiving from multiple purveyors
- Assist in quarterly inventory
- Maintain and manage all quality and presentation of food
- Overview of all kitchen operations and health department regulations
- Training and developing staff on current cooking procedures, techniques and flavors

*The Spot Gourmet Catering*  
4/2015

2/2014 –

#### **PREP COOK**

- Prep and cook food using multiple culinary techniques and procedures
- Worked all stations in kitchen: grill, fry, bake, sauté, flat top, cold item station
- Assisted pastry chef in baking and pastry work
- Assist executive chef with meat, poultry, and seafood fabrication
- Portion all proteins, sauces, and starches according to catering orders
- Assist chef in off-site catering events
- Assist in quarterly inventory
- Responsible at times for putting food and beverage together according to catering menu for our delivery drivers
- Helped maintain clean work environment according to health regulations

*El Pollo Loco Los Angeles, Ca*  
2/2014

1/2013 –

#### **COOK/CASHIER**

- Overview of all kitchen operation and health department regulations
- Worked all stations in kitchen: grill, fry, steam tables, bake, dessert, and barista stations
- Cooked large batches of chicken on char broiler
- Worked meat cutting station
- Maintain a clean work environment according to health department regulations
- Taking orders from customers
- Count register before and after shifts to maintain proper bank amount
- Dishwashing duties to include: sweep, mop, take out trash, and maintain a clean and healthy work environment and restrooms
- Deep cleaning to include: pressure washing floors and mats, sweep and mop dining area, clean fryers and grills, and scrub walls and other areas needed

#### **AREAS OF EXPERTISE**





- Experience with multi-million dollar establishments.
- Skilled in large volume food production with highest standards of quality and flavor.
- Experienced in multiple culinary cooking procedures and techniques
- Ability to train and develop employees; team building.
- Successful banquet and off premise catering experience
- Maximizing productivity through personal performance.
- Experienced in Inventory and Purchasing
- Computer knowledge in; Excel, Windows, Microsoft PowerPoint, Etc.
- Reliability, dedication and integrity.
- Quick effective decision making in high stress conditions; resolving various issues in a timely matter.
- Prioritization and orchestration of several job functions.
- Foster harmonious team environment.
- Conscious of current health department guidelines; maintaining high levels of sanitation and cleanliness.

#### REFERENCES

- **Rosa Hollenbeck** (323) 830-9813  
Kitchen Manager at Berlin Currywurst
- **Vanessa Nickles** (818)209-5839  
Manager at El Pollo Loco
- **Marco Tulio** (818)524-0185  
Supervisor at Zankou Chicken



**Multiple Choice** (1 point each)

- D 1) A gallon is equal to \_\_\_\_\_ ounces  
a. 56  
b. 145  
c. 32  
d. 128
- 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 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
- D 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**

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

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

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

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

C 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

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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

B

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

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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.

Test Cases T-1

- 181 To seek a form in a box without previewing over the box with the text column and a checkbox  
a. Enter the form into the box and click the checkbox  
b. Enter the form into the box and click the checkbox  
c. Enter the form into the box and click the checkbox  
d. Enter the form into the box and click the checkbox

9  
a. Enter  
b. Enter  
c. Enter  
d. Enter

182 To seek a form in a box without previewing over the box with the text column and a checkbox

- 183 To seek a form in a box without previewing over the box with the text column and a checkbox  
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