

shenna Hines

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I have 3 years of experience in prep cook and kitchen staff I being work for production cook for 2 years (seasonal) an enjoy it

Authorized to work in the US for any employer

Work Experience

Culinary prep cook

Delware North - Atlanta, GA

April 2018 to Present

Help cook's and kitchen staff with various tasks prepared large amounts of food for different locations.I prepare cold and hot items an maintain a clean and sanitizing area

Prep Cook/Line Cook

Open Hand Atlanta - Atlanta, GA

November 2018 to April 2019

Help staff in different areas with various tasks prep food package meals and delivered meal to home's

Prep Cook/Dishwasher

Aramark - Atlanta, GA

April 2016 to June 2017

Prepared food for different stands and portion out food for packaging and plates put food on warmers for serving .Clean and sanitize the kitchen after my shift

Prep Cook (Preparation Cook)

Education

High school or equivalent

Skills

- Food Prep (3 years)
- Food Service (5 years)
- Grill (1 year)
- Kitchen Staff (3 years)

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 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

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