

Michele A. Penman

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(310) 279-3692

Baker

QUALIFICATIONS:

- ServSafe Food Manager Certification
- Culinary Arts Skills Certificate
- Human Relations Management
- Food Safety & Sanitation
- Baking Skills including cupcakes, cakes and pizzas
- Cake decorating using various tips
- Able to perform and execute in a fast paced kitchen
- Certified Manage First Purchasing

EDUCATION:

Los Angeles Harbor College Culinary Arts Fundamentals Training Program

Wilmington, California
02/2015 to 06/2015

- Culinary Arts Fundamentals
- Food Safety & Sanitation
- Baking
- Aromatics
- Food fabrication
- Purchasing & Inventory Management

St. Bernard High School High School Diploma

Marina Del Rey, California

WORK HISTORY:

<i>Baker, Sodexo LMU</i>	07/2017-present
<i>Cook, Culinary Staffing</i>	03/2016-present
<i>Cashier, Raytheon</i>	09/2015-05/2017
<i>Executive Assistant, Girls Club of Los Angeles</i>	10/2014-05/2015
<i>Data Entry/Planning Coordinator, Sincerus Solutions, Inc.</i>	06/2014-07/2014
<i>Data Administrator/Customer Service, Ajilon Employment Agency</i>	01/2014-05/2014
<i>Administrative Assistant/ Data Administrator, Time Warner Cable</i>	04/2008-10/2013
<i>Administrative Assistant/ Insurance Coordinator, Axiom Entertainment</i>	02/2007-01/2008
<i>Administrative Assistant, Contract Services, Administration Trust Fund</i>	09/2005-02/2007
<i>Reporter Services Supervisor, Atkinson-Baker, Inc.</i>	03/2004-09/2005

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

A

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

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

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

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

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) onion & garlic are the basic seasoning ingredients for all savory recipes.

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

Prep Cooks Test

17) What is a Julien cut? A

- a. Food cut into long thin strips, 1/8 inch wide.
- b. Food cut into long thin strips then turned and cut into a 1/8" dice.
- c. Food sliced into 1/4 inch thick and 1/8 inch wide.
- d. Food cut into long thin strips then turned and cut into a 1/8" dice.

18) To cook a food in a pot without allowing any liquid to boil is to cook it au bain-marie.

- a. au bain-marie
- b. au gratin
- c. au sautoir
- d. au sauté

19) The term "au bain-marie" means to cook in a water bath.

20) The term "au bain-marie" means to cook in a water bath.

21) The term "au bain-marie" means to cook in a water bath.