

After experience as FOH Manager and Catering Sales Manager in NYC, I returned to LA and learned the BOH and worked my way up to Kitchen Manager of both traditional restaurants and specialized food programs. This is my BOH experience:

- 2019**  
**Line Cook, Pantry**  
**Water Grill, DTLA: High end Seafood Driven Dining** Chef Jonothan: 213-891-0900  
 Busy DT weekday Lunch and Dinner; Cold Salads (Shrimp Louie, Curry Beets, Heirloom Tomato, Classic Wedge), Hot Apps (Clam Chowder, Seared Halibut Cheeks, Oysters Rockefeller, Mac n Cheese), Dessert Stations; clean and sanitize, FIFO storage
- 2019**  
**Kitchen Manager**  
**LATC: Living Facility for Substance Rehabilitation** Kelvin: 424-207-8522  
 Breakfast, Lunch, and Dinner services for 20 clients using pre-set menu and creating new menu as needed; all food styles, all stations; Manage food donations, organize cold and dry food storage, take inventory, serve clients, maintain cleanliness and sanitation
- \*2018 - Present (Extended Periods)**  
**Kitchen Manager**  
**Beacon of Hope: Living Facility for Substance Rehabilitation.** Dave: 323-282-0817  
 Breakfast, Lunch, and Dinner services for 50 clients using pre-set menu and creating new menu as needed; all food styles, all stations; Manage food donations, organize cold and dry food storage, take inventory, serve clients, maintain cleanliness and sanitation
- 2019**  
**Kitchen Manager (training), All Stations**  
**Trejo's Tacos: Popular LA Mexican Spot** Chef Mason: 323-938-8226  
 All shifts, busy nights and weekends, very fast and tight work area, FIFO food storage with constant deliveries from commissary; food heating and replenishing, constant grill with specialized marinades, open kitchen demeanor, closing duties (clean, sanitize, store)
- \*2018-Present (Extended Period above begins)**  
**Kitchen Manager, Beacon of Hope**
- 2017**  
**Line Cook, Sautee**  
**The Stocking Frame: Chef-Driven Fashionable DTLA Restaurant.** Neil: 213-488-0373  
 Dinner Service, busy weekends, prep and closing duties, FIFO food storage; Hot App and Sautee Orders include Raw Hamachi, Lobster Pesto, Grilled Muscles, Deep Fried Octopus and Avocado Tacos.
- 2016 - 2017**  
**Line Cook, All Stations**  
**Artisan House: Chef-Driven Concept DTLA Restaurant.** Chef Karo: 213-622-6333  
 F/T, Dinner Shifts, closing duties; Hot Apps (Deep Fried Philo Wrapped Shrimp, Sauteed Cauliflower with Fried Prosciutto), Pizzas/Flatbreads (White Sauce Maitake Mushroom w Truffle Oil, Jalapeno/Pepperoni), Grilled (Bruised) Steak on Stone, Black Truffle Burger
- 2016**  
**Line Cook, Pantry**  
**Public School 213: Popular DTLA Gastropub.** Chef Maritza: 213-623-1172  
 Dinner/Closing Shifts, Orders include All Cold Salads (Salmon Kale Caesar, Tuna Poke), Charcuterie Board, Desserts (Bacon brittle ice cream cookie)
- 2015-2016**  
**Kitchen Manager and Community Outreach**  
**Washington Terrace: Independent Living Facility for Disabled.** Arsenia: 323-934-3194  
 F/T, Prepared 3 daily meals plus snacks for 20 disabled tenants with special diets; all styles of foods; all stations; kept inventory; met health/cleanliness standards; connected with food pantries/donations; served tenants, cleaned dining area; organized pantries
- 2015**  
**Line Cook, Pantry**  
**Alexander's Steakhouse: Fine Dining with Japanese Influence.** Matt: 626-486-1111  
 Orders included Raw Hamachi, Heirloom Tomato, Beef Tartar, Duck Terrain, Raw Beef Tataki, and sauces: Avocado cream, Shallot oil, Mustard "caviar"; fine prep.





**THE SERVICE  
COMPANIES**

SERVICE. ABOVE ALL

Alejandro Betancourt

## Grill Cooks Test

### Multiple Choice Test (1 point each)

-8

82.5%

- b 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
- C ~~2~~ 2) The recommended temperature for your refrigerator is...
- a) 45°F
  - b) 50°F
  - c) 40°F
  - d) 20°F
- d 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
- d 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
- C 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
- C 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
- d 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
- d 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
- C 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



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## Grill Cooks Test

- e 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
- d 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
- c 12) A gallon is equal to \_\_\_\_\_ ounces
- a) 56
  - b) 145
  - c) 32
  - d) 128
- b 13) How many cups are in a quart?
- a) 2
  - b) 4
  - c) 6
  - d) 8
- a 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
- b 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
- c 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
- c 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
- a 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
- 19) Which of the following best describes the process of Caramelization?



## Grill Cooks Test

- b
- 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

d 20) What temperature should chicken be cooked to?

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

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

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

a 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)

Roux is a basic mix of flour and water that is whisked until thick, used to thicken sauces such as gravy.

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

Clarified butter is butter that is gently warmed using low heat until it is clear, then strained. Used for many baking recipes

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

1. ~~Tomato~~ Tomato
2. Béchamel
3. Velouté
4. Hollandaise
5. Brown (Espagnole)

and those that require ingredients to blend at proper temperature.

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

The grill must not be cleaned with soap before use. By cleaning the grill with an onion, for example, the grill is both maintained clean

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

Butter, lemon, cream, eggs

and ~~it~~ acquires better flavor that is activated with heat and flavors food, and that way the food does not stick to the grill.

