

# Helping Hand

## Rosario Morales

El Monte, CA

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Willing to relocate anywhere

Authorized to work in the US for any employer Work



### Experience

#### **Food Prep; Food Lab**

West Hollywood, CA 2017 to Present

Sandwiches, Salads', Cutting cheese, filling salad dressing, ham etc... Made sure Food and other items are stored properly (F.I.F.O). Double checked every ticket came out correctly. Making meals to satisfy customers.

#### **Dishwasher; Culinary Staffing**

Los Angeles, CA 2015 to 2016

Extensive Physical labor 50lbs+, maintain clean facility. Washed by Machine and by hand. Sanitizing the whole place. Made sure we left it cleaner than found.

#### **Food Prep / Cashier; Taco Truck**

Los Angeles, CA February 2013 to February 2015

Philly Cheese Steak, Burritos, Tacos, Nachos, Asada fries, Cutting veggies, to prepare the food for meals ready to go. Followed company cash and credit card transaction procedures. Made sure everyone gets a ticket at the cash register and the food line starts running smooth.

#### **Housekeeping; Expert Cleaning**

Los Angeles, CA 2013 to Present

Extensive Physical labor 50lbs+, maintain clean facility, cleaning toilets, showers, Throw away trash, Sanitizing the whole place. Made sure we left it cleaner than found.



## HELPING HAND

## ROSARIO MORALES

Looking for amazing skills to help me grow and become the best ME I can be.

If not knowledgeable on a specific skill is will to learn. Always willing to improve and ask for help. Can adjust and work well under pressure. Team Player, Able to start immediately. Willing to work in environment of likeminded people. Aiming for the same goal as we develop our winning ways.

2018

XOXOCOCOAKISSES



## Prep Cooks Test

Score **B** / 20

Multiple Choice (1 point each)

D 1) A gallon is equal to \_\_\_\_ ounces

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

1  
450

C 2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

d 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

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

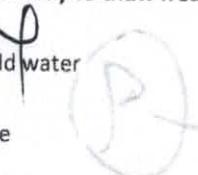
- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

## Prep Cooks Test

B

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



B

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

C

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

C

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

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 LOVE & PEPPER are the basic seasoning ingredients for all savory recipes.

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

4

