

Sergio Sebastian Cruz

Sept.30 1993

Resume

Objective: I'm looking for a serious employer that is not just looking for an employee but someone that is dedicated completely to the restaurant business and the many cooking methods to learn.

Ged:N/A

Gusto

Line cook /Pantry,Garmo/Dishwasher,Prep

Italian cuisine a very rustic feel to this restaurant . I've made Mitzacanza salads ,Cavoletti salads, Popelletes, Bucatini al carbonara, canollis, coconut gelato pies and fresh extruded pasta. Everything here is made fresh from scratch. My main focus in every restaurant has always been to maintain a quick, calm, and organized pace in the kitchen as quick as an order comes in it has to go out. Always follow food safety guidelines from sanitizer and safety gloves to handle food mandatory. Everything cooked to an appropriate temperature to avoid any food poisoning to the customers. I always keep in mind for any station I have everything prepped and ready for either one breakfast ,lunch, brunch, and dinner.

Vernetti

Pasta Maker/Prep/ Pantry

Another Italian restaurant more of a modernized feel to this one.

Here I've made fresh extruded pasta from bucatini, rigatoni ,fettuccini, spaghetti, egg based raviolis and taglileles. On the pantry side I've plated Cesar salads ,burrata and heirloom tomato salads, cannolis etc.Everything here is made fresh from scratch. My main focus in every restaurant has always been to maintain a quick, calm, and organized pace in the kitchen as quick as an order comes in it has to go out. Always follow food safety guidelines from sanitizer and safety gloves to handle food mandatory. Everything cooked to an appropriate temperature to avoid any food poisoning to the customers.I always keep in mind for any station I'm in charge of I have everything prepped and ready for either one break fast , lunch, brunch, and dinner.

Dear Sir/Madam,  
I am writing to you to express my concern regarding the recent decision of the company to implement a new policy that will affect all employees. I am a member of the Human Resources department and I am deeply concerned about the impact of this policy on our employees.

The new policy, which is effective from January 1, 2024, will require all employees to work a minimum of 40 hours per week. This is a significant change from the current 35-hour work week. I have concerns about the potential impact of this change on our employees, particularly those who work part-time or have other responsibilities outside of work. I believe that this change will lead to increased stress and burnout, which could negatively affect our employees' health and well-being.

I have spoken with several employees who have expressed concerns about the proposed changes. They have raised issues such as difficulty finding reliable part-time work, difficulty finding child care, and difficulty finding transportation to and from work.

I have also spoken with our HR department, who have assured me that the changes are being made to improve our employees' work-life balance and to ensure that they are able to meet their professional obligations while also maintaining a healthy work-life balance.

I would like to request that you consider the concerns of our employees and take steps to address them. I believe that it is important to maintain a positive work environment and to ensure that our employees are able to work effectively and efficiently.

Thank you for your attention to this matter. I hope that you will take the time to consider the concerns of our employees and to take steps to address them. I believe that it is important to maintain a positive work environment and to ensure that our employees are able to work effectively and efficiently.

Thank you for your attention to this matter. I hope that you will take the time to consider the concerns of our employees and to take steps to address them. I believe that it is important to maintain a positive work environment and to ensure that our employees are able to work effectively and efficiently.

Thank you for your attention to this matter. I hope that you will take the time to consider the concerns of our employees and to take steps to address them. I believe that it is important to maintain a positive work environment and to ensure that our employees are able to work effectively and efficiently.

Thank you for your attention to this matter. I hope that you will take the time to consider the concerns of our employees and to take steps to address them. I believe that it is important to maintain a positive work environment and to ensure that our employees are able to work effectively and efficiently.

Thank you for your attention to this matter. I hope that you will take the time to consider the concerns of our employees and to take steps to address them. I believe that it is important to maintain a positive work environment and to ensure that our employees are able to work effectively and efficiently.

Thank you for your attention to this matter. I hope that you will take the time to consider the concerns of our employees and to take steps to address them. I believe that it is important to maintain a positive work environment and to ensure that our employees are able to work effectively and efficiently.

Thank you for your attention to this matter. I hope that you will take the time to consider the concerns of our employees and to take steps to address them. I believe that it is important to maintain a positive work environment and to ensure that our employees are able to work effectively and efficiently.

Culinary staffing  
Line cook/Prep cook/Caterer

Here I had a lot of traveling to do around the city  
From Peperdine University, Wolfgang Puck,Loyola, the Country club in Pomona. For this company I've made burgers, omelets, burritos, quessadillas, sandwiches, steaks, and fries etc. My main focus in every restaurant has always been to maintain a quick, calm, and organized pace in the kitchen as quick as an order comes in it has to go out. Always follow food safety guidelines from sanitizer and safety gloves to handle food mandatory. Everything cooked to an appropriate temperature to avoid any food poisoning to the customers.

I have everything prepped and ready for either one break fast , lunch, brunch, and dinner.

Skills: Knife skills, Cooking skills, Dedication, Ambition, Ready for any big project, reliable, Prepping skills, communication skills, Leadership, willing to learn new cooking methods, on time , well rounded overall in all positions  
Overseller, clean and organized



Multiple Choice Test (1 point each)

C 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

67%

D

b 2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

40%

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

40%

b 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

40%

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

40%

A 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

40%

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

40%

A 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

40%

A/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

## 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

C 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

d 12) A gallon is equal to \_\_\_\_\_ ounces

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

A 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

C 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

b 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

## Grill Cooks Test

A 19) Which of the following best describes the process of Caramelization?

- 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

165 20) What temperature should chicken be cooked to?

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

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

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

175 21) What temperature should ALL ground meat be cooked to?  
B

195 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)

A mix of fat or butter and flour  
Used in  
sauces.

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

Melting butter right before it goes brown, ~~it is~~ it is  
also used for pastries

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

- 1.
- 2.
3. ?
4. ?
- 5.

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

It is important to season the grill because you save time

Season a grill means to salt and pepper ~~the~~ the grill to save time when placing

27) What are the ingredients in Hollandaise sauce? (5 points) anything to be cooked

egg yolks salt pepper lemon juice

