

Brenda Ruiz

Cook

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Goal

My goal is to learn as much as I can from my teachers at Los Angeles Trade Tech and apply that knowledge as I work in restaurants and catering events. After choosing my specialty I hope to become a Certified Executive Chef through the American Culinary Federation and open up my own small self-sustaining restaurant with its own restaurant garden to supply us with most of our products.

Accomplishments

In March 2018, I successfully catered a breakfast for 400 guests with a crew of 3 chefs and a limited budget.

Skills & Abilities

ServSafe Certified, working on Hospitality Human Resources Management and Supervision Certification through the National Restaurant Association. Fluent in Spanish and knowledgeable in Microsoft office programs.

Experience

ARB Inc., Bakersfield, CA

November 2011-March
2017

Worked several jobs as needed and in different locations throughout Los Angeles and Kern county. Duties included material receiving clerk, quality control assistant, office manager, timekeeper, and billing coordinator.

UCSC Dining, Santa Cruz, CA

November 2006-June
2011

Worked my way up from dishwasher to student manager in two years. As a manager, I had knowledge and practice in all areas of the dining hall, trained new student employees and assisted supervising manager in clerical work when needed.

Education

Los Angeles Trade Tech, A.A. in Culinary Arts (In Progress)	2018
Coursework completed includes Garde Manger, baking and breakfast cookery.	
The Culinary Institute of America, New York, No Degree	2010
Coursework completed included culinary math, ServSafe training, gastronomy, product identification, knife skills and Introduction to the Culinary Arts.	
UC Santa Cruz, Bachelor of Art in Latin American and Latino Studies	2006-2011
Coursework included classes in areas such as the Spanish language and grammar, literature, politics, philosophy and sociology of Latin American countries.	

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 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

C

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

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

a 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) Salt & Pepper 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.

