

Zarah Gonzalez
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Objective:

- *Receive a AA in Culinary Arts*

EDUCATION

Thomas Jefferson High School
Los Angeles, CA
08/2011-06/2015

Los Angeles Trade-Technical College
Los Angeles, CA
08/2015- Present

- Expected graduation date - June, 2018

Work Experience

Universal Studios Hollywood
Universal City Plaza, Universal city, CA
05/2016- 08/2106
Production Kitchen Cook

- Set up and Break down stations
- Catering & Fine Dining
- Provide extraordinary guest Services
- Managed Hot Line Stations

Cook at Wizing World of Harry Potter
05/2017- 08/2017

- Set up and Break down stations
- Provide extraordinary guest Services
- Managed Hot Line Stations
- Prep
- Marinating
- Grill/fry
- Inventory

A Place Called Home

Los Angeles, CA
09/2016 – 06/2017
Prep cook

- Prep meals for weeks Menu
- Prepare Staff/Members meals
- Receive donations From Food banks
- Distribute fresh Produce to community
- Inventory Check
- Sanitation
- Assemble meals for field trips
- Catering

Border Grill (Food Truck & Catering)

Los Angeles, California

03/2018- present

Line cook/ Catering chef

- Assemble cold/hot line
- Keep stations organized
- Ticket ordering & calling
- Bring extraordinary service to guest
- Manage time sheet for course by course meals

Internships**Food Art (Food truck)**

Chef Lauren

Hollywood, CA

12/2017 – 1/2018

Team Member / Fry station

- Assemble /clean frying station
- Keep stations organized / stocked
- Organize inventory F.I.F.O
- Ticket ordering
- Prep

QUALIFICATIONS/SKILLS:

- Strong organizational skills
- Team player
- Fluent in Spanish
- ServSafe Certified
- Receiving/organizing

Reference

Frank Ortiz

Former Executive Sous Chef

Universal Studios Hollywood

818) 570- 4245

Luis Robles

Chef Instructor

LATTC

323)551-8889

Multiple Choice Test (1 point each)

a 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) 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

a 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

b 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

a 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

b 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

AD 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

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

Grill Cooks Test

B 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

C 20) What temperature should chicken be cooked to?

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

C 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 thickening base
used to make different sauces.

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

clarifying butter is used for to make
Roux's; it separates from the milk solids.

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

1. Hollandaise
2. Veloute
3. Espagnole
4. Tomatene
5. Bechamel

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

Season the grill means to cover (not too much) with oil
or clean with a egg to take off excess particles and also its good

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

So food won't get stuck
egg yolk, water, vinegar, salt + pepper, lemon
juice

