

ANNEL OCHOA-LEIVA

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Objective: Accomplished, achievement-driven and results-oriented Chef for over 10 years looking for a position focused on a conscious healthy cooking environment

Qualifications

- Strong ten-year background successfully managing an organic ingredient heavy kitchen
- Directly involved in a kitchen environment with clear understanding of food safety & sanitation regulations
- Expert on food prep for daily, weekly, and monthly meals and batch cooking
- Managed shopping, kitchen, gatherings and events for large families at different locations
- A detailed knowledge and know-how to follow directions of restrictions related to diets for a healthier lifestyle upon request
- Proficient in food preparation and creative presentation
- Special event planning
- Purchasing and inventory control
- Follows instructions and details while also having the ability to take the lead and problem solve
- Healthy cooking knowledge, inspired to create lasting change in people health and life, to avoid or recover from medical conditions, weight loss or simply to have much better health outcomes and quality of life using organic vegetarian diets to Paleo diet recipes.
- Excellent organization skills, spontaneous and detailed oriented
- Persistent and driven; has competed and continues to compete in Obstacle Course Races (Spartan Races)

Professional Experience

- Responsible for managing inventory, grocery purchases, and meal suggestions
- Able to meet deadlines while working under pressure
- Manage daily kitchen operations and create standards to exceed safety and health regulations; identify and provide solutions for any challenges presented

Work History

- HOUSE CHEF, Brentwood, CA 2010 – 2017
House Holder and Private Chef for the Eskenazi family
- GROCERY SHOPPER, Los Angeles, CA 2016
Grocery shopping and delivering for INSTACART
- Chef Assistant for Chef Bertran Goutelon (512) 803-9764 (private dinners, catering)
- Chef Assistant for Chef Francis Franquenot (713) 517-9800 (private dinners, catering)
- Chef Assistant for Chef Clive Berkman for the creation of his book Empty Bottle Moments (private dinners catering) (949) 590-0220

- Member of Student Team competing in Regional Cooking Championship, Houston, Tx. (2007) (silver medalist)
- Volunteer work at Project Angel Food
- Healthy Meal prep for families and individuals.

Education

- INSTITUTO LA PAZ HIGH SCHOOL, Queretaro, Mexico
- UNITED CHRISTIAN HIGH SCHOOL, Houston, TX (2005)
Obtained my GED
- CULINARY INSTITUTE ALAIN & MARIE LE NOTRE, Houston, TX (2008)
Certification Program Sous-Chef in Culinary Arts (Cuisine & Pastry)
- LOS ANGELES CITY COLLEGE, Los Angeles, CA (Current)
General Studies toward a Bachelor degree in hotel/restaurant management

References

Chef Bertran Goutelon (512) 803-9764

Chef Clive Berkman (949) 590-0220

Mrs. Karen Carper, kashtx413@yahoo.com (713) 962-5511

Mrs. Robbie Martin, queenofconroe@gmail.com (936) 494-3642

Mrs. Joni Willer, joniwiller@hotmail.com (936) 520-6896

Mrs. Nancy Wright, airnancy@me.com (713) 249-1728

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

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

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

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

40

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

AC

C 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

Grill Cooks Test

Q 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

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

C 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)

Mix of flour and Butter
Used for thickening sauces/liquid

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

Separation of milk/Fat/water in butter.
Warming it till it's separated

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

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

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

To avoid rusting / apply oil.

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

- Eggs (Yolks)
- Butter
- Lemon
- Water / Vinegar
- Pepper / Salt

Introdução

(estimativa: 10 min) Descrever o que é e qual é a importância da tecnologia para a organização.

Discussão: A tecnologia é uma ferramenta que pode ser usada para auxiliar na realização de tarefas.

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Sistemas de Informação: Sistemas que gerenciam e processam dados.

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