

**Sondra H. Johnson**

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A driven leader with a passion for food and culinary creativity, building unity with food and education, and bridging the gap between those in need of resources with those who have them. Possess a strength in assessing needs, setting direction, and identifying practical solutions. Expertise includes customer service, staff management and administration, educational research and instruction, strategic planning, team building, employee development and relations.

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**Education**

**St. Joseph's Culinary Program Certificate of Training - 2017**

**ServSafe Manager Certification- 2017**

**ServSafe Food Handlers Certification- 2015**

**Southern Illinois University at Carbondale-** Bachelor of Arts, Psychology, 2009

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**PROFESSIONAL CAREER**

**Private Catering** chef and chef assistant;

Los Angeles, CA (2018)

Teaching private cooking lessons, preparing, cooking weekly meals according to client's needs and dietary preferences, catering events, food budgeting, food shopping, plating, group and individual cooking, cleaning and maintaining kitchen

**Commissary Restaurant Extern** Prep cook;

Los Angeles , CA (2017)

Kitchen that serviced room service for the Line Hotel, catered for hotel events in banquet hall which includes:keeping counts of food, confirming orders, and prepping food for dinner service for the Commissary guests

**Kiss The Ground Community Garden** Volunteer; Venice Beach, CA (2017)

Planting, seeding, pulling weeds, and maintaining gardening grounds

**Bread and Roses Café** Volunteer,

Venice Beach, CA (2017)

Prep cook, line cook, plating, and expediter for three services a day for homeless, cleaning before and after services, serving food based on dietary needs of guests, providing healthy meals to the community

**Big 5 Sporting Goods** Cashier/ Floor Sales/ Shoe Depart., L.A. California (2015-current)  
Answering phones, register, checking stock and inventory, maintaining store appearance, and aiding and assisting customers find store products.

**Original Pancake House** Server/Expo, Chicago, IL; (2015-2016)

Very popular fast paced breakfast restaurant, took orders, expedited food, insured plates and garnishes were proper, cleaned and maintained the kitchen with closing side work and running side work

**GRANNY'S RESTAURANT** Server,

Owings Mills, Maryland ( 2009-2014)

Being knowledgeable and upholding Food and Health Regulations, very high volume service, Providing casual, and formal dinner services, Taking and executing orders for GRANNY'S guests, Ensuring guest felt warm and were satisfied with service, Maintaining restaurant appearance, being clean and appearance and hygiene, complying to uniform standards and Learning and thoroughly explaining menu to GRANNY's Guest

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**REFERENCES**

**Chef Laura Weinman:** St. Joseph Culinary Program Instructor  
310.396.6468

**Chef James Cunningham:** Bread and Roses Executive chef  
(Upon request)

**Chef Valarie Dorsey:** Owner and Executive chef of Granny's Restaurant  
410.654.0101

**Multiple Choice** (1 point each)

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

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

225

Does anyone want to give me a high score on this?

A 2) Mesclun are what type of vegetable?

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

Q

B5

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 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

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

C

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

A

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

B

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

B

15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

E

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**

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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) "Rough chop" : to cut into very small pieces when uniformity of size and shape is not important.

