

ANTONIO CAMPOS

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Professional Summary

Dynamic food service professional seeking a cook position opportunity within the food industry. Driven toward continuous improvement and committed to going above and beyond to complete tasks and assist other team members. Well-versed in standard food prep techniques as well as safe food-handling standards, demonstrated across 2 or more years of experience. I am hardworking bringing proficient skills in slicing, cutting and other food preparation techniques. Eager to offer my experience and to continuously hone my skills set and bring value to a quality-oriented foodservice team.

Skills

- Fabrication of poultry
- Knife Skills
- ServSafe Certification
- Problem-solving
- Inventory control
- Multitasking
- Managing changing priorities
- Spanish fluency

Education

Veterans Culinary Arts Class, LATTC, 2018 Bob Hope Patriotic Hall, Culinary Kitchen – 10 Week Course

Weekly Coursework in kitchen terminology, knife skills, Stocks, sauces, spices and herbs, (Egg, rice, breakfast legumes and pasta cookery), cooking methods, food preparations, Dry Heating methods, potato cookery, baking of pies, cooking poultry, and Meats cuts (i.e. tri-tip and chilli).

Work History

July 1992- December 1995

Barista | Piacere | Glendale, CA

- Constantly expanded personal knowledge of coffee styles and varieties.
- Prioritized drink requests while managing interruptions.
- Controlled line and crowd with quick, efficient service.
- Trained new team members with positive reinforcement and respectful, encouraging coaching.
- Conducted successful cash audits at the end of each shift.
- Attended catered events, engaged customers and promoted company product with high quality aromatic coffees or lattes.

June 1991 – September 1991

Line Cook | Universal Studios Hollywood | Universal City, CA

- Assisted diner cooks prepare food orders during high demand times
- Washed and disinfected kitchen area, floors, tables, tools, knives and equipment.
- Stocked and cleaned grocery shelves, bulk bins and freezer and dairy cases
- Quickly set up and cleared tables and stocked all service stations.
- Adhere to safe work practices.
- Consistently provided professional, friendly and engaging services.
- Stock and maintained cleanliness of stations.

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

a 1) A gallon is equal to ____ ounces

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

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c 2) Mesclun are what type of vegetable?

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

a 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



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

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

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

b 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.

