

MICHAEL FRENES

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OBJECTIVE | Obtain PT Cook position so that I may continue my classes in Culinary Arts. Seeking to obtain degree in the process.

SKILLS & ABILITIES | Basic knife skills, baking, frying, sautéing, making sauces, stock, sauces, deserts. ServSafe Managerial Certification, including training and certification of 184 hrs. through LATTC Culinary Arts program.

EXPERIENCE | **KITCHEN HELP – PEOPLE READY**
1/2016 TO PRESENT
PT on call work (formerly Labor Ready) at various places: Wolfgang Puck, Disney Studios, and various catering events.

EDUCATION | **LATTC – BOB HOPE PATRIOTIC HALL - DTLA**
184 HR CERTIFICATION OF WORK AND SERVSAFE
Veteran's back to work program sponsored by the City of Los Angeles, LATTC, and the Veteran's Administration
South Gate High School - GED

COMMUNICATION | I'm a mover and I always stay busy, and beyond getting my duties done. I enjoy immensely, working in the kitchen and generally embrace the most menial tasks that need to be done. I also work fast!

LEADERSHIP | US Veteran – US Marine Corps '88-'92 Honorable Discharge

REFERENCES | **CHEF LAURA MONJE**
LATTC
(562) 334-7068

Multiple Choice (1 point each)

- d 1) A gallon is equal to _____ ounces
a. 56
b. 145
c. 32
d. 128
- a 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 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
- a 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. 25-136
 - 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) Sugar & Salt 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.

Prep Cooks Test

13) What is a julien cut?

- a. Food cut into long thin strips, rectangular
- b. Food cut into long thin strips then turned and cut into a 1/2" dice
- c. Food sliced into thin strips and cut into a 1/2" dice
- d. Cutting and peeling into oblong shapes and then cutting into 1/2" strips

14) To cook a food in a pan without browning or sear heat with the lid is called steaming and releases moisture.

- a. Boil
- b. Fry
- c. Roast
- d. Grill

15) A chiffonade is a julienne cut.

16) One the basic seasoning ingredients for a savory recipe is salt.

17) Finch chop is cut into very small pieces when finch chop is the and shape is not important.