

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 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

a 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

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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.

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