

Lorne Alexander

617 W. Mariposa St. Altadena, Ca 91001 ~ Cell (626) 831-6821

~ Email: heaveycooking@yahoo.com

Objective: Currently seeking a full-time kitchen position in the culinary field.

Education:

California School of Culinary Arts, Pasadena, CA

Graduated November 2003

Associates of Occupational Studies Degree-Le Cordon Bleu Culinary Program

John Marshall Fundamental High School, Pasadena, CA

Graduated June 2001

Certificates:

Serve Safe Certified

First Aid Basic Training

Employment History:

Saddle Ranch Chop House, Universal Studios, CA

01/2016-Current

Executive Chef

Hiring, training, ordering, food cost, labor, budgets, forecasting and schedules. Making a impact everyday and executing sanitation, cleanliness, kitchen safety, food temps, food quality and food presentation. Demonstrating leadership, passion and optimizing profitability. Ensuring smooth operations in a fast paced high volume restaurant.

University of Southern California, Los Angeles, CA

09/2012-10/2015

Kitchen supervisor

Batch cooking in small and big quantities breakfast lunch and dinner but not limited to sandwiches salads and desert. Making sure buffet line is full of food and making sure hot or cold food was kept at correct temperatures. While ensuring teamwork and customer service.

Roys Resturant, Pasadena, CA

12/2012-11/2014

Sous chef

Preparing the grill station for dinner special parties, appetizers and preparing a lunch for all staff members everyday also keeping up with new menu changes and fast pace kitchen while helping other stations with check times and food production.

Claim Jumper Restaurant, Monrovia, CA

10/2003-9/2013

Kitchen supervisor

Motivate and monitor subordinates, food quality, check times and flow of kitchen including all stations. Maintain a high standard of hygiene at and around work stations. Assist with preparation of meals as per menu.

University Club of U.S.C Los Angeles, CA

07/2006-07/2009

Sous chef

Prepared food for catering events, daily restaurant menu and private clients. Assisted with creation of custom designed menu for private clients, banquets and special events.

Breadcumbs Restaurant, Pasadena, CA

05/2003-10/2003

Line Cook, Prep Cook, Baker, Middle Eastern, Italian & American Food

Prepared all restaurant menu items including but not limited to sandwiches, salads, pasta, pizza, etc. Assisted with opening and closing of kitchen, as well as, receiving and ordering of food inventory.

R.A. Hanna Food Services, Pasadena, CA

08/2002-04/2003

Line Cook, Prep Cook, Catering Events

Prepared all meals for breakfast, lunch, dinner and catering events.

Conrads Restaurant, Pasadena, CA

02/2002-07/2002

Line Cook, Prep Cook, Ordering, Family owned American Restaurant

Prepared all meals for breakfast, lunch and dinner. Oversaw and ensured quality of all incoming food inventory.

Multiple Choice Test (1 point each)

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

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

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

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

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

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

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

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

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

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

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

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

12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- ☒ d) 128

13) How many cups are in a quart?

- a) 2
- ☒ b) 4
- c) 6
- d) 8

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

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

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

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

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

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

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- ☒ c) 165°F
- d) 175°F

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- ☒ b) 155°F
- c) 165°F
- d) 175°F

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)

roux is equal parts Fat and flour to Thicken

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

to separate the milk solids. It's used for dipping or cooking

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

1. bechamel
2. espagnole
3. Tomato sauce
4. hollandaise
5. veloute

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

To oil the grates, keeps food from sticking and cleans grill

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

egg yolk
clarified butter
salt
cayenne

