

# Acrobat

outsourcing

Your Hospitality Staffing Professionals  
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First and Last Name: Michael McGovern  
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### Working Experience:

Company Name: Shelton theater  
Dates of Employment: Feb 2016 - current  
Job Responsibility: stage hand, coordinator

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Company Name: Caprro's Rest,  
Dates of Employment: 2004 - 2009  
Job Responsibility:

- - Food Prep
- - Bussing
- -
- -

Company Name: WATER BAR  
Dates of Employment: 2012 - 2014  
Job Responsibility:

- - Oyster Shucker
- -
- -
- -

### Skills

- - Oyster Shucking
- - Food Prep
- - FIFO

## Prep Cooks Test

Score 7 / 20

### Multiple Choice (1 point each)

A

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

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

O

2) Mesclun are what type of vegetable?

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

BP

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

BP

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

X

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

KS

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**

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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

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)        &        are the basic seasoning ingredients for all savory recipes.

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