

***Tzeitel Brinkley***  
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**Objective: Seeking a position using my extensive knowledge, passion, and appreciation for Culinary Arts.**

**Experience:**

***2016-Present      LATTC      Culinary Arts/Baking Program***

I am attending Los Angeles Trade Technical College (LATTC) as a Baking and Culinary Arts student. I currently hold a 4.0 GPA. Received "Dean's Honor Roll" Fall 2016 and Spring 2017. President's Award Fall 2017.

***2017-Present      Cook      Party Staffers***

Established in 1989, The Party Staff is an on-call special event staffing, providing cooks to catering companies, corporate venues, residential parties, and local contracts. I work under the guidance of the Executive and Sous Chefs to support their needs at culinary events.

***2016-Present      Cook      Chateau Staffing***

Chateau Staffing is an on-call Hospitality Staffing Agency. My duties included prepping, preparing, and cooking cuisines under the direction of the Sous Chef, and Executive Chef at various venues in the Los Angeles area.

***2014-Present      Cook      Irma Lee's Catering***

Responsible for prepping, preparing, and cooking traditional Southern and Louisiana cuisines alongside, Owner/Chef John Jackson for catered events.

***2000-2015      Operations Manager      GR Financial Services***

Responsible for operational support in planning and coordination of Senior Financial Services

Managing all ISC staff including hiring, reviewing of their performance and taking appropriate action when ISC performance needs to be addressed.

Acting as administrator in the absence of the owner.

Assisting with training issues in cooperation with the regional operations support.

Making decisions of clients by evaluation of available payment source.



Effectively managing workers compensation and unemployment claims for the district to control costs.

Managing and overseeing payroll processing and accounts receivable/ payable.

Supervising operations coordinators.

Dietary coordination.

Monitoring timecard flow sheets for evidence of fraudulent submission.

Meal preparation demonstrations for all caregivers.

Managing all account receivable functions by responding to critical account inquiries

Providing statistical trending and reporting on district sales and expense activity.

Reviewing accounts payable distribution for consistency.

Maintains continuity of caregivers.

Receiving and recording all requests for service.

Assigning qualified personnel to meet clients needs.

Coordination of catered informational workshops.

**Education/Certifications:**

*El Camino College, Redondo Beach, CA*

*Los Angeles Trade Technical College (LATTC) Culinary Arts/Baking Program*

*ServSafe Certification 1/16-1/21*

*Nutrition Certification 6/16*

*Restaurant Management Certification 10/16*

*Graduated Culinary Arts/Baking Program Spring 2018*

**Hobbies: Cooking, Travel, Wine and Food Events, Camping, and Word Search**





## Grill Cooks Test

### Multiple Choice Test (1 point each)

- B&C 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  
*15 seconds w/ hot water (as hot as you can stand the temp)*
- C 2) The recommended temperature for your refrigerator is...  
a) 45°F  
b) 50°F  
c) 40°F  
d) 20°F  
↓
- d 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
- b 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
- C 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
- C 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
- d 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
- a 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
- a 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

e 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

C 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

d 12) A gallon is equal to \_\_\_\_\_ ounces

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

b 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

a 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

a 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

C 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

C 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

C 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



**Grill Cooks Test**

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

160°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)

A roux is a mixture of flour & fat (i.e., oil & butter), browned until the starchy taste is gone. Roux is used to thicken soups & sauces.

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

Melt a pound of butter, bring to a boil, remove all of the milk solids that collect on the surface of the butter. The butter can be cooked at a higher temp once the solids are removed.

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

1. Veloute
2. Hollandaise
3. Bechamel
4. Espagnole
5. Tomato

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

Prevents protein or any foods cooked on the grill from sticking

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

- egg yolks
- Cayenne
- Butter
- Salt

Some cooks/chef add a touch of white vinegar.

Gill Cook T-21

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) To cook through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat then cooked, light cooked, in liquid or to where
- d) To plunge food into boiling water briefly then into cold water to stop the cooking process

What temperature should chicken be cooked at?

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

What temperature should all ground meat be cooked at?

- a) 155°F
- b) 160°F
- c) 165°F
- d) 170°F

What temperature should fish be cooked at?

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

What is a roux and why is it used? (2 points)

A roux is a mixture of fat (oil & butter) browned until the starched taste is gone. Roux is used to thicken soups & sauces.

Which of the process of making clarified butter, and why is clarified butter used? (2 points)

Clarified butter is a pure form of butter. It is used to cook at a higher temperature than regular butter. It is used in many recipes where a high heat is required. The butter can be cooked at a high temperature and the solids are removed.

What does it mean to sauté and why is it an important technique? (2 points)

Sautéing is a cooking technique where food is cooked quickly in a small amount of oil or butter over medium heat. It is important because it allows for quick cooking and browning of food.

What are the ingredients in Hollandaise sauce? (2 points)

Butter, egg yolks, lemon juice, salt, and white pepper.

2/10/12  
Cafare  
- Butter  
- 2/10/12