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ances for

**Prep Cooks Test**

**Score / 20**

**Multiple Choice (1 point each)**

- D 1) A gallon is equal to \_\_\_\_\_ ounces
- a. 56
  - b. 145
  - c. 32
  - ☒ d. 128
- C 2) Mesclun are what type of vegetable?
- a. Roots
  - b. Beans
  - ☒ c. Salad Greens
  - d. Spices
- A+B 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
- 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  
(a) Food c  
b. Fa

- B 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
- B 11) What is the temperature range of the danger zone?
- a. 25-135
  - ☒ 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
- B 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) Salt & Pepper are the basic seasoning ingredients for all savory recipes.
- 20) mince : to cut into very small pieces when uniformity of size and shape is not important.

**Grill Cooks Test**

**Score / 40**

**Multiple Choice Test (1 point each)**

- B 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
- 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
- D 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
- D 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
- C 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
- D 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
- B 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

Emmett V. Codd

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#### Skills/Capabilities

Customer service, computer/data entry, accurate ordering, retail sales/merchandising, inventory control, maintaining profit margins, successful time management, following precise procedures, problem solving, skill/team building, natural farming, classic & modern cooking, menu planning & development, & catering.

#### Experience Highlights

-Opening team member for Whole Foods Market Westlake. Prepared Foods Buyer/Specialist in charge of managing 150k in monthly food purchases, replenishing/merchandising, ordering/processing invoices, communicating with accounts receivable/payable for maintaining accurate monthly inventory data to achieve quarterly budget/margin/sales targets.

-Sustainability Coordinator of WWU Dining services. Developed/implemented sustainable/local food sourcing practices for campus food services. Market research and start up of natural market outlet.

-Surf Instructor for Surf Camp Wrightsville Beach, NC. Private/group/overnight camp surfing & stand up paddle lessons for clients of ages. CPR First Responder Certification and ocean rescue training.

-Banquet cook at the Umstead Hotel & Spa. Forbes Five Star/AAA Five Diamond high volume banquet production/execution of weddings, corporate/private events, buffets, and multi course plated service for up to 300 people.

#### EDUCATION

1/10-6/11 Western Washington University, Bellingham WA

Fairhaven College of Interdisciplinary Studies Bachelors of Arts

-Studies focused on creative writing, nutrition, wild foods, accounting, journalism, & study abroad program on Sustainable Agriculture in Switzerland & Ecogastronomy in Italy.

-Creepy Crawly Cuisine by Emmett Codd, The Planet, Spring 2011: The Animal Planet Issue. Published on Apr 5, 2014. [https://issuu.com/wwu\\_planet/docs/2011\\_spring](https://issuu.com/wwu_planet/docs/2011_spring)

9/03-6/06 NORTH SEATTLE COMMUNITY COLLEGE, Seattle WA

Associates of Applied Science in Culinary Arts

-ServSafe Certified 2005-2010

-ACF Certified Culinarian 2006-2011

9/01-6/05 SHOREWOOD HIGH SCHOOL, Shoreline WA

-Presidential Award for Educational Excellence

## PROFESSIONAL EXPERIENCE

Assistant Manager, Wow Wow Aloha Lemonade, Kihei, HI 1/18-6/18  
Logistics Agent, First Contact Resolutions, Veneta, OR 5/17-12/17  
Line cook, Humble Market Kitchen Roy Yamaguchi, Wailea, HI, 1/17-3/17  
Line cook, The Mill House, Maui Tropical Plantation, Wailuku, HI, 10/16-1/17  
Line cook, Morimoto Maui, Wailea, HI, 6/16-10/17  
Lead line cook, Heartwood Provisions, Seattle WA, 1/16-6/16  
Sous chef, Ocho Tapas Bar, Seattle WA, 8/15-1/16  
Sous chef, Off The Rez Food Truck, Seattle WA, 5/15-8/15  
Catering lead, Bill and Melinda Gates Foundation, Seattle, WA, 11/14-5/15  
Surf instructor, Surf Camp, Wrightsville Beach, NC, 6/14-10/14  
Banquet cook, The Umstead Hotel & Spa, Cary NC, 4/13-6/14  
Catering server, Ravishing Radish Catering, Seattle WA, 9/11-10/12  
Catering cook, Microsoft Catering, Redmond, WA, 9/11-10/12  
Sous chef, Alloro Wine Bar and Restaurant, Bandon, OR, 6/11- 9/11  
Sustainability coordinator, WWU Dining Services, Bellingham WA, 5/10-6/11  
Dietary aid, Alderwoodpark Convalescent Center, Bellingham WA, 7/09-1/10  
Deli cook, Community Food Co-op, Bellingham WA, 11/08-1/10  
Food buyer/specialist, Whole Foods Market Westlake, Seattle WA, 9/06-6/08  
Tapis rouge representative, Cirque Du Soleil, Redmond, WA, 4/06-7/06  
Broiler cook, Cherry St Market Seattle University, Seattle WA, 8/05-3/06  
Catering server, Barker & Sons Catering, Seattle, WA, 6/05-8/06  
Dishwasher, Yamashiro Sushi Bistro, Seattle, WA, 10/04-7/06  
Farm laborer, Langley Fine Gardens, Vashon WA, 6/05-8/06  
Camp support, National Youth Sports Program, Seattle, WA, 6/02-7/04  
Farm laborer, Bandon Mariculture Oyster Farm, Bandon, OR, 6/96- 8/01

## VOLUNTEERING

Ellie White Foundation Benefit Dinner at Manna with Chef Scott Crawford 2014  
Expressions Benefit Dinner with Chef Curtis Duffy of Grace 2013  
Kitchen Challenge Meal Prep Coordinator, YouthCare's Orion Center, 9/11-10/12  
Nooksack Salmon Enhancement Association River Steward 2009

## REFERENCES

Jonathan Blackley, Chef, Prestonwood Country Club, Cary NC  
828-242-8797 chefjonblack@hotmail.com  
Scott Crawford, Chef/Owner, Crawford & Son, Raleigh NC  
919-818-4974 Scrawford1340@gmail.com  
Dallas Little, Whole Foods Market, Kailua HI  
206-225-8614 dallas.little@wholefoods.com  
Donovan MacInnis, S. Maui Fish Co., Kihei, HI  
206-909-8832