

# Justice Oliver

## **Contact Information**

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## **Position Sought**

I am a Culinary Arts student looking for a prep station position so I can better develop my skills as a chef and learn how to work in a professional kitchen.

## **Skills**

I am an exemplary Culinary student looking to work in my field and hone my skills as a Chef in a professional kitchen. My leadership quality/skills have made me a standout in class and our Chef will use me for demonstrations. Other students seek me out for help with recipes and I am willing to help with any and all culinary needs. My willingness to try any and all tasks makes me a strong candidate for any position in the kitchen and I am not afraid of a challenge.

## **Certifications**

Servsafe Food Protection Managers Certification (10/18/2017-10/18/2022)

## **Education**

LATTC Culinary Arts  
400 W Washington Blvd.  
Los Angeles, CA 90015

## Work Experience

Gourmandise School  
395 Santa Monica Place  
Santa Monica, CA 90401  
(310) 656-8800  
6/11/2018- Current

Work Duties: As a kitchen assistant, I set up mise en place for students and instructor, set up room for classes, assist in cooking demos, cleaning and sanitation duties, dishwashing, and restocking.

## References

Aime Papastefanou: (818) 726-4086  
Relationship: Classmate

Ruby Corona: (323) 273-8826  
Relationship: Classmate

Luis Robles: (323) 551-8889  
Relationship: Instructor

**Grill Cooks Test**

**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 restroom
- 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

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**

**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

$$\begin{array}{r}
 8 \text{ pints} \\
 16 \times 4 \\
 \hline
 64
 \end{array}$$

**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

B 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

C 20) What temperature should chicken be cooked to?

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

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

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

B 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)

EQUAL PARTS FAT + FLOUR, USED AS THICKENER

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

HEATING BUTTER TO SEPARATE WHEY + WATER, RATHER  
CLARIFIED BUTTER HAS HIGHER BURN SMOKING POINT

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

1. ~~BECHAMEL~~ HOLLANDAISE
2. ~~VELVETTE~~ BECHAMEL
3. TOMATO
4. VELOUTE
5. ESPAGNOLE

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

I'VE ONLY SEASONED A FLAT TOP W/ 966 SHELLS TO  
PREVENT STICKING, I IMAGINE W/ A GRILL ITS THE SAME

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

EGG YOLK, CLARIFIED BUTTER, ~~LEMON JUICE~~,  
WATER, SALT  
CITRUS