

# DAWN SOLVES

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**OBJECTIVE:** To secure an entry level culinary cook position where education and knowledge can be applied and that will provide growth opportunities.

## EDUCATION

**Le Cordon Bleu College of Culinary Arts, Pasadena, CA**

**Sept. 2015 to Present**

*Associates of Occupational Studies Degree in Le Cordon Bleu Culinary Arts*

### Curriculum Overview:

- Culinary Arts Foundations I, II, & III
- Baking & Pastries I
- Catering and Buffets
- Cuisines Across Cultures
- Sanitation
- Food History
- Applied Math & Cost Control

## EXPERIENCE

**Le Cordon Bleu Chop Championship, Pasadena, CA**

**March 2015**

*Prep Cook*

- Prepped vegetables and assisted with production of chilaquiles during competition.
- Cleaned, sanitized work station, and organized kitchen.

**Culinary Staffing, Los Angeles, CA**

**November 2017 to Present**

*Prep Cook – Line Cook*

- Familiar with grilling, frying, pantry, prep and dishwashing.
- Worked major events, such as The 90<sup>th</sup> Academy Award Ceremony.
- Worked the 2018 Film Independent Spirit Awards.
- Also worked at various private residencies in Beverly Hills, Bel Air and Brentwood.

## SKILLS/CERTIFICATIONS

- Basic Knife Skills
- Knowledge of Mother Sauces
- Sanitation
- Customer Services
- President's List, Feb. 2015
- President's List, Mar. 2015
- Certified Professional Food Manager, valid until Oct. 2020
- Completed Externship at Techniques Café June 2017
- Graduate of Le Cordon Bleu June 2017
- Achieved Associates of Occupational Studies at Le Cordon Bleu June 2017

**Grill Cooks Test**

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

- d 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
- c 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
- a 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
- 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

-11/40  
+29/40

**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

c 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**

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

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

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

a 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 mixture of 2 parts fat and part Flour. Roux is usually used to thicken liquid for Soups, Stews, Gumbo

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

~~Melting a solid fat~~

Melt butter in sauce pan on low flame to encourage slow melting so butter does not burn when process of over butter should have a nice smooth golden consistency. Clarified butter can be used for a Roux

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

1. Bechamel
2. Espagnol
3. Hollandaise
4. Veloute (?)
5. Tomato

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

27) What are the ingredients in Hollandaise sauce? (5 points) Must use the process of Emulsification.

Clarified Butter (warm)

Lemon Juice

Egg Yolk

Cayenne Pepper

Salt