

2052 Raymond Ave
Signal Hill calif 90755
562-253-4385
Ronald Campbell

Email Campbellronnie14@gmail.com

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Objective. To join a stable company that offers opportunities and growth where my energetic and creative can be applied to our mutual satisfaction. offering over 35 years in culinary art experience.

Summary of

Asst manger/working chef/banquet chef experience.

Driver/maintentanance/customer.

Qualifications

[Job Title]

- First class event service. 1165 E San Antonio Dr. long beach.
- Fantasy castle. 28th street Signal Hill 90755
- Aramark food service. 1125 mission road San marco calif
- Olympic Resort-hotel Carlsbad calif.
- J.C.Resorts/Golf Club Oceanside calif
- Knotts berry farm. Buena Park calif.

Education

San Marcos high school HS diploma 6-6-1977
Cal state san marcos. San marcos calif/food science
R.O.P. Restaurast occ. Oceanside calif /base food service
School of culinary art of corporation development/degree in food science
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2022 Raymond Ave
Signal Hill CA 90755
213-257-1385
Randy Campbell

Randy.Campbell@outlook.com

Randy.Campbell@outlook.com

Objective: To join a stable company that offers opportunities and growth where my
experience and energy can be applied to our mutual interests. I am offering over 25 years
in culinary art experience.

- Summary of
Professional Experience:
- Qualifications [Job Title]
- First class event service, 1155 E San Antonio Dr. Long Beach
 - Factory Outlet, 28th Street, Signal Hill, CA 90744
 - Aventura Food Service, 1125 Mission Road, San Marcos, CA 92069
 - Olympic Resort-Hotel, Catalina, CA 95009
 - J.C. Rasmussen Golf Club, Oceanide, CA 90466
 - Knott's Berry Farm, Buena Park, CA 92622

Education

San Marcos High School HS diploma 5-5-1977
Cal State San Marcos, San Marcos, California
R.O.P. Restaurant and Oceanide, Catalina, CA 95009
School of Culinary Art, of incorporation level, management in food service

Professional

Ive worked for five Fortune 500 corporation in my career

Experience

[Job Title] worked for the bottom to the top of the food chain.

Professional

Industry chef, cooking variety of foods especially designated of cafeterias and speciazed hotels cooked hot food for 2400 students daily. Under strict time constraints.prepare and implemented banquet for 200-2000 guests.planned. Preared and cooked all meals for fortunes 500 corporation.met all quality standards.utilizing food thermometer to assure best quality service.

Languages

I only speak English

References

carlo Hernandez 562-577-6347

Thank you for reading my resume!

R.F.Campbell

Professional
Experience
Professional
Languages

I've worked for five Fortune 500 corporations in my career.
I Job Title I worked for the bottom to the top of the food chain.
Industry chef, cooking variety of foods especially designated of children.
and specified hotels cooked for 2400 students daily. Under strict time
constraints prepare and implemented banquet for 200-5000 guests. Planned and cooked
all meals for Fortune 500 corporations, met all quality standards, utilizing food thermometer
to ensure best quality service.
I only speak English

Carlo Hernandez 852-577-6547

References

R.F. Campbell
Thank you for reading my resume!

Ronald F Campbell

2052 Raymond Ave

Signal hill Calif 90755

Phone number.562-253-4385

Email.campbellronnie14@gmail.com

To whom it may concern;

I am interested in being considered for the chef/cook position I saw advertised on the Internet

I have been in the restaurant business as a line cook/grill cook/chef.for last 35 years and enjoyed it.some of my skills include checking the quality of raw and cooked food products to ensure that standards are met.I also have experience in monitoring sanitation practices to ensure that employees follow standards and regulations.I've developed strong skills in checking the quantity of received products, order or requisition food and other supplies needed to ensure efficient operation time management,negotiation,service orientation,instructing,and equipment maintenance.I believe my experience and qualification will allow me to be a successful candidate as a grill cook/line cook/working chef. thank you for taking the time to consider me as a candidate for this position, looking forward to hearing from you.

sincerely

Ronald F Campbell

Ronald F Campbell

3032 Raymond Ave

Signal Hill Calif 90752

Phone number 562-523-4382

Email: campbellronnie14@gmail.com

To whom it may concern;

I am interested in being considered for the chef/cook position I saw advertised on the Internet. I have been in the restaurant business as a line cook/grill cook/chef for last 35 years and enjoyed it. Some of my skills include checking the quality of raw and cooked food products to ensure that standards are met, also have experience in monitoring sanitation practices to ensure that employees follow standards and regulations. I've developed strong skills in checking the quality of received products, order or reputation food and other supplies needed to ensure efficient operation time management, negotiation, service orientation, instructing and equipment maintenance. I believe my experience and qualification will allow me to be a successful candidate as a grill cook/line cook/working chef. Thank you for taking the time to consider me as a candidate for this position, looking forward to hearing from you.

Sincerely,

Ronald F Campbell

Multiple Choice (1 point each)

- 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - ☒ d. 128
- 2) Mesclun are what type of vegetable?
- a. Roots
 - ☒ b. Beans
 - c. Salad Greens
 - d. Spices
- 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
- 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
- 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
- 6) Which of the following ingredients would you pack before measuring?
- ☒ a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- 7) What is Al Dente?
- ☒ a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - ☒ c. 4 hours
 - d. 5 hours

Prep Cooks Test

- 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
- 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - c. Flour
 - d. Water
- 11) What is the temperature range of the danger zone?
- a. 25-135
 - b. 40-140
 - c. 50-160
 - d. 30-130
- 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
- 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
- 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - c. Liquid
 - d. Oil
- 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- 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

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

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

Prep Cooks Test

- 17) What is a chicken cut?
1. cut cut into long thin strips
 2. cut cut into long thin strips then turned and cut into a 1/8" slice
 3. cut cut into finely chopped and uniform pieces
 4. cutting and peeling into oblong seven sided football like shape
- 18) To cook a food in a pan without browning over low heat until the fat softens and releases moisture.

1. simmer
2. boil
3. roast
4. grill

19) The basic seasoning ingredients for all savory recipes.

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

Grill Cooks Test

Multiple Choice Test (1 point each)

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

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- ☒ c) 40°F
- d) 20°F

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

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

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

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

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

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

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

1/1/14 234

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Bill Cook Test

Bill Cook Test 1 page of 1

1) How much time should you take to scrub your hands with soap?

- a) 1 min
- b) 20 seconds
- c) 30 sec, not matter, water temperature how
- d) 1 minute

2) The recommended temperature for your refrigerator is:

- a) 45°F
- b) 50°F
- c) 40°F
- d) 35°F

3) Food handlers must always wear their hair:

- a) hidden - styling work
- b) floating between hands and ready to eat food
- c) down and to the rear
- d) All of the above

4) The most important reason for having food handlers wear hair restraints is to:

- a) prevent food handlers from touching the food
- b) prevent food handlers from contaminating the food by touching the hair
- c) keep the food handlers' hair in place
- d) keep the hair away from the food

5) Which of these would not be considered a correct portioning method?

- a) Scooped food from a bowl or tray & placed on the plate
- b) It is best to use a scoop or a shallow pan
- c) Use a spoon to scoop food from a bowl or tray & place it on the plate
- d) Use a spoon to scoop food from a bowl or tray & place it on the plate

6) A food handler in the commercial kitchen is asked to "portion" a dish. What should the handler do?

- a) 1/2 and 1/2
- b) 1/3 and 2/3
- c) 1/4 and 3/4
- d) 1/5 and 4/5

7) When cutting meat, which should be done first? The cutting board is used for slicing meats for sale?

- a) Slice the meat first, then the cutting board
- b) Slice the meat first, then the cutting board
- c) Slice the meat first, then the cutting board
- d) Slice the meat first, then the cutting board

8) Which of the following is NOT an example of a food safety hazard? (Select all that apply)

- a) A food handler who is not wearing a hair restraint
- b) A food handler who is not wearing a hair restraint
- c) A food handler who is not wearing a hair restraint
- d) A food handler who is not wearing a hair restraint

9) Which of the following is NOT a food safety hazard? (Select all that apply)

- a) A food handler who is not wearing a hair restraint
- b) A food handler who is not wearing a hair restraint
- c) A food handler who is not wearing a hair restraint
- d) A food handler who is not wearing a hair restraint

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

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

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

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)

FOR GRUY, THICKENING OF SOUP & SAUCE, S

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

SAUCE, ✓

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

1. GRUY
2. SOUP
3. ✓
4. ✓
5. ✓

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

TO BRING UP TO TEMPERATURE

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

EGG, MILK, HOT SAUCE
OR
CREAM.

