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Jaime Abram Madrigal

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Educational Background

HVAC Certificate - SDCE, August 2017

- Follows kitchen safety standards
- Keeps cleanliness in work area
- Consistently follows direction
- Respectful and positive attitude
- Works well under pressure
- Leadership and collaboration in team environment
- Ability to problem solve
- Flexible and adaptable to any work environment

Professional Experience

MC Mechanicals – Assistant tech - Inland Empire - 2018

- Install, clean, and maintain HVACR systems.
- Install electrical components and wiring.
- Inspect and test HVACR systems and components.
- Discuss system malfunctions with customers.
- Keep records of work performed.

Catering Events – Independent Contractor – 2016-2018

- Plan and coordinate all aspects of catering, including meeting with clients, service activities, sanitation, and fiscal.
- Ensure high quality service standards and presentations are met.
- Use information on function sheets to coordinate food and beverage services for scheduled events.
- Maintain high sanitation and safety standards in all catering storage rooms and other catering areas.
- Acquire and maintain knowledge of current food and catering trends.

Ralph Lauren – San Diego – 2012- 2015

Mercansider

- Accurate & timely data entry & system updates for all merchandising item definition, line sheets, change forms & master files, to ensure all cross-functional team members are in alignment.
- Partner with off price team to identify growth opportunities and manage process throughout.
- Communicate & distribute all critical merchandising information to key functional areas on a timely basis.
- Partner with Production to ensure accurate on-order, delivery flow, change control & calendar adherence.
- Maintain and follow through on daily interaction with design and production regarding line status and changes.

Donovan's Steakhouse – San Diego, CA – 2011

Prepcok

- Performs daily routine cleaning tasks throughout the back of the house as directed by supervisor.
- Follows opening and closing duties and responsibilities as directed by supervisor.
- Checks the walk in, storage area, and refrigerators for proper storage and temperatures for food maintenance.
- Maintains the cleanliness and sanitation of the kitchen area.
- Identifies and communicates to Head Kitchen Chef any food items that may have expired and/or have not been prepared correctly so that the items may be disposed of and recorded correctly.

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

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 blanche 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

b 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

a 8) Food should be left out no more than
a 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

C 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

4 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

d 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

b 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

C 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

c

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) minee: 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)

a 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

d 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

c 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

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