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A French trained Executive Chef with more than 25 years of experience

- ◆ Excellent managerial skills
- ◆ Excel at controlling food costs at or below budget
- ◆ Menu and banquet planning skills
- ◆ Handle high pressure situations
- ◆ Quality and price control of food delivery

Work Experience:

Belmont Village Senior Living, Westwood Executive Chef Manager October 2011 – May 2016

Responsible for total food service program to provide nutritional meals within budget. Supervised and trained kitchen staff of 30. Maintained inventory and ordered food and supplies. Attended weekly management meetings and raised level of food and service at the facility by 20% according to resident survey. Planned weekly chef's special to utilize foods in the refrigerator and freezer to prevent waste and spoilage. Followed all policies and procedures, and regulatory requirements. Actively communicated health and safety information to employees

Regency Club, Westwood Executive Chef September 2008 – May 2011

During my time at the Regency Club, I managed a staff of 14 – 20 people, I improved the kitchen efficiency and managed the food costs below budget on a regular basis. Menu planning and ordering of food. Quality control. Improving banquet quality and presentation, always looking for new products. We catered to a high end clientele, including Presidents and other dignitaries.

Regency Club, Westwood Executive Sous-Chef April 1989 – September 2008

Hired as executive Sous Chef, help to create new recipe, find and ordering special item from all around the globe, help to find way to reduce food and labor cost .

Sofitel Hotel, Beverly Hills September 1988 – April 1989

Worked with the general manager and the food and beverage manager to prepare the restaurant for its opening in December 1988.

Began my culinary training at the Francois Rabelais French Culinary Lycee in Lyon, France. After a 2 year apprenticeship I worked in many fine restaurants in Lyon, Saint Tropez, Corsica as well as many ski areas in France.

Multiple Choice Test (1 point each)

Grill Cooks Test

40
- 9
—
31

11%

- 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

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

29) 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

40

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)

Batter / flour

~~To make Bechamel - gravy~~

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

Separate water from butter
impurities Hollandaise

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

1. brown
2. Stock
- 3.
- 4.
5. Bechamel

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

clean the grille and slightly oil
food doesn't stick D 12

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

Eggs - clarified Butter
lemon juice
salt pepper

