

10/22/2018

Acrobat Outsourcing Mail - (no subject)

**Acrobat**  
outsourcing  
Your Hospitality Staffing Professionals

Eduardo Bustamante <eduardo@acrobatoutsourcing.com>

*Tues - 10am*  
*Send link*

(no subject)

1 message

jeremy hernandez <jeremy\_m\_hernandez@yahoo.com>  
Reply-To: jeremy hernandez <jeremy\_m\_hernandez@yahoo.com>  
To: Virginiaf@acrobatoutsourcing.com

Mon, Oct 22, 2018 at 10:46 AM

Jeremy Michael Hernandez

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1560 terrace pine ln #C san ysidro ca 92173619-751-6675

Marriot Residential  
INN 2011-2012

Cook  
Prep

Cater  
clean

Moon Doggies Bar and  
Grill 2012-2013

Open  
Prep

Line cook  
wash dishes

Buddies Burgers  
2013

Belmont Burgers  
2013

Wave House 2013-2014

Line cook  
cater

Prep  
clean

I could work the fryers  
the grill top

The flat top      I work good under pressure

I could read tickets  
under pressure at a fast past

Petco Park 2015

Cater  
Hodads

Events      clean

*123*

10/22/2018

Acrobat Outsourcing Mail - (no subject)

Organize prep

COASTTERRE:2018perp cook SAUTE worked the plancha clean  
food handlers card :expires on 7/21/21

My name is Jeremy Hernandez and I'm seeking, another  
opportunity in the food and hospitality industry. It has been a couple of  
years but I'm a fast learner ,hard worker , and I'm hungry for a  
better life and my work  
ethic is grate. Feel free to contact me to the number listed  
above call or text . THANK YOU FOR YOUR CONSIDERATION

I'm available to work seven days a week Any Hours

## Grill Cooks Test

14/19

- C 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
- A 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
- 4 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
- A 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

B 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 MIXER OF FAT AND FLOUR  
TO MAKE SAUCES

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

TO MAKE THE FOOD TASTE MORE TASTE  
AND TASTIER.

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

- 1.
- 2.
- 3.
- 4.
- 5.

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

WHAT IT MEANS TO SEASON A GRILL SO YOU COULD  
COOK BETTER AND IT WON'T STICK ANY FOOD

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

## Prep Cooks Test

### 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
- A 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 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
- C 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
- D 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



## Prep Cooks Test

- B 10) Which of the following can you use to put out a grease fire?
- ☒ a. Baking Soda
  - b. Baking Powder
  - c. Flour
  - d. Water
- A 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
- B 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
- C 14) When you poach something, you cook it with what?
- a. Noodles
  - b. Vegetables
  - c. Liquid
  - d. Oil
- A B 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
  - ☒ b. Ladle
  - c. Slotted Spoon
  - d. Portion Spoon
- B 16) Which of the following means to cook in a small amount of fat?
- a. Season
  - b. Sauté
  - c. Broil
  - d. Boil
  - e. Fry

- 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
- A 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)

## Prep Cooks Test

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- 19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.
- 20) \_\_\_\_\_: to cut into very small pieces when uniformity of size and shape is not important.