

Michael C. Pyrek

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EMPLOYMENT HISTORY	
Room 40 Cook I/Event Chef June 2018 - Present Los Angeles, CA	<ul style="list-style-type: none"> • Preparing and producing all menu items • Do monthly inventory and prepare food/dry good delivery orders • Understand how to read BEO's and daily prep lists • Help teach other people in the kitchen how to execute different menu items • Properly pack and unpack events • Work events
Red Herring Lead Line Cook June 2017 - June 2018 Los Angeles, CA 90042	<ul style="list-style-type: none"> • Maintain par levels for and work the grill and saute stations • Help maintain inventory and prepare orders • write thorough prep lists/protein counts • Keep my station and reach-ins organized and clean
Tom George Jr. Sous Chef/Line Cook Nov 2016 - June 2017 Los Angeles, CA	<ul style="list-style-type: none"> • Maintain par levels on whichever station I'm working • Calculate food costs for different dishes • Help keep inventory and prepare orders • Check in meat, fish, produce, and specialty orders • Organize the walk-ins and storage areas
Auntie Em's Catering Sous Chef/Event Chef June 2016 - Nov 2016 Los Angeles, CA 90041	<ul style="list-style-type: none"> • Review catering orders, check inventory for necessary ingredients and components while help updating an order list • Cook and build catering orders as needed by order • Pack all food items, serving plates, utensils and other essential equipment the van for catered events and pop-ups, work events on-site <p>Perform extra responsibilities as requested</p>
Bellevue Club Line Cook/Event Chef Nov 2014 - June 2015 Oakland, CA	<ul style="list-style-type: none"> • Cooking and plating dinners for a catering styled event, as well as for a traditional restaurant style dinner • Preparing different elements of the dinner prior to service • Helped keep inventory and prepare orders
JOSHUA'S Garde Manger July 2014 - Nov 2014 Wells, ME	<ul style="list-style-type: none"> • Prepared various different salad dressings, garnishes, sauces, stocks, vegetables, and sea foods for all of the stations • Worked the Garde Manger Station plating salads and desserts • Helped keep inventory and prepare orders • Helped maintain a clean work environment
Nona Ninni April 2014 - July 2014 Cook Assisi, Italy	<ul style="list-style-type: none"> • Prepared various different salads, garnishes, sauces, vegetables, desserts and Italian sandwiches • Helped keep inventory and prepare orders • Helped maintain a clean work environment
Important Skills	<ul style="list-style-type: none"> • Strong memory • Strong knife skills • Experience processing and cooking several types of proteins and vegetables • Friendly and approachable personality • Experience with different types of seafood • Good under pressure in fast paced environments
Newbury College (Graduated 2008) Brookline, MA Criminal Justice/Psychology GPA: 3.14	<p>College Affiliations</p> <p>Student Athletic Advisory Committee (Reviewed the school's athletic policies and strategies as well as coordinated fund-raising activities.)</p>

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
- 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
- C 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
- AB 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

-4
90%

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
- B 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
- A 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

A 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)

Sautéing and combining flour and butter until it begins to smell toasty. It is used as a thickener for sauces and stews.

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

This is the process of removing fat solids from the butter to make a cleaner, clearer butter that is less likely to burn.

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

1. Bechamel
2. tomato
3. Brown Espagnole
4. Hollandaise
5. Veloute

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

Wiping the grill grates with a little bit of oil. This seasons the metal and helps create a clean, clear, even sear.

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

White wine reduction, Egg yolks, & clarified butter, lemon juice, white pepper. Maybe water and herbs.

