

# SYLVESTER HORN

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## SUMMARY

Quality-focused and efficient Cook adept at preparing and plating food in high energy, fast-paced kitchens. Versed [Job Title] constructs various baked goods and awe-inspiring displays. Designs, bakes and embellishes dessert foods in a way that is pleasing to the eye.

## SKILLS

- ServSafe certified
- Focused and disciplined
- Well-tuned palette
- Safety standards training
- Courtesy
- Safe food handling
- Following regulations
- Effective multi-tasker
- Inventory control
- Employee mentoring

## EXPERIENCE

06/1998 to 11/2000

### Food Runner

the varsity — atlanta , georgia

- Pitched in to help by washing dishes, glasses and cutlery when the kitchen staff became overwhelmed.
- Cleaned tables and observed proper sanitizing techniques to prevent food borne illnesses.

02/2000 to 08/2006

### Line Cook

Kiddz restaurant — Eastpoint, Georgia

- Operated fryers and grills according to instructions, poured oil in them and placed items in them for frying and grilling purposes.
- Delivered soiled dishes and pots and pans to the washing areas and assisted in cleaning and drying them.

09/2008 to 03/2010

### Cook Line

wendy's — Eastpoint, georgia

- Cleaned, sanitized and organized food speed racks, bins, dry storage racks and chemical storage room.
- Supported other areas of the restaurant in set up, cleanup, prep work and equipment maintenance.
- Stocked newly delivered inventory in storage, kitchen and food prep stations.

03/2011 to 05/2012

### Fast Food Cook

Tom's Jr — Los Angeles, CA

- Made all meals in accordance with company standards and requirements.
- Offered support to other stations during high-volume shifts or as needed.
- Adhered to all regulatory standards regarding safe and sanitary food prep.

09/2012 to 07/2014

### Cook

Burger Palace — Los Angeles, CA

- Operated all bakery equipment, including ovens, proofers, fryers, sheeters, rounders, scales and mixers.
- Operated all kitchen equipment in accordance with established guidelines.
- Strove for continual improvement and worked cooperatively as a team member.

05/2015 to 10/2018

### Professional Mover

Hilford Moving & Storage, Inc. — Ventura, CA

- Provided knowledgeable, speedy service and responded promptly to customer concerns.
- Moved customer boxes to and from trucks using appropriate equipment and braces.
- Walked through customer sites with checklists to ensure job completion.
- Kept up with changing operational and customer demands by continuously improving procedures.

## EDUCATION AND TRAINING

2001

### High School Diploma

Tri-cities high school — Eastpoint, Georgia

## CERTIFICATIONS

- SafeServ certification: Food Handling
- SafeServ Certified: Food Handler

## REFERENCE

available upon request



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

A 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

C 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

C 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

C 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

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)



## Prep Cooks Test

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

chop



## Dishwasher Test

- C 1) After washing your hands, which item should be used to dry them?
- a) Clean apron
  - b) Sanitized wiping cloth
  - c) Single use paper towel
  - d) Common used cloth
- C 2) While washing dishes by hand, which item should you wear?
- a) Cutting glove
  - b) Oven Mitt
  - c) Rubber glove
  - d) Nothing
- D 3) When should you wash your hands?
- a) Before you start work
  - b) After handling non-food items (garbage, money, cleaning chemicals)
  - c) After using the restroom
  - d) All of the above
- A 4) If you need to move a heavy load, you should PULL and not PUSH the object.
- a) True
  - b) False
- E 5) Which of the following could you be at risk for getting burned from?
- a) Steam from boiling pots
  - b) Hot liquids (coffee, soup, tea)
  - c) Hot equipment (ovens, pots, chaffing dishes)
  - d) Harsh chemicals
  - e) All of the above
- A 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.
- a) True
  - b) False
- C 7) What should you do if you spill liquids or see a liquid spill?
- a) Leave it for someone else to clean-up
  - b) Wait until the end of your shift to clean it
  - c) Flag the spill and clean it immediately
  - d) Not sure
- C 8) When handling hot items you should?
- a) Wear rubber gloves
  - b) No need to wear anything
  - c) Use an oven mitt or dry cloth towel
  - d) Nothing
- C 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?
- a) Rinsing
  - b) Scraping
  - c) Washing
  - d) Sanitizing
- B 10) What is the proper method for cleaning and sanitizing stationary equipment?
- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
  - b) Spray with a sanitizing solution, then rinse with clean water and dry
  - c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
  - d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution

