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Isa Olloni

Objective

- It is my goal to continue working in the culinary field as a chef. I wish to continually build on my culinary abilities and further explore new dishes and cuisines bridging learned techniques with new ideas to provide clients with superb quality and taste.
- More than apt to handle a variety of challenges from single-dish meal preparation found in restaurant cooking, to high volume quantity/quality control needed for banquet events and catering, as well as management and business administration needs.

Experience

2002-Current Food Management Assoc. Inc. San Diego, CA

Executive Chef and Regional Manager

- Responsibilities include preparing three meals a day for over 150 residents and staff at Polinsky Children's Center according to nationwide NSLP dietary requirements and HACCP standards.
- Create schedules, menu's, weekly cost accounting spreadsheets, responsible for payroll, all food ordering, purchasing and receiving, and managing kitchen staff at my location as well as training at other locations nationwide.
- Cater special banquets and events for the center.

Jan 2002-March 2002 Utah Food Service Salt Lake City, UT

Media Chef

- Served as main chef for NBC media covering the USA Winter Olympics in Salt Lake City, and lead and organized a crew of forty, preparing 5,000 meals daily.
- Prepared a meal for President George W. Bush during opening ceremonies.

1999-2001 Michelson Food Service Los Angeles, CA

Chef

- Chef on location for motion pictures and television shows, not only responsible for meal preparation but managing kitchen crew.
- Offered a wide array of cuisines for actors and crew.
- Worked on such films as "Hannibal", "General's Daughter", "Bedazzled", "Thirteen Days", "Little Nicky" and others.

1997-1999 Portobello Italian Trattoria Dana Point, CA

Chef

- Head chef for fine dining Italian restaurant.
- Not only prepared meals for costumers in a high paced restaurant atmosphere, but was also responsible with staff supervision, training and hiring.
- Created and implemented fine Italian and Seafood menu dishes.

Education

1981-1983 Zagreb University Zagreb, Croatia

- Studied culinary arts at the School of Culinary Arts at Zagreb University.

References Available Upon Request

Multiple Choice (1 point each)

- 1) A gallon is equal to 128 ounces (Gallon = 16 cups - 1 cup = 8 oz)
- a. 56
 - b. 145
 - c. 32
 - d. 128 fluid ounces
- 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- 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
- 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
- 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
- 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- 7) What is Al Dente?
- a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours

Prep Cooks Test

- 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
- 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - ☒ c. Flour
 - d. Water
- 11) What is the temperature range of the danger zone?
- ☒ a. 25-135
 - b. 40-140
 - c. 50-160
 - d. 30-130
- 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
- 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
- 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - ☒ c. Liquid
 - d. Oil
- 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - ☒ b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- 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

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

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) Chopped: to cut into very small pieces when uniformity of size and shape is not important.

Grill Cooks Test

Score / 50

Multiple Choice Test (1 point each)

- 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~~ 41°F and below
 - 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

Grill Cooks Test

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 128 ounces

- a) 56
- b) 145
- c) 32
- d) ☒ 128

1 Gallon = 16 cups - 1 cup = 8 oz

fluid ounces

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 165°F or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

165°F and higher

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

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

20) What is a China Cap?

- a) The bowl Placed on top of a pot of boiling water to create a double boil
- b) ☒ A metal strainer with a perforated body, used for straining stocks and sauces

Grill Cooks Test

- c) A device that is used to cover a stock pot or pan in order to steam
d) The safest temperature to cook a product

21) What temperature should chicken be cooked to?

- a) 145°F
b) 155°F
c) 165°F
d) 175°F

22) What temperature should ALL ground meat be cooked to?

- a) 145°F
b) 155°F
c) 165°F
d) 175°F

23) What temperature should fish be cooked to?

- a) 145°F
b) 155°F
c) 165°F
d) 175°F

24) What is a roux and what is it used for? (2 points)

For Gravies and souces

25) What is the process of making clarified butter, and why is clarified butter used? (2 points)

Whilly For Hollandaise sauce

26) What are the 5 mother sauces? (10 points)

1. TOM. Sauce
2. Béchamel sauce
3. Hollandaise sauce
4. Berrys sauce
5. Brown sauce

27) What does it mean to season a grill and why is this process important? (2 points)

Very important, to see tasty food

28) Describe the most efficient way to dice an onion: (3 points)

easy to cook and sautee

Grill Cooks Test

29) What is a tomato concasse and what is the process? (3 points)

processed tomatoes is from
the can. as I understood the question ???

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

clarified butter, egg yolks, lemon
salt, black pepper

3/24/2009