

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
- c. 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - ☒ c. Brown Sugar
 - d. White Sugar
- ca 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

Prep Cooks Test

- 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
- 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
- b. 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
- d. 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
- 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

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SUMMARY OF QUALIFICATIONS

- More than three years of restaurant experience in the front of the house and the back of the house.
- Cooking experience with the fryer, sauté pan, and flattop stove.
- More than five years of experience in customer service through phone and in person.
- Trained in interpersonal and oral communication.
- More than seven years of performing arts experience with dance, theatre, and music.

PROFESSIONAL EXPERIENCE

Driver

GrubHub

03/2017 -Present
San Diego, CA

- Drive to designated restaurant and dining location for the customer
- Safely ensuring the delivery of the meal
- Verifying the order with the restaurant employee to assure that all the items of the order are made

Service Assistant/Host/Cook

Denny's Diner

03/2014 -08/2017
San Diego, CA

- (Service Assistant) Maintained back and front of the house restaurant cleanliness
- (Service Assistant) Efficiently bussing tables and washing the dishes
- (Service Assistant) Running out beverages to customers for the servers
- (Host) Greeting customers and assigning them to tables according to stations
- (Host) Answering incoming restaurant calls and cashing out customers
- (Cook) Making edible material from fryer, pan fry and flattop as quickly as possible
- (Cook) Reloading food on the line and keeping an orderly station and environment

Dishwasher/Prep Cook/Cook

Miss B's Coconut Club

06/2016 -03/2017
San Diego, CA

- (Dishwasher) Maintaining back of the house cleanliness
- (Dishwasher) Washing the dishes
- (Prep Cook) Doing preliminary duties to food before it can be served on the cooking line
- (Cook) Quickly producing cuisine from the fryer and flattop
- (Cook) Refilling the cook line with food and preserving a clean and regulated work station

Customer Service Representative

Provide Commerce

12/2013 -06/2015

- Answering inbound calls from customers
- Assisting with online orders
- Guaranteeing customer satisfaction with refunds and/or replacement for item(s) purchased
- Responding to various customer emails about their experience with their purchase

EDUCATION/TRAINING

San Diego City College

- Completed General Education Courses, Visual and Performing Arts Major

Helix High School, Diploma | 2012