

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 blanche 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

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

- 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

03/2017 -Present
San Diego, CA

Service Assistant/Host/Cook

Denny's Diner

- (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

03/2014 -08/2017
San Diego, CA

Dishwasher/Prep Cook/Cook

Miss B's Coconut Club

- (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

06/2016 -03/2017
San Diego, CA

Customer Service Representative

Provide Commerce

- 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

12/2013 -06/2015

EDUCATION/TRAINING

San Diego City College

- Completed General Education Courses, Visual and Performing Arts Major

Helix High School, Diploma | 2012