

Dianne M. Gallien

Seattle, WA ■ 206-498-1325 ■ diannegallien16@gmail.com

Objective

Energetic and professional food service worker with expertise in the restaurant industry seeking kitchen position. Talented and supportive individual strives to reach new levels of proficiency.

Professional Experience

**Bake, Dish, and Receiving, Woodland Park Zoo
Seattle, WA**

11/2016 — 01/2019

- Clean and wash dishes at the zoo's food court
- Bake all items needed for daily operation
- Organize and rotate stock in dry storage and walk-in

**Service Deli Counter Clerk, Kress Market
Seattle, WA**

06/2015 — 06/2016

- Greet customers, fill orders and slice and measure meats and cheeses
- Prepare specialty salads side dishes and other food products
- Operate machinery to clean and wash dishes and utensils
- Maintain cleanliness and organization of deli counter in accordance with food handling standards and store requirements

**Dishwasher/Prep, Two Bells Bar & Grill
Seattle, WA**

06/2013 — 09/2015

- Season and cook food according to recipes
- Operate manual or electric food prep appliances
- Weigh, measure, and mix ingredients

**Dishwasher/Prep, Hard Rock Cafe
Seattle, WA**

06/2010 — 02/2013

- Set up kitchen stations
- Prepared items for daily menu
- Stocked and rotated inventory

**Dishwasher/Prep, Alki Crab & Fish
Seattle, WA**

01/2006 — 03/2012

- Cleaned/sanitize dishes/tables
- Maintained a clean and orderly work area
- Ensured safe and sanitary food practices

References available upon request

Blanche M. Galbraith

Seattle, WA - 206-461-1722 - blanchegalbraith@gmail.com

Objective

Experienced professional food service worker with extensive experience in restaurant, catering, and banquet settings. Seeking a challenging position in a dynamic and growing organization where I can contribute to the success of the team.

Professional Experience

Blanche M. Galbraith, Food Service Worker, Park View

Seattle, WA

- Prepared and served food in a fast-paced environment.
- Maintained high standards of food quality and presentation.
- Assisted in inventory management and ordering.

11/2014 - 01/2015

Blanche M. Galbraith, Food Service Worker, Park View

Seattle, WA

- Prepared and served food in a fast-paced environment.
- Maintained high standards of food quality and presentation.
- Assisted in inventory management and ordering.
- Provided excellent customer service.

08/2013 - 06/2014

Blanche M. Galbraith, Food Service Worker, Park View

Seattle, WA

- Prepared and served food in a fast-paced environment.
- Maintained high standards of food quality and presentation.
- Assisted in inventory management and ordering.

02/2013 - 06/2013

Blanche M. Galbraith, Food Service Worker, Park View

Seattle, WA

- Prepared and served food in a fast-paced environment.
- Maintained high standards of food quality and presentation.
- Assisted in inventory management and ordering.

02/2012 - 02/2013

Blanche M. Galbraith, Food Service Worker, Park View

Seattle, WA

- Prepared and served food in a fast-paced environment.
- Maintained high standards of food quality and presentation.
- Assisted in inventory management and ordering.

02/2011 - 02/2012

Prep Cooks Test

Multiple Choice (1 point each)

- d 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- _____ 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- a 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
- b 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
- c 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?
- Baking Soda
 - Baking Powder
 - Flour
 - Water
- b 11) What is the temperature range of the danger zone?
- 25-135
 - 40-140
 - 50-160
 - 30-130
- d 12) Which of the following is listed from smallest to largest?
- Dice, chop, mince
 - Mince, chop, dice
 - Chop, dice, Mince
 - Mince, dice, chop
- c 13) Which direction should pan handles be turned while cooking on the stove?
- Over the fire at all times
 - Turned towards you for better control
 - Turned towards the right or left at all times
 - Over the countertop at all times
- e 14) When you poach something, you cook it with what?
- Noodles
 - Vegetables
 - Liquid
 - Oil
- c 15) Which spoon is used to remove fat from soups and stews?
- Basting Spoon
 - Ladle
 - Slotted Spoon
 - Portion Spoon
- b 16) Which of the following means to cook in a small amount of fat?
- Season
 - Sauté
 - Broil
 - Boil
 - Fry
- c 17) What is a Julien cut?
- Food cut into long thin strips, matchstick
 - Food cut into long thin strips then turned and cut into a 1/8' dice
 - Food diced into finely chopped and uniform pieces
 - Cutting and peeling into oblong seven sided football like shapes
- d 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.
- Sweat
 - Boil
 - Roast
 - Grill

Fill-in the Blank (1 point each)

Prep Cooks Test

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

Dishwasher Test

d 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

(-3)

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

b 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

d 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

c 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

