

**Brad Everett**  
**13810 Juanita/Woodinville Way North East**  
**Kirkland, WA 98034**  
**Phone: Cell 206- 909-7067**  
**Email: Fortnw@aol.com**

**Objective:** I am an experienced professional trained chef that has run his own kitchen 15 out of the last 20 Years. I would write new weekly menus based on a blend of soups, sandwiches, hot and cold components, entrees, full salad bars, ethnic and seasonal, favorite classics, and desserts choices. I enjoy the challenge making delicious food for those who have food allergies and diet restrictions. I am a custom to having a budget and meeting it within 3%. In the past I've taught other chefs to work with children, as well as hundreds of inner city fourth graders on how to cook for themselves using fresh ingredients.

**Current Employer:**

**Sifted – Meal as a Perk! Line Cook**  
**1740 1<sup>st</sup> Ave South Seattle, WA 98134**  
**Worked for Sifted under All Team Staffing August, 2018 – December 14<sup>th</sup>, 2018**  
**Hired By Sifted Directly December 17<sup>th</sup>, 2018**

**PAST EMPLOYMENT:**

**Alpha Phi Sorority – Executive Chef**  
**4710 19<sup>th</sup> Ave N.E., Seattle WA. 98105**  
**Responsible for Menu writing and implementation of it, and staying within budget.**  
**September 2017-July 2018**

**Jersey's Great Food & Spirits**  
**1306 North 175<sup>th</sup> street #101, Shoreline, WA 98183**  
**Day Chef: responsible for all aspects of food production from sauces to desserts.**  
**Cooking on the line to order. May 2015 to Present**

**Smokeable Arrangements & Smokeable Arrangements Clothing**  
**13810 Juanita Woodinville Way North East, Kirkland, WA 98034**  
**Owner/ Founder: Floral Design, Business Planning, Sales and Promotion**  
**February 2014-Present**

**Cask & Trotter**  
**711 Westlake Avenue North, Seattle, WA**  
**Helping with ordering & receiving. Setting & preparing for to-go orders.**  
**Preparing salad and starch stations for the day.**

**Roosevelt Ale House**  
**8824 Roosevelt Way NE, Seattle, WA 98115**  
**Executive Production Chef: Responsible for making all items on our food menu from scratch. Ranging from Dressings, Aioli's, Sauce's, Flank Steak, Ribs, etc.**  
**Up-keep of general kitchen maintenance. March 2014-June 2014**

Up-keep of general kitchen maintenance. March 2014-June 2014  
Executive Production Chef: Responsible for making all items on our food menu  
from scratch. Ranging from Dressings, Aioli's, Sauces, I rank Steak, Ribs, etc.  
8824 Roosevelt Way NE, Seattle, WA 98115  
Roosevelt Ale House

Preparing salad and starch stations for the day.  
Helping with ordering & receiving, setting & preparing for to-go orders.  
711 Westlake Avenue North, Seattle, WA  
Cash & Trotter

February 2014-Present  
Owner/Founder: Floral Design, Business Planning, Sales and Promotion  
13810 Juanita Woodinville Way North East, Kirkland, WA 98034  
Smokeable Arrangements & Smokeable Arrangements (Jotting

Cooking on the line to order. May 2015 to Present  
Day Chef: responsible for all aspects of food production from sauces to desserts.  
1306 North 175th Street #101, Shoreline, WA 98183  
Jersey's Great Food & Spirits

September 2017-July 2018  
Responsible for Menu writing and implementation of it, and staying within budget.  
4710 19th Ave NE, Seattle WA. 98105  
Alpha Phi Sorority - Executive Chef  
PAST EMPLOYMENT:

Hired By Sifted Directly December 17th, 2018  
Worked for Sifted under All Team Staffing August, 2018 - December 14th, 2018  
1740 1st Ave South Seattle, WA 98134  
Sifted - Meal as a Perk Line Cook  
Current Employer:

for themselves using fresh ingredients.  
work with children, as well as hundreds of inner city fourth graders on how to cook  
to having a budget and meeting it within 3%. In the past I've taught other chefs to  
delicious food for those who have food allergies and diet restrictions. I am a custom  
and seasonal, favorite classics, and desserts choices. I enjoy the challenge making  
blend of soups, sandwiches, hot and cold components, entrees, full salad bars, ethnic  
kitchen 15 out of the last 20 Years. I would write new weekly menus based on a  
Objective: I am an experienced professional trained chef that has run his own

Email: Fortnw@aol.com  
Phone: Cell 206-909-7067  
Kirkland, WA 98034  
13810 Juanita Woodinville Way North East  
Brad Everett

**AGD- Alpha Gamma Delta- Sorority**

**4510 21<sup>st</sup> Ave North East**

**Seattle, Washington 98115**

**Executive Chef:** Responsible for ordering, budgeting, receiving, writing & *preparing of all new weekly menus. Supervise four part-time employees during cleaning and food production. Also organize and prepare every Monday night formal served dinners for 100 people along with other special events, i.e., rush, community taco feeds, and BBQ feeds for 200-550 people. September 2006 – February 2014.*

**OKI - New Castle Golf Course**

**New Castle, Washington**

**Purchasing and Receiving/ Banquets Catering Large Scale Production**

**All ordering for Calcutta Restaurant & All Banquet Food purchasing and receiving food along with alcohol from liquor to kegs. Proper handling and storing of ingredients to meet or beat the sanitary condition for the health department inspection. Organizing and keeping track of all food products to run a large property such as New Castle Golf Course that has big events range from 2- 400 people for wedding to BBQ's. April 2004 - September 2006**

**Lowell-Hunt Catering, INC.**

**1111 Fairview North**

**Seattle, Washington**

**206-264-0400 — Contact Chef Morgan Medlock**

**Seasonal on-call large scale production assistant for events both plated & buffet EVENTS RANGING FROM 30- 550 PEOPLE. Incredible food prepared fresh that is well seasoned along with great presentations. Serving some of the world's most famous people! August 2004- January 2005**

**Alpha Delta Pi Sorority**

**1805 NE 47th Street**

**Seattle, Washington**

**Executive Chef:** Responsible for ordering, budgeting, receiving and Writing & *preparing of all new weekly menus. Supervising four part-time employees during cleaning and food production. Also organize and prepare every Monday Night formal served dinners for 100 people along with other special events, i.e., rush, community barbecues, and spaghetti feeds for 200-550 people. May 1997- June 2004.*



2004.  
 Executive Chef. Responsible for ordering, budgeting, receiving, writing & preparing of all new weekly menus. Supervising four part-time employees during cleaning and food production. Also organize and prepare every Monday Night formal served dinners for 100 people along with other special events, i.e., trash, community barbecues, and spaghetti feeds for 200-250 people. May 1997-June 2004.  
 Alpha Delta Pi Sorority  
 1805 NE 47th Street  
 Seattle, Washington

Seasoned on-call large scale production assistant for events both plated & buffet. EVENTS RANGING FROM 30- 550 PEOPLE. Incredible food prepared fresh that is well seasoned along with great presentations. Serving some of the world's most famous people! August 2004- January 2005  
 Lowell-Hunt Catering, INC.  
 1111 Fairview North  
 Seattle, Washington  
 206-264-0400 — Contact Chef Morgan Medlock

people for wedding to BBQ's. April 2004 - September 2006  
 property such as New Castle Golf Course that has big events range from 2-400 inspection. Organizing and keeping track of all food products to run a large ingredients to meet or beat the sanitary condition for the health department food along with alcohol from liquor to kegs. Proper handling and storing of All ordering for Calcutta Restaurant & All Banquet Food purchasing and receiving Purchasing and Receiving/ Banquets Catering Large Scale Production  
 New Castle, Washington  
 OKI - New Castle Golf Course

February 2014.  
 community taco feeds, and BBQ feeds for 200-250 people. September 2006 - formal served dinners for 100 people along with other special events, i.e., trash, cleaning and food production. Also organize and prepare every Monday Night preparing of all new weekly menus. Supervising four part-time employees during Executive Chef. Responsible for ordering, budgeting, receiving, writing & Seattle, Washington 98112  
 4510 21<sup>st</sup> Ave North East  
 AGD- Alpha Gamma Delta- Sorority

**Bates Technical College**

**2320 19th Street**

**Tacoma, Washington. Guest Chef/ Instructor Substitute teaching students culinary preparation and techniques. June-July 2002**

**Learn Associates, Inc.**

**1732 28th S.**

**Seattle, Washington**

**Sanitation Safety Support**

**Inspect and evaluate kitchen staff during all stages of production. Reinforce proper holding and cooling techniques with all staff at several different cafeterias**

**Contact: Lenore Emery June 2000 - September 2000**

**Europa West**

**148 Lake Street South, Kirkland, Washington**

**Product Specialist/Chef- Responsible for establishing pars, inventory lists, and organizing/restocking all kitchen Ingredients and equipment as well as tracking and filling food orders as needed for Kirkland and Bainbridge restaurants**

**locations: Contact: Jason Weisser (206-972-8060)**

**June 1999 - August 1999**

**North Seattle Community College**

**9600 College Way North, Seattle, Washington**

**Instructional Technician (Culinary Arts Program: 80 full-time students) Responsible for ordering food for cafeteria, dining room, lunch mart and culinary classes. Keep current on seasonal prices. Check in orders upon delivery. Organize all received products, including linen, produce, dry goods, refrigerator and freezer items. Supervise Cleaning and maintenance of sanitary storage areas and walk-ins. Meet with four chefs to plan orders for meat, seafood and produce that would fit their menu costs.**

**Contact: Darrell M. Mihara, Associate Dean (206-528-4402)**

**September 1995-December 1999**

**Landmark Convention Center/ Temple Theater, Tacoma, Washington Assist during Christmas Holiday Banquets worth 2.5 Million over 3-4 weeks time. All aspects of production. Large Banquets from 65-600 people.**

**Decembers 1995-2000**

**Grazie Ristorante**

**23207 Bothell/Everett Highway SE**

**Canyon Park, Washington**

**Pizza Chef, pantry cook, broiler person**

**Contact: Kevin Downey (425-402-9600)**

**December 1994- March 1995**

December 1994-March 1995  
Contact: Kevin Downey (425-403-9600)  
Pizza Chef, pantry cook, proofer person  
Canyon Park, Washington  
23207 Bothell/Everett Highway SE  
Grazie Ristorante

December 1992-2000  
production. Large Banquets from 65-400 people.  
Christmas Holiday Banquets worth 2.5 Million over 3-4 weeks time. All aspects of  
Landmark Convention Center/Temple Theater, Tacoma, Washington Assist during

September 1992-December 1999  
Contact: Bartell M. Mihard, Associate Dean (206-528-4102)  
that would fit their menu costs.  
and walk-ins. Meet with four chefs to plan orders for meat, seafood and produce  
and freezer items. Supervise Cleaning and maintenance of sanitary storage areas  
Organize all received products, including linen, produce, dry goods, refrigerator  
culinary classes. Keep current on seasonal prices. Check in orders upon delivery.  
students) Responsible for ordering food for cafeteria, dining room, lunch mart and  
Instructional Technician (Culinary Arts Program: 80 ft 1-time  
9600 College Way North, Seattle, Washington  
North Seattle Community College

June 1999 - August 1999  
location: Contact: Jason Weisser (206-972-8060)  
filling food orders as needed for Kirkland and Bainbridge restaurants  
organizing/restocking all kitchen ingredients and equipment as well as tracking and  
Product Specialist/Chef- Responsible for establishing prices, inventory lists, and  
148 Lake Street South, Kirkland, Washington  
Europa West

Contact: Lenore Emery June 2000 - September 2000  
holding and cooling techniques with all staff at several different cafeterias  
inspect and evaluate kitchen staff during all stages of production. Reinforce proper  
Sanitation Safety Support  
Seattle, Washington  
1732 28th St.  
Learm Associates, Inc.

preparation and techniques. June-July 2002  
Tacoma, Washington. Guest Chef/Instructor Substitute teaching students culinary  
2320 19th Street  
Bates Technical College

**Madison House Retirement Home**  
**620 Kirkland Way**  
**Kirkland, Washington**  
**Breakfast Chef**  
**Contact: Chef Scott Gmazel (425-827-3344)**  
**January 1995-July 1995**  
**Wyndham Garden Hotel**  
**Bothell, Washington**  
**June 1994-December 1994**

### **ADDITIONAL PROFESSIONAL ACTIVITIES**

**Attended workshops at American Culinary Federation National Conferences: Atlanta 1997; Anaheim 1998; Western Regional in Denver 1996; Portland 1997; Sacramento 1998; Las Vegas 1999; Hawaii 2000; Arizona 2001.**

### **PROFESSIONAL MEMBERSHIPS**

**Member of Washington State Chefs Association since 1994;**  
**Certified Culinarian, May 1998; American Culinary Federation (A.C.F.);**

**Member of Chefs Collaborative; Washington State Representative to National Child Hunger Day, Washington, D.C., 1996 and 1997**

### **COMMUNITY ACTIVITIES**

**Co-Writer with David Wasson of Curriculum for "That's Fresh: Kids Cooking Team," Chef and Child Foundation, Chef Instructor for "That's Fresh: Kids Cooking Team," Seattle, Washington, 1994-2004.**  
**Instructor each year at Bailey Gatzert Elementary School, 1301 East Yesler Street, Seattle, Washington.**

### **AWARDS RECEIVED**

**Invited to and attend Michelle Obama's launching of her program Chefs MOVE! To Schools on The White House Lawn June 6<sup>th</sup>, 2010**

**Chef of the Year Award - Washington State Chefs Association, 2002**

**"In Appreciation of your untiring commitment to the children"-American Culinary Federation Chefs Forum, 2000, Nashville, Tennessee – National Convention**

**"True Spirit Award" - American Culinary Federation/Chef and Child Foundation, 1999**



June 1994-December 1994  
 Bethesda, Washington  
 Wyndham Garden Hotel  
 January 1995-July 1995  
 Contact: Chef Scott Gansel (425-827-3344)  
 Breakfast Chef  
 Kirkland, Washington  
 620 Kirkland Way  
 Madison House Retirement Home

## ADDITIONAL PROFESSIONAL ACTIVITIES

Attended workshops at American Culinary Federation National  
 Conferences: Atlanta 1997; Anaheim 1998; Western Regional in Denver 1996;  
 Portland 1997; Sacramento 1998; Las Vegas 1999; Hawaii 2000; Arizona 2001.

## PROFESSIONAL MEMBERSHIPS

Member of Washington State Chefs Association since 1994;  
 Certified Culinarian, May 1998; American Culinary Federation (A.C.F.);  
 Member of Chefs Collaborative; Washington State Representative to National Child  
 Hunger Day, Washington, D.C., 1996 and 1997

## COMMUNITY ACTIVITIES

Co-Writer with David Wasson of Curriculum for "That's Fresh: Kids Cooking  
 Team," Chef and Child Foundation, Chef Instructor for "That's Fresh: Kids  
 Cooking Team," Seattle, Washington, 1994-2004.  
 Instructor each year at Bailey Gatzert Elementary School, 1301 East Yerkes Street,  
 Seattle, Washington.

## AWARDS RECEIVED

The White House Lawn June 6<sup>th</sup>, 2010  
 invited to and attend Michelle Obama's launching of her program Chefs MOVE! To Schools on

Chef of the Year Award - Washington State Chefs Association, 2002

"In Appreciation of your untiring commitment to the children"-American Culinary  
 Federation Chefs Forum, 2006, Nashville, Tennessee - National Convention

"True Spirit Award" - American Culinary Federation/Chef and Child Foundation,  
 1999



**The Chef and the Child Foundation: Special Individual Award For Outstanding Community Service-Presented at American Culinary Federation Western Regional Conference, Sacramento, California, 1998.**

***"Chef and Child "Little Oscar" - for innovative children's nutrition program on behalf of the Washington State Chefs Association's "That's Fresh - Kids Cooking Team," 1997.***

**Junior Member of the Year - Washington State Chefs Association, 1996**

## **EDUCATION:**

**The Culinary Institute of America, Greystone  
Napa, California - *Ingredients and Flavor Dynamics*, June 1997  
3.0 Continuing Education Units (American Culinary Federation)**

**Edmonds Community College  
Lynnwood, Washington  
AA, Culinary Arts Degree, 1995**

**Waterbury State Technical College  
Waterbury, Connecticut  
*Associate of Science Degree, Chemical Engineering*, 1992**

## **REFERENCES**

Sandy Anderson - AGD Mother 206-919-6687

John Templin – Co-worker/ Friend from New Castle Golf Course 425-793-4693

Michael Higgins – Past Tenant/ Friend / Fellow Chef with Washington State Chefs Association  
206-250-3850

The Chef and the Child Foundation: Special Individual Award For Outstanding  
Community Service-Presented at American Culinary Federation Western Regional  
Conference, Sacramento, California, 1998.

"Chef and Child "Little Oscar" - for innovative children's nutrition program on  
behalf of the Washington State Chefs Association's "That's Fresh - Kids Cooking  
Team", 1997.

Junior Member of the Year - Washington State Chefs Association, 1996

## EDUCATION:

The Culinary Institute of America, Greystone  
Napa, California - Ingredients and Flavor Dynamics, June 1997  
3.0 Continuing Education Units (American Culinary Federation)

Edmonds Community College  
Lynnwood, Washington  
AA, Culinary Arts Degree, 1995

Waterbury State Technical College  
Waterbury, Connecticut  
Associate of Science Degree, Chemical Engineering, 1992

## REFERENCES

Sandy Anderson - AGD Mother 206-919-6687

John Templin - Co-worker/ Friend from New Castle Golf Course 425-793-4693

Michael Higgins - Past Tenant/ Friend / Fellow Chef with Washington State Chefs  
Association  
206-250-3850

**Multiple Choice Test** (1 point each)

B 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

C 2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- ☒ c) 40°F
- d) 20°F

d 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

B 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

C 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

C 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

d 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

d 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

C 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



## Grill Cooks Test

e 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

C 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

d 12) A gallon is equal to \_\_\_\_\_ ounces

- a) 56
- b) 145
- c) 32
- ☒ d) 128

B 13) How many cups are in a quart?

- a) 2
- ☒ b) 4
- c) 6
- d) 8

A 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

A 15) Potentially hazardous hot foods must be maintained at an internal temperature of \_\_\_\_\_ or higher to be safe

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

C 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

A 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

C 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



## Grill Cooks Test

- B 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

- C 20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- ☒ c) 165°F
- d) 175°F

- B 21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- ☒ b) 155°F
- c) 165°F
- d) 175°F

- A 22) What temperature should fish be cooked to?

- ☒ a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

- 23) What is a roux and what is it used for? (2 points) *Flour = OIL OR FAT*  
*used to thicken liquids like stock or soups.*

- 24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

*Slowly Melt Butter then remove the top part off leaving dairy product behind. C.B. used for great flavor +*

- 25) What are the 5 mother sauces? (5 points)

- 1. *Bechamel*
- 2. *Red Mornay Sauce*
- 3. *Veloute*
- 4. *Peur Blanc*
- 5.

*IS ABLE TO BE HEATED TO High Temperature.*

- 26) What does it mean to season a grill and why is this process important? (3 points)

*TO coat the grill grates with oil that helps prevent sticking.*

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

*Egg Yolks + Clarified Butter.*



# 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
- 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
- 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
- B 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
- C 14) When you poach something, you cook it with what?
- Noodles
  - Vegetables
  - Liquid
  - Oil
- B 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

- A 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
- A 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) Salty & Sweet are the basic seasoning ingredients for all savory recipes.
- 20) Chop : to cut into very small pieces when uniformity of size and shape is not important.

