

Sebastian Hurtado

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TRAINING

2018 - **Food Service Training Academy**, Hillside, NJ - A full immersion 16 week program, providing hands on experience in all phases of food production, including menu planning, prep work, cooking, baking, serving, sanitation.

- Certified by the Nation Restaurant Association and Educational Foundation as a ServSafe Food Protection Mgr.

ESSEX COUNTY COMMUNITY COLLEGE, Newark, NJ

Associate in Science Degree, Graduated December 2011 (with honors)

Business Management, Concentration in Marketing

National Honor Society

3.65 GPA

RELEVANT COURSEWORK

Supply Chain Management, Sales Management, Intro To Mgmt, Global Marketing

PROFESSIONAL EXPERIENCE

RCE LOGISTICS, INC., Elizabeth, NJ

2008-2016

Assistant Office Manager

- Managed internal processes to ensure timely payment processing, accurate invoice billing and record keeping.
- Acted as the lead supervisor during supervisor's absence to manage day-to-day operations.
- Fostered strong relationships with clients through problem solving to ensure a quality customer experience.
- Ensured compliance with Department of Transportation guidelines

LIBERTY SCIENCE CENTER, Jersey City, NJ

2011 to 2012

Intern, Marketing and Experience Integration (awarded Intern of the year)

- Analyze and research competitor exhibits to benchmark content and provide a unique advantage to center's interactive and educational offerings.
- Partner with Brand and Marketing Manager to assist with media planning within print, radio, television and online media outlets.
- Estimate and provide recommendations on advertising selections based on frequency of reach, user impressions and value based cost advertising packages.
- Assisting Director of Experience Integration to research trends and create customer experience survey to ensure the implementation of strategic enhancements.
- Evaluate online research and compile data to analyze the current customer base and current market trends within the science educational interactive market.

LANGUAGES

Fluent in Spanish, conversational in Portuguese

References Available upon request

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

19/20

95%

- 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
- C 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours

Prep Cooks Test

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

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

B

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

Prep Cooks Test

A

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

A

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