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Objective: Seeking a Sous-Chef or Lead Line Cook position.

Summary of Qualifications

- Over 36 years of experience in country clubs, hotels, and high-volume fine dining establishments
- Speak fluent English and Spanish with experience to various menus
- Sous Chef with diverse experience in fine dining
- Ability to create innovative menus
- A dedicated professional whose top concern is quality and client service while respecting budget mandates.

Professional Experience

InFlight Outfitters <i>Chef</i>	Mathis, TX	08/14 – 02/15
• Prepare meals for hunters		
• Create menus and oversee several employees		
Red Cat Jazz Café <i>Lead Cook</i>	Houston, TX	04/09 - 10/09
• Prepare Cajun menu items such as meats, barbecue style appetizer, sauce, seafood, vegetables, and salads		
• Set-up kitchen, trained new hires.		
• Developed menu and handled most buying and planning.		
Treasures Gentlemen's Club <i>Lead Line Cook</i>	Houston, TX	06/08 – 01/09
• Coordinated and prepared an array of buffet menu items for evening shift		
• Developed and trained new kitchen staff.		
• Provided high quality food doing more with less by upgrading menu to include fresh items such as tuna, tilapia, steaks, wil/d game, vegetables, and sauces		
Joe's Pre-Wire Service <i>Cable Installer Helper</i>	Houston, TX	01/07 – 03/08
• Installed cable in homes/apartments, and commercial buildings.		
Country Club of Green Valley <i>Sous Chef</i>	Green Valley, AZ	07/06 – 09/06
• High-end poolside banquets and events		
• Handled all menu planning, personal scheduling, food ordering and inventory		
• Maintained quality, handled large volume and always presented consistent quality		
• Managed and supervised all food preparation from line services to banquets from morning to afternoon		
Travis Place <i>Lead Cook</i>	Houston, TX	11/97 – 02/99
• Prepared hot food items for upscale cafeteria		
Warwick Hotel <i>Line Cook</i>	Houston, TX	06/82 – 03/85
• Prepared sautéed items, sauces, and special menu items		
Education		
• 1 ½ Years College Culinary Arts & Data Processing		
• Edison High School, San Antonio, Texas		

Grill Cooks Test

Score / 40

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 A

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

A 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

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

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

12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- d) 128

13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

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

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

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

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

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?

- To cook quickly in a pan on top of the stove until food is browned
- Process through which natural sugars in food become browned and flavorful while cooking
- Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- 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?

- 145°F
- 155°F
- 165°F
- 175°F

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

- 145°F
- 155°F
- 165°F
- 175°F

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

- 145°F
- 155°F
- 165°F
- 175°F

23) What is a roux and what is it used for? (2 points)

Flour & Butter or shortening oil.
It used to thicken

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

Bring butter to a simmer/ boil then pour out the melted butter and separate the water (whey). It used for sauteing etc.

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

1. Maguarie
2. Veloute
3. Bechamel
4. Veloute'
- 5.

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

To prepare grill for meat by cleaning grill then wiping with oil.

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

no revision: Lemon juice
egg yolks
white wine
clarified butter