

# Maria L. Climaco

*Cook*  
FRIDAY 9AM

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## Objective

To attain an entry level position to showcase my abilities and experience as a cook and warehouse worker to increase my employer's productivity and customer satisfaction.

## Skills & Abilities

- Excellent customer services skills
- Extensive knowledge of food preparation and nutrition
- Proactive and diligent learner
- Expert in Industrial dry cleaning machine operation and protocols
- Great interpersonal skills to create professional and thriving work place environment.
- Money management, budget and production inventory
- Ability to lead and delegate team members to increase efficiency and quality
- Effective team member to produce daily goals

## Experience

### PRODUCTION OF EXPORTS | ALSCO | JUNE 2001 – AUGUST 2017

- Prepared work stations to rapidly sort linens and organized on industrial dry cleaning machine belt
- Sorted and vetted all linens to ensure high quality product
- Produced an average of 13,000 linen pieces for dry clean, per shift
- Programmed each operating machine to provide workflow feedback and accurate output

### PRODUCTION AND PACKING | REPUBLIC OF MASTER CHEFS | JUNE 1995 - JUNE 2000

- Helped train new staff on all protocol to increase efficiency for all staff members
- Prepared all clean sheets and tablecloths for dry cleaning processes
- Operated extractors and driers, or direct their operation
- Removed items from washers or dry-cleaning machines, or direct other workers to do so
- Sorted and counted articles removed from dryers, and fold, wrap, and/or hang them

### COOK AND MANAGER | EL SANTANECO | MAY 1986 – MAY 1995

- Inspected and cleaned food preparation areas, such as equipment and work surfaces to ensure safe and sanitary food-handling practices
- Ensured freshness of food and ingredients by checking for quality
- Ensured food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters
- Assigned tasks and managed workflow for all employees, averaging 6 employees per shift

## Certifications

FEAST (Nutrition Course) – Certificate of Completion

February 2019- Present



**Grill Cooks Test**

Score 33/40

82.5%

**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

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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

c 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

c 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

b 15) Potentially hazardous hot foods must be maintained at an internal temperature of 135 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

C 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

c 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)

Roux is a thickening agent  
can cook at high temps and good for baking

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

Slowly melt butter to remove milk from it

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

1. Hollandaise
2. Velouté
3. Béchamel
4. Espagnole
- 5.

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

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

yolks  
cream  
vinegar  
salt  
pepper or cayenne  
Butter

