

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

Multiple Choice Test (1 point each)

82.5%

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

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

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
- 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. veloute
- 3. tomato
- 4. esbagnate
- 5.

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

→

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

yolks
cream
vinegar
salt
pepper cayenne
Butter

