

Amado Martinez

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Objective

To obtain a position as a full-time employee responsible for working with others as a team member to achieve advancement and growth for the company.

EXPERIENCE

THE FRENCH GOURMET - JUNE 2012 TO FEBUARY 2019

PREP COOK: 960 Turquoise St, San Diego, CA 92109

Prep all foods, vegetables, sandwiches,

EXPRESS TIRE – APRIL 2005 to MARCH 2011

OIL AND TIRE SERVICE: 1011 Grand Ave, San Diego, CA 92109

Oil changes, tire changes, car inspections

Academy Of Our Lady Of peace – JUNE 2012 to FEBUARY 2019

COOK: 4886 Oregon St, San Diego, CA 92116

Serve, Cook lunch for students

SKILLS

Bilingual, Fluent in Spanish, and English

Microsoft Word, Excel, PowerPoint

Excellent people and Communication skills

PERSONAL REFERENCES

JILL HOLMES (858)454-0014

OLGA JUAREZ (619)838-0930

JACKIE BERNAL (619)394-0358

Prep Cooks Test

Multiple Choice (1 point each)

1) A gallon is equal to 32 ounces
a. 56
b. 145
 c. 32
d. 128

2) Mesclun are what type of vegetable?
a. Roots
b. Beans
 c. Salad Greens
d. Spices

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

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

5) How do you blanche 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

6) Which of the following ingredients would you pack before measuring?
 a. Olive Oil
b. Salt
c. Brown Sugar
d. White Sugar

7) What is Al Dente?
 a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft

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

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

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

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

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

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

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

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)