

# 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
- 56
  - 145
  - ☒ 32
  - 128
- \_\_\_\_\_ 2) Mesclun are what type of vegetable?
- Roots
  - Beans
  - ☒ Salad Greens
  - Spices
- \_\_\_\_\_ 3) What does the term braise mean?
- Sear quickly on both sides
  - ☒ Slowly cook in covered pan with little liquid
  - Cook on high heat and quickly
  - Slowly cook in simmering water
- \_\_\_\_\_ 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- ☒ 155 degrees F
  - 165 degrees F
  - 175 degrees F
  - 185 degrees F
- \_\_\_\_\_ 5) How do you blanch vegetables?
- ☒ Immerse for a short time in boiling water
  - Cook lightly in butter over med heat
  - Soak in cold water overnight
  - Rub with salt before cooking
- \_\_\_\_\_ 6) Which of the following ingredients would you pack before measuring?
- ☒ Olive Oil
  - Salt
  - Brown Sugar
  - White Sugar
- \_\_\_\_\_ 7) What is Al Dente?
- Firm but not hard
  - ☒ Soft to the touch
  - Very hard
  - Very soft
- \_\_\_\_\_ 8) Food should be left out no more than
- ☒ 2 hours
  - 3 hours
  - 4 hours
  - 5 hours
- \_\_\_\_\_ 9) Which is the improper way to thaw frozen food?
- In the fridge
  - ☒ In a sink with cold water
  - On the counter
  - 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)