

Mx. Lex Darco

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Los Feliz, Los Angeles, CA 90027

Food Production & Service Experience

Deli Clerk, Lassens Vitamins and Health Foods

August 2016 — August 2018, Los Feliz, Los Angeles, CA

Served the health-conscious, affluent community of Los Feliz. Made fresh juices, smoothies, and sandwiches with each order taking up to 4 - 10 minutes. Frequently stocked kitchen and display cases. Provided customer service, took orders in person and over the phone, gave recommendations using understanding of nutrition, food combining, and medicinal benefits of whole foods. Cleaned kitchen, equipment, and dishes daily. Worked months of opening, mid, and closing shifts.

Events Team Member, Imlak'esh Organics

July 2016 — May 2018, State of California

Highlighted Events: Oregon Eclipse, Lightning in a Bottle 2018, Wanderlust 2016-17, ShaktiFest 2017

Created and served organic superfood-based meals from scratch, within a food truck with 1 to 4 coworkers inside. Maintained cleanliness in truck even in dusty weather conditions. Helped sustain a smooth, steady workflow during prolonged rushes.

Events Chef, Production Team Member, Southern Fried Vegan

April 2016 — April 2018, Southwestern United States

Highlighted Events: Coachella 2016 - 18, SoCal Vegfest 2016 - 17, Vegas Vegfest 2017, Vegan Beer & Food Festival 2016 - 17, Phoenix Vegfest 2018

Cooked large portions of vegan comfort food outdoors, during busy music festivals and vegan events. Set up and broke down kitchen and vendor stand at beginning and end of each event. Took and served orders, handled cash, took payments through square reader. Delegated tasks in Front of House and Back of House. Ordered supplies and materials.

Production Team Member, Farmbox LA

July 2014 — November 2015 Los Angeles, CA & Carson, CA

Packed grocery orders by hand, while paying close attention to details on each order, handled the produce gently. Examined products with team members to ensure top quality. Exercised sustainable practices to minimize waste and align with the business' values.

Education

Ringling College of Art & Design — BFA - Painting; graduated May 2013
Awarded *Best of Ringling - Department Head Award* in April 2011

References

-Andrew Burditt, Imlak'esh Organics: 805-722-0765

-Ben Holt, Lassens: 716-753-6809

-Priscila Burti, Farmbox LA: 310-463-3546

Prep Cooks Test

Multiple Choice (1 point each)

C 1) A gallon is equal to ____ ounces

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

10/1

B 2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

D 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

C 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

A 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

C 6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

A 7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

C 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

C 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