

Laura C. Lemus

Aiming to utilize entrepreneurship skills experience to create an organization that aims to sustain low income communities in Los Angeles.

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EXPERIENCE

Caregiver, South Los Angeles — *Self Employed*

February 2017-Present

- Care for up to 4 children (ages 3 months to 3 years) on a set schedule
- Groom children and bathe when necessary
- Document and notify family of any growth or inconsistencies in children.
- Create activities that further improve, advance developmental growth of children
- Create meals from scratch for both children and family based on dietary needs
- Light housekeeping

Queer In The Oven, Los Angeles — *Prep, Content creator*

March 2017-Present

- Use caregiving, hospitality skills to meal prep for disabled clients, families
- Use proper sanitation guidelines to sanitize kitchen station
- Connect collective with organizations in need of meal drives in LA
- Conceptualize drinks and recipes for online content

Universal Studios Hollywood, Studio City — *Matron*

December 2015- May 2017

- Completing Janitorial duties such as mopping, scrubbing sinks, restocking hygienic supplies
- Assist spanish speaking guests with information about Universal Studios
- Be part of training team helping incoming matrons understand protocols and guest support

El Trebol, Mid-City, Los Angeles — *Dishwasher/prep*

June 2015-December 2016

- Prepare food items of the day timely and hygienic manner
- Season, batter, marinate foods before they are set to be grilled, fried, or sauteed.
- Assist Chef in reviewing menus, transform prepping procedure, along with cooking
- Use proper food storing techniques and safe food handling
- Work all areas of kitchen, prepping station, sanitation, stocking station

SKILLS

Bilingual speaker
(Spanish-English)

Experience in Catering

Experience in food prepping
and Cost reduction

Sanitary Practices

Education

Los Angeles, Trade Tech, Los
Angeles — *Culinary Arts*

Fall 2019

Santa Monica College, Santa
Monica — *History,*

September 2013 - June 2017

References

Cinthia J — (323)815-0188
Manon G. — (707)483-4818
Vema S — (626)215-2804



THE SERVICE
COMPANIES

SERVICE. ABOVE ALL

Grill Cooks Test

Multiple Choice Test (1 point each)

- A 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
- D 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
- A/B 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

35/40

-5

87.5%



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
- D 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
- C 15) Potentially hazardous hot foods must be maintained at an internal temperature of _____ 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
- A 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
- 19) Which of the following best describes the process of Caramelization?



THE SERVICE
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Grill Cooks Test

B

- 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

C

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

A

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)

1:1 ratio of flour & butter, used to make a paste which is then used as a thickener for sauces

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

heat butter until melted, skim off the foam it produces & it's ready

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

1. Bechamel
2. hollandaise
3. espangole
4. tomato
5. veloute

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

to add oil, coat grill in order to make it non-stick, easier to clean, & last longer.

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

egg, lemon juice, butter, water.

