

# 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

## SKILLS

Bilingual speaker  
(Spanish-English)

Experience in Catering

Experience in food prepping  
and Cost reduction

Sanitary Practices

### 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

## Education

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

Fall 2019

Santa Monica College, Santa Monica — *History*,

September 2013 - June 2017

Referencecs

Cinthia J — (323)815-0188

Manon G. — (707)483-4818

Vema S — (626)215-2804

### 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





*Laura L. Lemus*  
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

35  
40

-5

81.5

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

D 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

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?

## 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. espagnole
4. tomate
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.

