



ACROBAT OUTSOURCING
TSC GROUP

Employment Application

Acrobat Outsourcing is an equal opportunity employer dedicated to non-discrimination in all employment practices. Acrobat Outsourcing selects the best qualified individual for the job based on job-related qualifications regardless of race, age (40+), color, religion, gender, national origin, ancestry, marital status, sexual orientation, disability or any other status protected by applicable law.

PLEASE PRINT

Full Name Bindarimaya Tamang Date: _____
Home Telephone (415)-528-0446 Other Telephone (____) _____
Present Address 2361 Mission Street, San Francisco, CA, 94110 #105
Permanent Address, if different from present address: _____
Email Address _____

EMPLOYMENT DESIRED

Position applying for: Kitchen prep. Salary desired: \$ 20.00

Are you currently registered with any staffing and/or employment agencies? If so, please list _____

Are you applying for: Full-time work? Yes ☒ No ☐ Part-time work? Yes ☐ No ☐

Temporary work, e.g., summer or holiday work? Yes ☐ No ☐ From: _____ To: _____

How did you find out about our open position? (Please check fill in proper name of source):

Referral ☒ Name of Referral _____ Newspaper ☐ Job Fair ☐ Agency ☐

Company Website ☐ Other Web Posting ☐ Other Source ☐

Could you work overtime, if necessary? Yes ☒ No ☐ If hired, on what date could you start working?

Please keep in mind that schedules and shifts may vary depending on position and season. Additionally, the hours may vary from week to week, depending on the company needs. Please list only the times/days you're available to work below.

SPECIFY HOURS AVAILABLE DAILY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		7:-3:30	7-3:30	7-3:30	7-3:30	7:3-30	
PM							

Do you have any vacations or extended leaves planned in the next 12 months? If so, please list dates: _____

Available starting 6am -

PERSONAL INFORMATION

Have you ever applied to or worked for Acrobat Outsourcing before? Yes ☒ No ☐ If yes, when? 6 month before

Do you have friends or relatives working for Acrobat Outsourcing? Yes ☒ No ☐ If yes, please state name and relationship Loyda Diaz (Friend) / yessi mejia

If hired, would you have a reliable means of transportation to and from work? Yes ☒ No ☐

If hired, can you present evidence of your legal right to live and work in this country? Yes ☒ No ☐

State age if you are under 18 _____. If you are under 18, hire is subject to verification that you are of minimum legal age to work.

Are you able to perform the essential functions of the job for which you are applying? Yes ☒ No ☐

If no, describe the functions that cannot be performed. (Note: We comply with the ADA and consider reasonable accommodation measures that may be necessary for eligible applicants/employees to perform essential functions.)

Pursuant to any and all Fair Chance Ordinances, we will consider for employment qualified applicants with arrest and conviction records.

EDUCATION & SKILLS

NAME OF SCHOOL	CITY & STATE	GRADE OR DEGREE COMPLETED	DID YOU GRADUATE?
Mangalana Vijaya	Katere, Nepal	High school (10+2)	
Do you have any special licenses, certificates or special training? If so please list under "Special".		YES	NO
Are you computer literate? If so, list software knowledge under "Special."		YES	NO
Are you proficient with Point of Sales Systems? If, so please list which ones under "Special."		YES	NO
Do you have any other experience, training, qualifications or special skills, which you feel make you especially suited for work at Acrobat Outsourcing? If so, please list under "Special."		YES	NO
Special:			

EMPLOYMENT HISTORY

List below all present and past employment starting with your most recent employer (last 10 years is sufficient). Account for unemployment periods of three months or more.

Are you currently employed? Yes ☒ No ☐ If so, may we contact your current employer? Yes ☒ No ☐

Name and Address of Employer Sweetgreen

Type of Business Foods Telephone No. (510) 862-3420 Supervisor's Name Oscar Hondabaka

Your Position and Duties kitchen prep

Dates of Employment: From May-2019 To present

Reason for Leaving: Looking for Full time job.

Name and Address of Employer cheesecake factory

Type of Business Foods Telephone No. (510) 735-5919 Supervisor's Name Juaguin

Your Position and Duties Kitchen prep

Dates of Employment: From Sep 2018 To May 2019

Reason for Leaving: _____

Name and Address of Employer Subway

Type of Business foods Telephone No. (415) 238-6388 Supervisor's Name May

Your Position and Duties Cashier, Server, and ~~sto~~ Sandwich maker

Dates of Employment: From Aug 2017 To present

Reason for Leaving: _____

Name and Address of Employer El capitan Hotel

Type of Business Housekeeper Telephone No. () Supervisor's Name _____

Your Position and Duties Housekeeping

Dates of Employment: From Jul 2017 to Jan 2018

Reason for Leaving: _____

Have you ever been fired from any previous place of employment? If so, please explain: No,

MILITARY SERVICE

Have you obtained any special skills or abilities as the result of service in the military? Yes _____ No ☒

If so, describe: _____

JOB RELATED REFERENCES

List below three persons not related to you who have knowledge of your work performance within the last three years.

Name: Jessi Mejia Telephone No. (415) 756-9025
Address 2361 Mission Street
Occupation: _____ Relationship: friend Number of Years Acquainted: _____

Name: Loyda Diaz Telephone No. (650) 720-3440
Address 2361 Mission Street
Occupation: prep worker Relationship: friend Number of Years Acquainted: _____

Name: Lalman Lama Tamang Telephone No. (415) 528-8251
Address 2361 Mission Street
Occupation: EVS worker Relationship: Spouse Number of Years Acquainted: _____

Please Read Carefully, Initial Each Paragraph and Sign Below

BT I hereby certify that I have not knowingly withheld any information that might adversely affect my chances for employment and that the answers given by me are true and correct to the best of my knowledge. I further certify that I, the undersigned applicant, have personally completed this application. I understand that any omission or misstatement of material facts on this application or on any document used to secure employment shall be grounds for rejection of this application or for immediate discharge if I am employed, regardless of the time elapsed before discovery.

BT I hereby authorize Acrobat Outsourcing to thoroughly investigate my references, work record, education and other matters related to my suitability for employment and, further, authorize the references I have listed to disclose to the company any and all letters, reports and other information related to my work records, without giving me prior notice of such disclosure. In addition, I hereby release the company, my former employers and all other persons, corporations, partnerships and associations from any and all claims, demands or liabilities arising out of or in any way related to such investigation or disclosure.

BT I hereby authorize Acrobat Outsourcing and its authorized representatives to solicit information regarding my background, which may include but not be limited to, information about my employment, education, and/or criminal history, which may be in the files of any federal, state, or local criminal justice and law enforcement agency and general public records history.

BT I understand that if selected for hire, it will be necessary for me to provide satisfactory evidence of my identity and legal authority to work in the United States, and that federal immigration laws require me to complete an I-9 form in this regard within three days of my hire date.

BT Acrobat Outsourcing is an at-will employer. I understand that nothing contained in the application, or conveyed during any interview, which may be granted or during my employment, if hired, is intended to create an employment contract between me and the company. In addition, I understand and agree that if I am employed, my employment is for no definite or determinable period and may be terminated at any time, with or without prior notice, with or without cause, at the option of either myself or the company, and that no promises or representations contrary to the foregoing are binding on the company unless made in writing and signed by me and the company's designated representative.

I hereby acknowledge that I have read and understand the above statements.

Applicant's Signature

[Signature]

Date

12-10-2019

Multiple Choice (1 point each)

45%

- _____ 1) A gallon is equal to _____ 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 blanch 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

Prep Cooks Test

- _____ 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
- _____ 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

Prep Cooks Test

_____ 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)

19) _____ & _____ are the basic seasoning ingredients for all savory recipes.

20) _____: to cut into very small pieces when uniformity of size and shape is not important.

Interview Note Sheet

Applicant Information	
Name: <u>Binder, Mary</u>	Interviewer: <u>BG</u>
Date: <u>4.8.19</u>	Rate of Pay: <u>\$16.50</u>
Position (s) Applied for: <u>Prep / Server</u>	Referred by:

Test Scores					
Server	/35	%	Bartender	/30	%
Prep Cook	/15	%	Barista	/10	%
Grill Cook	/40	%	Cashier	/15	%
Dishwasher	/10	%	Housekeeping	/16	%

Seeking:
<input checked="" type="radio"/> Full-Time
<input type="radio"/> Part-Time

Relevant Experience & Summary of Strengths	
<u>Server</u> <u>Cheese curd factory</u> <u>can Next mon start.</u>	<u>Total of _____ in Food Service/Hospitality</u> <u>Cook P.T. 16.8 mo.</u>
Bartender	Dish: 3 Sink or Machine
Cashier	
Concessionaire	House Keeper
P.O.S. Experience: Y / N details: _____	
Transportation	
Car	<input checked="" type="checkbox"/> Public Transit
	Carpool (Rider / Driver)
Regions Available to work:	
<input checked="" type="checkbox"/> SF City	SF North
San Jose	SF Peninsula
	East Bay
	Outer East Bay
	South San Jose
	SJ Peninsula
Certifications (if any)	
TIPS	Serv-Safe
LEAD	Other <u>E.H.</u>
	Will Submit
Availability	
<input checked="" type="checkbox"/> Open	AM only
	PM only
	Weekdays only
	Weekends only
Details: <u>AM</u>	
Uniforms Owned:	
Bistro	Black Bistro
Tuxedo	1/2 Tuxedo
Black Vest	Long Black Tie
Chef Coat	Chef Pants
Knives	Black Pants
Non-Slip Shoes	Bow Tie
Other: _____	
Would you recommend this applicant for Acrobat Academy?	Convention Candidate?
Other Languages Spoken:	



Your Hospitality Staffing Professionals

Employment Application

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PLEASE PRINT

Full Name Bindari Maya Tamang Date: _____
Home Telephone (415) 528-8251 Other Telephone (____) _____
Present Address 2361 Mission
Permanent Address, if different from present address: _____
Email Address tamangbindari maya@gmail.com

EMPLOYMENT DESIRED

Position applying for: prep/Busher/Production/Housekeeping/Waitress Salary desired: over \$18.00
Are you currently registered with any staffing and/or employment agencies? If so, please list _____

Are you applying for: Full-time work? Yes ☒ No ☐ Part-time work? Yes ☐ No ☐

Temporary work, e.g., summer or holiday work? Yes ☐ No ☒ From: _____ To: _____

How did you find out about our open position? (Please check fill in proper name of source):

Referral ☒ Name of Referral yessi Mejia Newspaper ☐ Job Fair ☐ Agency ☐ Company Website ☐

Other Web Posting ☐ Other Source ☐

Could you work overtime, if necessary? Yes ☒ No ☐ If hired, on what date could you start working? _____

Please keep in mind that schedules and shifts may vary depending on position and season. Additionally, the hours may vary from week to week, depending on the company needs. Please list only the times/days you're available to work below.

SPECIFY HOURS AVAILABLE DAILY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	7:00-3:30	7:00-3:30	7:00-3:30	7:00-3:30	7:30-3:30	7:00-3:30	
PM							

Do you have any vacations or extended leaves planned in the next 12 months? If so, please list dates: _____

PERSONAL INFORMATION

Have you ever applied to or worked for Acrobat Outsourcing before? Yes ☐ No ☒ If yes, when? _____

Do you have friends or relatives working for Acrobat Outsourcing? Yes ☒ No ☐ If yes, please state name and relationship

yessi Mejia - Friend

If hired, would you have a reliable means of transportation to and from work? Yes ☒ No ☐

If hired, can you present evidence of your legal right to live and work in this country? Yes ☒ No ☐

State age if you are under 18 _____. If you are under 18, hire is subject to verification that you are of minimum legal age to work.

Are you able to perform the essential functions of the job for which you are applying? Yes ☒ No ☐

Acrobat

outsourcing
Your Hospitality Staffing Professionals

If no, describe the functions that cannot be performed. (Note: We comply with the ADA and consider reasonable accommodation measures that may be necessary for eligible applicants/employees to perform essential functions.)

Pursuant to any and all Fair Chance Ordinances, we will consider for employment qualified applicants with arrest and conviction records.

EDUCATION & SKILLS

NAME OF SCHOOL	CITY & STATE	GRADE OR DEGREE COMPLETED	DID YOU GRADUATE?
Shree Mangal Jana Vidyaya H.S.S.	Kavre, Nepal	High School Diploma	
Do you have any special licenses, certificates or special training? If so please list under "Special".		YES <input checked="" type="checkbox"/>	NO
Are you computer literate? If so, list software knowledge under "Special."		YES	NO
Are you proficient with Point of Sales Systems? If, so please list which ones under "Special."		YES	NO
Do you have any other experience, training, qualifications or special skills, which you feel make you especially suited for work at Acrobat Outsourcing? If so, please list under "Special."		YES	NO
Special: Food Handling certificate.			

EMPLOYMENT HISTORY

List below all present and past employment starting with your most recent employer (last 10 years is sufficient). Account for unemployment periods of three months or more.

Are you currently employed? Yes ☒ No ☐ If so, may we contact your current employer? Yes ☒ No ☐

Name and Address of Employer

Type of Business Cheese cake Factory Telephone No. (510) 735-5919 Supervisor's Name Joaquín Alarón
Your Position and Duties prep/production

Dates of Employment: From Sep-18 To till Date.

Reason for Leaving:

Name and Address of Employer

Type of Business Subway Telephone No. (415) 827-6603 Supervisor's Name Nita Ghising
Your Position and Duties cashier/clerk (North Beach)

Dates of Employment: From Aug 2017 To sep-2018 and till date.

Reason for Leaving:

Name and Address of Employer

Type of Business Subway House keeper Hotel Telephone No. () Supervisor's Name Kayn Patel
Your Position and Duties House keeper

Dates of Employment: From Aug 2017 To Jan-2018

Reason for Leaving:

Name and Address of Employer

Type of Business Laundry Telephone No. (917) 860-1147 Supervisor's Name Keite
Your Position and Duties House keeping/management

Dates of Employment: From Aug 2017 To fill date

Reason for Leaving: (Looking for Full time job)

Have you ever been fired from any previous place of employment? If so, please explain:

NO

MILITARY SERVICE

Have you obtained any special skills or abilities as the result of service in the military?
If so, describe:

Yes ☐ No ☒

JOB RELATED REFERENCES

List below three persons not related to you who have knowledge of your work performance within the last three years.

Name: Xessi Mejia Telephone No. (415) 756-9025

Address 2361 Mission Street SF CA

Occupation: Dish washer Relationship: Friend Number of Years Acquainted: around 1 year

Name: Ben Bal Telephone No. (415) 374-0218

Address 995 Howard St S.F. CA

Occupation: Bar tender Relationship: Friend Number of Years Acquainted: More than 1 yrs

Name: Hnin Telephone No. (415) 770-4741

Address 425 Battery Street SF, CA

Occupation: Cashier/store clerk Relationship: Co-Worker Number of Years Acquainted: less than 1 yrs

Please Read Carefully, Initial Each Paragraph and Sign Below

_____ I hereby certify that I have not knowingly withheld any information that might adversely affect my chances for employment and that the answers given by me are true and correct to the best of my knowledge. I further certify that I, the undersigned applicant, have personally completed this application. I understand that any omission or misstatement of material facts on this application or on any document used to secure employment shall be grounds for rejection of this application or for immediate discharge if I am employed, regardless of the time elapsed before discovery.

_____ I hereby authorize Acrobat Outsourcing to thoroughly investigate my references, work record, education and other matters related to my suitability for employment and, further, authorize the references I have listed to disclose to the company any and all letters, reports and other information related to my work records, without giving me prior notice of such disclosure. In addition, I hereby release the company, my former employers and all other persons, corporations, partnerships and associations from any and all claims, demands or liabilities arising out of or in any way related to such investigation or disclosure.

_____ I hereby authorize Acrobat Outsourcing and its authorized representatives to solicit information regarding my background, which may include but not be limited to, information about my employment, education, and/or criminal history, which may be in the files of any federal, state, or local criminal justice and law enforcement agency and general public records history.

_____ I understand that if selected for hire, it will be necessary for me to provide satisfactory evidence of my identity and legal authority to work in the United States, and that federal immigration laws require me to complete an I-9 form in this regard within three days of my hire date.

_____ Acrobat Outsourcing is an at-will employer. I understand that nothing contained in the application, or conveyed during any interview, which may be granted or during my employment, if hired, is intended to create an employment contract between me and the company. In addition, I understand and agree that if I am employed, my employment is for no definite or determinable period and may be terminated at any time, with or without prior notice, with or without cause, at the option of either myself or the company, and that no promises or representations contrary to the foregoing are binding on the company unless made in writing and signed by me and the company's designated representative.

I hereby acknowledge that I have read and understand the above statements.

Applicant's Signature _____ **Date** _____

NOTICE TO EMPLOYEE
Labor Code section 2810.5

EMPLOYEE

Employee Name: Bindarimaya Tamang
Start Date: 4/10/19

EMPLOYER

Legal Name of Hiring Employer: S.E Scher

Is hiring employer a staffing agency/business (e.g., Temporary Services Agency; Employee Leasing Company; or Professional Employer Organization [PEO])? ☐ Yes ☐ No

Other Names Hiring Employer is "doing business as" (if applicable):
Acrobat Outsourcing

Physical Address of Hiring Employer's Main Office:
303 Hegenberger Road Suite 300, Oakland, CA. 94621

Hiring Employer's Mailing Address (if different than above):

Hiring Employer's Telephone Number: 415-431-8826

If the hiring employer is a staffing agency/business (above box checked "Yes"), the following is the other entity for whom this employee will perform work:

Name: _____
Physical Address of Main Office: _____
Mailing Address: _____
Telephone Number: _____

WAGE INFORMATION

Rate(s) of Pay: \$16.55 prep/svr \$16/DW \$15.75 Overtime Rate(s) of Pay: _____

Rate by (check box): ☐ Hour ☐ Shift ☐ Day ☐ Week ☐ Salary ☐ Piece rate ☐ Commission
☐ Other (provide specifics): _____

Does a written agreement exist providing the rate(s) of pay? (check box) ☐ Yes ☐ No

If yes, are all rate(s) of pay and bases thereof contained in that written agreement? ☐ Yes ☐ No

Allowances, if any, claimed as part of minimum wage (including meal or lodging allowances):

(If the employee has signed the acknowledgment of receipt below, it does not constitute a "voluntary written agreement" as required under the law between the employer and employee in order to credit any meals or lodging against the minimum wage. Any such voluntary written agreement must be evidenced by a separate document.)

Regular Payday: FRIDAY

WORKERS COMPENSATION

Insurance Carrier's Name: Integro USA Inc. dba Integro Insurance Brokers

Address: 1 State Street Plaza, 9th floor, New York, NY. 10004

Telephone Number: 212-295-5440

Policy No.: LDC4042609 AOS

☐ Self-Insured (Labor Code 3700) and Certificate Number for Consent to Self-Insure: _____

PAID SICK LEAVE

Unless exempt, the employee identified on this notice is entitled to minimum requirements for paid sick leave under state law which provides that an employee:

- a. May accrue paid sick leave and may request and use up to 3 days or 24 hours of accrued paid sick leave per year;
- b. May not be terminated or retaliated against for using or requesting the use of accrued paid sick leave; and
- c. Has the right to file a complaint against an employer who retaliates or discriminates against an employee for
 1. requesting or using accrued sick days;
 2. attempting to exercise the right to use accrued paid sick days;
 3. filing a complaint or alleging a violation of Article 1.5 section 245 et seq. of the California Labor Code;
 4. cooperating in an investigation or prosecution of an alleged violation of this Article or opposing any policy or practice or act that is prohibited by Article 1.5 section 245 et seq. of the California Labor Code.

The following applies to the employee identified on this notice: *(Check one box)*

- ☐ 1. Accrues paid sick leave only pursuant to the minimum requirements stated in Labor Code §245 et seq. with no other employer policy providing additional or different terms for accrual and use of paid sick leave.
- ☐ 2. Accrues paid sick leave pursuant to the employer's policy which satisfies or exceeds the accrual, carryover, and use requirements of Labor Code §246.
- ☐ 3. Employer provides no less than 24 hours (or 3 days) of paid sick leave at the beginning of each 12-month period.
- ☐ 4. The employee is exempt from paid sick leave protection by Labor Code §245.5. (State exemption and specific subsection for exemption): _____

ACKNOWLEDGEMENT OF RECEIPT

(Optional)

Angelina Zervat

(PRINT NAME of Employer representative)

Angelina Zervat

(SIGNATURE of Employer Representative)

4/10/19

(Date)

Bindarimaya Tamang

(PRINT NAME of Employee)

[Signature]

(SIGNATURE of Employee)

4/10/19

(Date)

The employee's signature on this notice merely constitutes acknowledgement of receipt.

Labor Code section 2810.5(b) requires that the employer notify you in writing of any changes to the information set forth in this Notice within seven calendar days after the time of the changes, unless one of the following applies: (a) All changes are reflected on a timely wage statement furnished in accordance with Labor Code section 226; (b) Notice of all changes is provided in another writing required by law within seven days of the changes.

- 11

Prep Cooks Test

Multiple Choice (1 point each)

- _____ 1) A gallon is equal to _____ 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 blanch 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~~
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 - ~~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)

Prep Cooks Test

19) Ginger & garlic are the basic seasoning ingredients for all savory recipes.

20) _____: to cut into very small pieces when uniformity of size and shape is not important.

