

Bernard Souffrant

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4964 Auburn Dr. #8 San Diego, CA 92105

Profile Statement

Hardworking, Ambitious, and Motivated seeking full time opportunities with room for growth.

Education

High School Diploma	8/1989
Secondary School, Haiti	
BLS Certification	02/2017
American Heart Association	

Experience

Nursing Assist

Sharp Memorial Hospital, San Diego, CA	04/2015 - Present
<ul style="list-style-type: none">Transport patients to the Radiology DepartmentGive CPR to Patients when neededHelp with patient discharge	

Cook

Barona Casino, 1932 Wildcat Canyon Rd, Lakeside, CA 92040	07/2013 - 03/2015
<ul style="list-style-type: none">Cooked food to the manager's expectationsPrepared meals for the next dayWashed and cleaned vegetablesLearned important rules on proper hygiene around food	

Housekeeping

Sharp Memorial Hospital, San Diego, CA	08/2013 - 02/2015
<ul style="list-style-type: none">Cleaned hospitals rooms after each dischargeChanged linen when necessaryMoved heavy boxes to recycling binChanged trash in different areas around the hospital	

Cook

Hometown Buffet, 10660 Camino Ruiz, San Diego, CA 92126	02/2012 - 09/2012
<ul style="list-style-type: none">Cooked food to the manager's expectationsPrepared meals for the next dayCleaned and cut meat and vegetables properly	

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 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
- 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
- 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

19)

20)

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)