

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

04/2015 - Present

Sharp Memorial Hospital, San Diego, CA

- Transport patients to the Radiology Department
- Give CPR to Patients when needed
- Help with patient discharge
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Cook

Barona Casino, 1932 Wildcat Canyon Rd, Lakeside, CA 92040

07/2013 - 03/2015

- Cooked food to the manager's expectations
- Prepared meals for the next day
- Washed and cleaned vegetables
- Learned important rules on proper hygiene around food
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Housekeeping

Sharp Memorial Hospital, San Diego, CA

08/2013 - 02/2015

- Cleaned hospitals rooms after each discharge
- Changed linen when necessary
- Moved heavy boxes to recycling bin
- Changed trash in different areas around the hospital

Cook

Hometown Buffet, 10660 Camino Ruiz, San Diego, CA 92126

02/2012 - 09/2012

- Cooked food to the manager's expectations
- Prepared meals for the next day
- Cleaned 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 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
- 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)