



ACROBAT OUTSOURCING  
TSC GROUP

Primer y Apellido Nombre: EMESTO MORENO  
Correo Electronico: CHEFEMESTOMORENO@yahoo.com  
Numero de Telefono: 213 401 8003

**Experiencia Laboral:**

Nombre de Empresa: URBAN PLATES  
Fechas de Empleo: 6-31-18/4-12-19  
Responsabilidad Laboral: SOUS CHEF

- - SANITATION
- - PREP CUISIS
- - ALL KITCHEN OPERATIONS
- -

Nombre de Empresa: CAFE GRATITUDE  
Fechas de Empleo: KITCHEN MANAGER 2015-2018  
Responsabilidad Laboral: FOOD COSTING

- - MANAGING EMPLOYEES
- - QUALITY CONTROL
- - SANITATION
- -

Nombre de Empresa: MASA OF ECO PARK  
Fechas de Empleo: ~~2014~~ 2014-2015  
Responsabilidad Laboral: COOKING PASTAS

- - PREPPING SALADS
- - Bread/Dough making
- -
- -

**Habilidades**

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## Prep Cooks Test

### Multiple Choice (1 point each)

- d 1) A gallon is equal to \_\_\_\_\_ ounces
- 56
  - 145
  - 32
  - 128
- C 2) Mesclun are what type of vegetable?
- Roots
  - Beans
  - Salad Greens
  - Spices
- B 3) What does the term braise mean?
- Sear quickly on both sides
  - Slowly cook in covered pan with little liquid
  - Cook on high heat and quickly
  - Slowly cook in simmering water
- B 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- 155 degrees F
  - 165 degrees F
  - 175 degrees F
  - 185 degrees F
- 9 5) How do you blanch vegetables?
- Immerse for a short time in boiling water
  - Cook lightly in butter over med heat
  - Soak in cold water overnight
  - Rub with salt before cooking
- C 6) Which of the following ingredients would you pack before measuring?
- Olive Oil
  - Salt
  - Brown Sugar
  - White Sugar
- a 7) What is Al Dente?
- Firm but not hard
  - Soft to the touch
  - Very hard
  - Very soft
- a 8) Food should be left out no more than
- 2 hours
  - 3 hours
  - 4 hours
  - 5 hours
- C 9) Which is the improper way to thaw frozen food?
- In the fridge
  - In a sink with cold water
  - On the counter
  - 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

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- 19) SALT & PEPPER are the basic seasoning ingredients for all savory recipes.
- 20) FINE CHOP : to cut into very small pieces when uniformity of size and shape is not important.