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Objective

Experience in the culinary field as a result of working in restaurants in all stations in the kitchen. Have not yet got a culinary degree, but I am considering on obtaining one to learn the rest of the professional terms. I have been working in the kitchen about five to seven years in various continental foods Mediterranean, Italian foods, American foods. Looking forward to acquire more fine dining experience and achieving cuisine dishes.

Skills

Work well under pressure have fast
learning skills thrive on team positivity
wanting to adjust to having more
experience as line cook in fine dining.

Professional Experience

Cleo's Hollywood- 2017 Salads

USC 2017- Cook

Sea Legs Wine Bar/ Slap Fish LAX 2015-2017 Line cook

LEMONADE, LAX: 2014 Dishwasher

Hms Host LAX- Prep

Del Taco July- 2013

frier cook/Taco Bar/Grilling Cook

Atlas Testing Laboratories, Commerce C.A.

August 12, 2008

Clerical/Receptionist

The Press Enterprise Riverside C.A.

Clerical

Bakers Beaumont C.A. 2010

Cook

Education

Beaumont High School, Beaumont C.A. 2003-2007

Graduated June 14, 2007

Riverside Community College, Riverside, C.A. 2007-2009

Bachelor's degree in progress GPA 3.83

El Camino Community College, 2012-2013

Grill Cooks Test

Score 32/40

Multiple Choice Test (1 point each)

80%

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

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

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

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

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

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

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

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

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

A 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

C 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

4 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

A 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

C 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

$$8 + 4 + 4$$

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 coved, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

Grill Cooks Test

19) Which of the following best describes the process of Caramelization?

- 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

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

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)

A mix of fat making
Flour + Butter
sauces

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

weight separate from solid
to densify

25) What are the 5 mother sauces? (5 points)

1. Bechamel
2. Hollandaise
3. Marinara tomato
4. veloute
5. espagnole

Better flavor

26) What does it mean to season a grill and why is this process important? (3 points)

prevents food from sticking you can use lemon juice

27) What are the ingredients in Hollandaise sauce? (5 points)

Melted Butter

