

**Multiple Choice (1 point each)**

- \_\_\_\_\_ 1) A gallon is equal to 32 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

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## 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
- ☒ d 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) Salt & pepper are the basic seasoning ingredients for all savory recipes.

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

# Antonio M. Brito

3434 Fairmount Ave San Diego, California 92105  
Phone: 619-838-8495 Email: brito.a314@gmail.com

## Objective

Seeking Employment as a food and beverage professional, to provide me expertise, knowledge and high standards of customer service

## Experience

Hilton Garden Inn hotel (Del Mar California)

February 2015-September 2018

Server

- Take orders from costumers. Serve food to clients.
- Serve food on time to clientele.
- Make sure clients are satisfy with food and service.

Come On In! Café (La Jolla, California)

September 2006-November 2014

Supervisor

- Maintain high standards of food and beverage quality. Develop new menu items and its marketing to maximize profits.
- Ensure that all outlets comply with sanitation and safety standards. Take inventory of current stock and order supplies, ingredients, and beverages on a daily basis.
- Scheduling and budgeting of employee hours. Open and close the bank.

New Break Café (San Diego, California)

October 2000- September 2006

Lead Breakfast Line Cook

- Preparation of the line for breakfast and lunch. Take inventory of current stock and order supplies, ingredients, and beverages on a daily basis.
- Guarantee food quality is appealing and prepared to customer satisfaction

Villa Capri (San Diego, California)

October 2000- August 2016

Food Runner

- Keep a clean and organize workstation. Serve hot, fresh food in a timely and courteous manner.
- Make sure everyone gets the correct dish that was ordered.

Grosvenor Inn Hotel ( San Diego, California)

May 1996- September 2000

Breakfast Line Cook

- To set up the line for the breakfast time.
- Re stuck fresh vegetables and meats in my working area.



- Prepare food with high quality standards.

Little Chef Restaurant

June 1985 -May 1996

Breakfast Line Cook

- Prepare line with all the necessary items and tools needed.
- Make sure that meat and vegetables are all fresh.
- Preparing food with quality and high standards.

Center City (San Diego, California)

May 1994

General Education Degree

## **Skills**

Bilingual in English and Spanish. Actively support good health and safety practices. Knowledge of cleaning standards in a commercial food enterprise. Operation of POS system. Understanding in utilization of Microsoft Office suite.

## **References of Antonio M. Brito**

**Salvatore Ercolano 858)864-9598**

**Ruben Cabrera 619) 850-2636**

**Sheri Briggs 858) 449-2947**