

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 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

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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

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

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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 stock 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