

# xavier roache

Lemon Grove, CA  
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Willing to relocate: Anywhere  
Authorized to work in the US for any employer

## Work Experience

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### Line cook

Westbean coffee roasters - San Diego, CA  
December 2017 to Present

Prepare and cook food in a fast food restaurant with a limited menu. Duties of these cooks are limited to preparation of a few basic items and normally involve operating large-volume single-purpose cooking equipment. Clean food preparation areas, cooking surfaces, and utensils. Verify that prepared food meets requirements for quality and quantity.

### Line Cook/Prep

Salvatore's Restaurant - San Diego, CA  
June 2017 to January 2018

Inspect and clean food preparation areas, such as equipment and work surfaces, or serving areas to ensure safe and sanitary food-handling practices. Ensure freshness of food and ingredients by checking for quality, keeping track of old and new items, and rotating stock. Turn or stir foods to ensure even cooking. Season and cook food according to recipes or personal judgment and experience.

### Kitchen Staff

US Grant Hotel - San Diego, CA  
September 2016 to November 2017

Prepare a variety of foods, such as meats, vegetables, or desserts, according to customers' orders or supervisors' instructions, following approved procedures. Take and record temperature of food and food storage areas, such as refrigerators and freezers. kitchen work areas, equipment, or utensils in clean and orderly condition. Place clean dishes, utensils, or cooking equipment in storage areas.

### Prep Cook/Line Cook/Dishwasher

THE LOT - La Jolla, CA  
August 2015 to June 2016

#### Responsibilities

Prepare, season, and cook dishes such as soups, meats, vegetables, or desserts in restaurants. May order supplies, keep records and accounts, price items on menu, or plan menu.

#### Accomplishments

The ability to tell when something is wrong or is likely to go wrong. It does not involve solving the problem, only recognizing there is a problem. The ability to arrange things or actions in a certain order or pattern according to a specific rule or set of rules (e.g., patterns of numbers, letters, words, pictures, mathematical operations).

#### Skills Used

Adjusting actions in relation to others' actions. Monitoring/Assessing performance of yourself, other individuals, or organizations to make improvements or take corrective action.

### **Dishwasher/Food Prep/Room Attendant/Stocker**

All Team Staffing - San Diego, CA

May 2015 to September 2015

#### Responsibilities

Move and stack boxes, dust and polish furniture, wipe down glass fixtures, fittings and mirrors

#### Accomplishments

Being a Better people person. At times standing for long periods of time stronger with stock lifting

#### Skills Used

Kitchen cook prep, kitchen janitorial, and timely manner clean-up operation

### **custodian**

San Diego Unified school district - San Diego, CA

June 2013 to January 2015

#### Responsibilities

Maintain buildings and other assigned areas of a school or central office facility in a clean, sanitary, and safe condition.

#### Accomplishments

Pin pointing times of completed work, multi tasks jobs, work under different conditions of weather, painting mass areas of rooms, socialization with children, parents and co workers

#### Skills Used

Modern cleaning methods, materials, tools and equipment. Maintenance principles and sanitation methods.

### **janitorial**

Bills Taylor's janitorial services - Spring Valley, CA

September 2010 to March 2012

#### Responsibilities

Sweep, scrub, mop, clean, and apply finish to floors of rooms, hallways, stairs, and fire escapes; vacuum carpeted areas.

#### Accomplishments

Demonstrate personality and character suitable for working in schools. Efficiently carry out details for any type of work schedule.

#### Skills Used

Occasional lifting, maneuvering heavy objects; occasional standing. Make minor repairs to buildings and equipment

### **stocker/warehouse**

centerplate inc - San Diego, CA

June 2007 to November 2008

#### **Responsibilities**

Maintain instructional and warehouse stock rooms. Move supplies, furniture, and equipment. Check tools, machinery gates and doors

#### **Accomplishments**

(Walkie talkies) communicate effectively with others. Maintain inventory of supplies and equipment.

#### **Skills Used**

Variances in temperature, and equipment with moving parts. lifting, carrying, squatting, Simple grasping; frequent to constant walking, pushing and pulling.

### **Customer Service**

Centerplate - San Diego, CA

January 2006 to November 2008

#### **Responsibilities**

Accepted payment from customers and made changes as necessary. Keep records on the use and/ or damage of stock or stock handling equipment.

#### **Skills Used**

Communicated with customers regarding orders, comments, and complaints. Marked stock items using identification tags, stamps, electric marking tools, or other labeling equipment

### **Landscape Laborer**

Urban Corps of San Diego County - Old Town, CA

January 2006 to October 2007

#### **Responsibilities**

Edged bushes, clear debris from San Diego freeways, cut down small trees, clear big spaces of open land and some planting of ice plants for small businesses

#### **Accomplishments**

**Multilimb Coordination** — The ability to coordinate two or more limbs (for example, two arms, two legs, or one leg and one arm) while sitting, standing, or lying down. It does not involve performing the activities while the whole body is in motion. See more occupations related to this ability.

**Manual Dexterity** — The ability to quickly move your hand, your hand together with your arm, or your two hands to grasp, manipulate, or assemble objects. See more occupations related to this ability.

**Trunk Strength** — The ability to use your abdominal and lower back muscles to support part of the body repeatedly or continuously over time without 'giving out' or fatiguing. See more occupations related to this ability.

**Arm-Hand Steadiness** — The ability to keep your hand and arm steady while moving your arm or while holding your arm and hand in one position. See more occupations related to this ability.

**Control Precision** — The ability to quickly and repeatedly adjust the controls of a machine

#### Skills Used

Operation and Control — Controlling operations of equipment or systems

#### Education

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##### **associates in physical education**

cuyamaca college - Rancho San Diego, CA  
2009 to 2010

##### **high school diploma**

john muir charter school - Nevada City, CA  
2006 to 2007

#### Skills

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Kitchen Staff, Experienced, Busser, Culinary

#### Certifications/Licenses

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##### **ServSafe**



**Grill Cooks Test**

**Score / 40**

**Multiple Choice Test** (1 point each)

- b 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
- c 2) The recommended temperature for your refrigerator is...
- a) 45°F
  - b) 50°F
  - c) 40°F
  - d) 20°F
- d 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
- d 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
- C 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
- d 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
- d 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
- d 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

- E 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
- b 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
- b 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
- d 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
- d 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 covered, 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

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

- C 20) What temperature should chicken be cooked to?
- a) 145°F
  - b) 155°F
  - c) 165°F
  - d) 175°F

- b 21) What temperature should ALL ground meat be cooked to?
- a) 145°F
  - b) 155°F
  - c) 165°F
  - d) 175°F

- A 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)

Mix of fats used for sauces

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

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

1. bechamel
2. Veloute
3. espagnole
4. Hollandaise
5. Tomato

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

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

cayenne pepper egg yolk lemon juice  
butter