



MELISSA BARRY

1506 East 4th Street, Long Beach, CA 90802, 5624718595, lissab17@icloud.com

PROFESSIONAL SUMMARY

Qualified cook with commitment to customer satisfaction and quality food preparation. 6 years experience in customer service, food preparation and restaurant marketing. Focused on new opportunity in [industry].

SKILLS

- Detail-oriented
- Maintains clean and healthy workspace
- Outstanding customer service
- Positive teamwork abilities
- Desire to help others succeed
- Knife skills

EXPERIENCE

Cook

May 2019 - Current

Big City Staffing, Inc. | Huntington Beach, CA

- Took orders, prepared quality food and served it to the right customers.
- Responded to customer concerns and helped to resolve the conflicts.
- Improved food service by evaluating processes and implementing new ideas.
- Interacted with customers on a daily basis with excellent communication skills.

Cook

September 2018 - May 2019

Culinary Staffing Service | Los Angeles, CA

- Acknowledged customer issues and resolved their problems quickly and efficiently.
- Collaborated with [Job Title], [Job Title] and [Job Title] to create delicious and inviting seasonal menus.
- Effectively communicated with other employees and upper management to ensure complete care of customers.
- Evaluated the customers' needs and provided service options to meet their requirements.
- Greeted customers and offered them assistance where possible.
- Communicated efficiently with other restaurant staff to ensure a smooth and quality experience for all patrons.
- Created dishes to meet the needs of guests with particular tastes or unique allergies.
- Modified dishes and recipes to meet the dietary and allergy needs of restaurant clients and patrons.
- Responded to customer concerns and helped to resolve the conflicts.
- Supported team members in presenting upper management with ideas for improvement.
- Took orders, prepared quality food and served it to the right customers.
- Worked with upper management to plan menu options.

Grill Cooks Test

Score 36 / 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
- C 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
- C 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

-4
90%

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

C

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

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

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 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 covered, 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)

thickens sauces
Flour/water/milk/stock

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

melting/cooking butter

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

1. velouté
2. Bechamel
3. Espagnole
4. hollandaise
5. tomato

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

spray the grill so food doesn't stick

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

egg ~~white~~ yolks

butter

lemon jcs

s/p
water

TEST_Grill Cook (rev. 2013.07.31)