

## HIRING COOKS!! and SERVERS!!

Albert Seijas <861aeab2df3036dfba5b67b3af175de8@reply.craigslist.org>

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### **Albert Seijas**

Seeking to work for an employer who is serious about dining as an artform.

19948 Strathern St

Winnetka CA

**805 663 1135**

**alsavantjes@gmail.com**

### **EXPERIENCE**

#### **Picante Authentic Peruvian Cuisine, Sherman Oaks Ca --- Head Chef**

March 2017- present (on Call.)

Acting Chef in charge of two dishwasher personnel, scheduling and training untrained and inexperienced employees- Daily inventory and costing of menus for specials, some purchasing in case of emergency. Demographic analysis - introduced and taught service techniques, ei; kept organization in front & back of house. My 'all-around' experience was implicated daily.

**Papagallos** Catering, Santa Barbara, Ca — *Sou Chef*

#### **Feb 2010 - PRESENT**

Specializing in Full Service Catering of Paellas ceviches, anticuchos and other Peruvian and South American specialties. Purchasing and costing.

**Tony Rays Bar and Cantina**, Santa Barbara — *Head Chef*

#### **December 2010- closed Nov-2012.**

Planned menus, purchasing, catered private events. Cuban Cuisine, Latino-mediterranean, Nuevo latino Fusion cuisine.

**Albér Chef Services**, Santa Barbara. Ca— *Chef Owner*

**2009--present**

### **SKILLS**

Over 20 years of experience in the field: 30 years Cooking,

Experience as; Private Yacht Chef, personal Chef Catering, line cook.

\*Professional level cook.

Versed in multiple styles of cuisine.

\*Posses an innate ability to create relevant, interesting and cost effective dishes.

\*Am highly adaptive and knowledgeable regarding potential personality problems that could hinder the kitchen production mechanism.

\*Avid interests in Psychology, and sociology pertinent to the trade.

### **LANGUAGES**



Specializing in "Latino-Mediterranean" Cuisine. An Authentically combined fusion of Cuban, Colombian and Latin-American Dishes prepared in Homage to their roots in the Mediterranean.

Fluent in Spanish And German.

## **EDUCATION**

**Le Cordon Bleu**, Pasadena Ca — AA degree

### **Nov 2006 - February 2008**

Trained in traditional French food service production, a system incorporated into Michelin star rated restaurants. Trained with Chef Christophe Eme Chef/owner Ortolan 2008

**California Conservation Corps**, — Certificate program

### **October 1988 - 1989**

Certificate in Quantity Food service production.

Albert Seijas

Chef

Albér Chef Services

19948 Strathern St

Winnetka Ca 91306

Dear potential employer.

My name is Albert Seijas a professional Chef looking to attain a position that will continue to educate in the managerial areas of this a prolific and perpetual learning experience that is the culinary profession.

With over 15yrs of experience and cumulatively 20 years in all facets of the hospitality industry. Having worked for small and large establishments has given me a very broad perspective and in my opinion has equipped me with not only the cooking experience but also given me firmament and wisdom to handle the pedantic personalities that are often associated with this profession.



However, I am a very friendly and forward-thinking person, seeing every mistake, mishap or misunderstanding as a reason to grow and learn; quickly moving on diligently keeping focus on the task at hand at all times no matter how severe. This is where My social and language skills come into play. Being fluent in Spanish, English and German I have spent most of my life interested in the social and psychological aspects of life, including Living and working in the Hospitality field in Hamburg Germany from 1994-1996. (Novotel Hamburg SÜD.)

As a cook, I am highly diverse. My foundation in the French method of production but am very passionate about how things are prepared in the home, cooking authentic cuisines from around the world, my favorites being those of the Mediterranean and southeast Asia.

As a chef I have an innate sense for saving on inventory, I love shopping and I love to keep organized in the kitchen and office, I consider the kitchen a battle field and all stations have to be "locked and Loaded " at all times. I look forward to meeting you and possibly working with you as I am a positive individual that brings his can do mentality everywhere I go. Thank you.

Sincerely,

Albert Seijas

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Original craigslist post:

<https://losangeles.craigslist.org/lac/fbh/6894264587.html>

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# Acrobat

outsourcing  
Your Hospitality Staffing Professionals

## 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

A

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

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

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

A 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?
- To cook quickly in a pan on top of the stove until food is browned
  - Process through which natural sugars in food become browned and flavorful while cooking
  - Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
  - 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?
- 145°F
  - 155°F
  - 165°F
  - 175°F
- B 21) What temperature should ALL ground meat be cooked to?
- 145°F
  - 155°F
  - 165°F
  - 175°F
- A 22) What temperature should fish be cooked to?
- 145°F
  - 155°F
  - 165°F
  - 175°F

23) What is a roux and what is it used for? (2 points)

For thickening Soups & Sauces

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

Place butter in medium saucepan ~~A~~ a low simmer

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

1. Bechamel
2. Espagnole
3. Tomato
4. Hollandaise
5. Veloute

Allowing the solids to separate from oils  
skimming away fatty solids  
to prevent burning and allowing the fat to cook at higher temp.

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

to season means to brush oil on the grill at a high heat to seal it and prevent sticking

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

Eggs (yolk)

Butter

lemon or lemon juice

Cayenne pepper

TEST\_Grill Cook (rev. 2013.07.31)

1 egg yolk + 1 lb Butter yields 7 pint Hollandaise

