

ORLANDO RAMIREZ-HERRERA

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OBJECTIVE

I am applying for a Prep Cook position. I would appreciate the opportunity to work with your culinary staff and my future team.

SKILLS & ABILITIES

Knife skills, Bi-lingual, CertSafe, can lift more than 50lbs, can stay on my feet for long periods of time, I have a full open schedule for work.

EXPERIENCE

Prep Cook/Porter, Otium, 222 South Hope Street, Los Angeles, CA 90012
Keep all work areas clean; Complete all requirements of the prep list; be available for change; FIFO fridge, freezer, and dry storage, help maintain Line Cooks Mise En Place.

11/2017-
02/2018

Utility Worker, Empower L.A. Kitchen (Yumi)
Sanitize all work stations, Cook All Products thoroughly then puree Products, package finished product into baby food containers, Assist Executive Chef during class and volunteer schedules.

12/2017-
02/2018

EDUCATION

GED, Delano, CA, NKSP
Culinary Certificate of Training, Los Angeles, CA, L.A. Kitchen

09/2016
09/12/2017-
12/07/2017

Prep Cooks Test

Multiple Choice (1 point each)

D

1) A gallon is equal to J ounces

- a. 56
- b. 145
- c. 32
- d. 128

B

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

B

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

B

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

A

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water Scald quickly
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

C

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

B

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

C

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

B

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

80%

Prep Cooks Test

A

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

B

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

C

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

C

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

B

15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

B

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

A

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

C

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)

Prep Cooks Test

- 19) Salt & pepper are the basic seasoning ingredients for all savory recipes.
- 20) Rough Chop: to cut into very small pieces when uniformity of size and shape is not important.

