

## **ORLANDO RAMIREZ-HERRERA**

**3745 South Grand Ave, Los Angeles, CA 90007**

**1-877-301-0785 [messages only]**

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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**

**11/2017-  
02/2018**

Keep all work areas cleans; Complete all requirements of the prep list; be available for change; FIFO fridge, freezer, and dry storage, help maintain Line Cooks Mise En Place.

**Utility Worker, Empower L.A. Kitchen (Yumi)**

**12/2017-  
02/2018**

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.

### **EDUCATION**

**GED, Delano, CA, NKSP**

**09/2016**

**Culinary Certificate of Training, Los Angeles, CA, L.A. Kitchen**

**09/12/2017-  
12/07/2017**



## Prep Cooks Test

## Multiple Choice (1 point each)

80%

- D 1) A gallon is equal to 128 ounces
- 56
  - 145
  - 32
  - 128
- B 2) Mesclun are what type of vegetable?
- Roots
  - Beans
  - Salad Greens
  - Spices
- B 3) What does the term braise mean?
- Sear quickly on both sides
  - Slowly cook in covered pan with little liquid
  - Cook on high heat and quickly
  - Slowly cook in simmering water
- B 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- 155 degrees F
  - 165 degrees F
  - 175 degrees F
  - 185 degrees F
- A 5) How do you blanch vegetables?
- Immerse for a short time in boiling water ~~& cool quickly~~
  - Cook lightly in butter over med heat
  - Soak in cold water overnight
  - Rub with salt before cooking
- C 6) Which of the following ingredients would you pack before measuring?
- Olive Oil
  - Salt
  - Brown Sugar
  - White Sugar
- B 7) What is Al Dente?
- Firm but not hard
  - Soft to the touch
  - Very hard
  - Very soft
- C 8) Food should be left out no more than
- 2 hours
  - 3 hours
  - 4 hours
  - 5 hours
- B 9) Which is the improper way to thaw frozen food?
- In the fridge
  - In a sink with cold water
  - On the counter
  - In the microwave

## 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**

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- 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.

