

## **Jody Raymond**

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California Food Handler Certified: ServSafe

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Throughout my life, I have worked in many different capacities, from corporate business positions to the more creative entrepreneurial situations.

I am most comfortable being of service and helping others. In the food industry I have been involved in matters front of the house as well as back of the house. I have worked with private independent caterers as well as in kitchens owned and managed by corporations.

I have participated in the sale of an event as well as in the designing and creatin of an event which both rewards and inspires me. I have been involved with the success of affairs from small to grand.

I love to bake and be involved with all things pastry as well!

### **Experience**

I have worked for a temp food service company and it has allowed me to experience some of the different kitchens listed in my experience

#### **Google Headquarters, Catering Venice Beach**

Responsibilities have included:

Cooking, food preparation, in house catering  
under Chef Jeff and Chef Marcus  
set-up and service

#### **Roll International – The Orchard Cafe Olympic Blvd**

Responsibilities have included:

Cooking, food preparation, set – up and service under Chef Lee

#### **Dreamworks- Glendale – Bon Appetit catering Warner Brothers –Burbank - Guckenheimer Sherwood Lake Club – Sherwood Lake - Chef Francisco**

Responsibilities have included:

Cooking, food preparation, set- up and service

**The Spot Gourmet Catering, Food Ink Catering,  
Modern Art Catering**

**These three catering companies merged and are owned by one person in  
Burbank, Ca**

Responsibilities have included: Assistant manager position for events as well  
as having been a server position, Set-up, break down, scullery

**Along Came Mary Catering  
Pico Blvd, Los Angeles**

Responsibilities have included: Serving, set up, break down, design set-up  
for celebrity events, movie premiers, high-end private parties

**Gem Gift  
East Norwich, N.Y.**

Responsibilities included:  
Gift basket design, baking, chocolatier, platters, baskets

**Kitchen Kabaret  
Long Island, NY**

Gourmet retail business, catering for private parties  
Responsibilities include making specialty candies, baked goods  
Completing creative gift baskets for retail  
Design coordinating and event planning, sales, service, set-up

**ABC TV Regis Philbin Show  
New York, NY**

Assisted in designing, baking, and sculpting cakes for on-air monthly  
television segments for The Regis Philbin Show

**Grill Cooks Test**

**Score / 40**

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

- a 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
- b+c 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
- a 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
- a 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

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

b 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

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

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- b) 155°F
- c) 165°F
- d) 175°F

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)

it's a pasty base used for  
sauce, flavor, & thickening -

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

whipping heavy cream until it is butter  
when you don't want the liquid that separates  
from the butter

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

1. Bonnaise
2. Hollandaise
3. Mirepoix
4. tomato sauce
5. Veloute BROWN

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

to oil it, so food doesn't stick

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

egg yolk  
heavy cream  
Salt

