

Dominic Avalos  
626 224 4129  
Domavalos9272@gmail.com

Passionate Chef with about seven years experience cooking as well as some management/lead rolls within the last four years. looking for growth as well as creative freedom and culinary knowledge.

Little pine March 2019 - July 2019: hired as fry cook then after six weeks I was offered a promotion to be the Sous Chef. My responsibilities included; controlling expo, quality control, making prep list, working directly with front of house to ensure guest satisfaction, working the line very often, working morning prep, ensuring all kitchen staff is taken care of and happy.

Little Beast May 2017-December 2018: Started on Garde manger then moved to fish station soon after I was running the grill. Some responsibilities included; Working prep in the morning when needed, setting up and breaking down my station or all stations keeping track of meat orders and any prep for following day, we were short staffed so all cooks washed dishes. I started to run brunch by October of 2018.

Lincoln cafe and bakery July 2018-October 2018: Hired as kitchen lead here my duties included; taking care of BOH staff, placing daily orders for produce/bread, keeping track of inventory and being diligent about not over spending/over ordering. Keeping labor down was huge at Lincoln so many days I would run food and well as be the only cook on duty, making daily prep/to-do list for my morning cooks was a must as well as making a daily soup and keeping a cold case fully stocked with ready made food items. Other responsibilities included checking sanitation not only for BOH but FOH as well to be an extra set of eyes for my FOH management team. Weekly manager meetings to discuss any issues or concerns. Training line cooks and FOH on weekly specials and menu changes. Working expo when fully staffed to ensure food quality, consistency and getting orders out organized and quick.

Papilles French Bistro May 2018- July 2018 Here we had a very small team of just three cooks so we all did everything from garde manger to sauté and dessert items. Most of my duties were with desserts since I loved it so much. I later moved on to work for Lincoln in Pasadena.

Berlin Currywurst February 2018-April 2018 (part time) Here I would open our stand inside grand central market, cook off sausages and hotdogs, cutting and blanching potatoes for fries and breakfast potatoes. There was some guest interactions and customer service but I mainly I was to the kitchen.

Home Restaurant (Los Feliz) March 2016-November 2016 Hired as a grill cook and later promoted to kitchen manager. I was responsible for all my prep/opening/closing procedures, very high volume kitchen. Cooking steak, ribs, burgers, chicken and salmon. typical shifts lasted 10-15 hours serving at least one thousand covers a day, very exciting times.

Santa Anita Park (Front runner) June 2014-March 2017 At the racetrack I worked seasonally in the Front runner kitchen as well as two other kitchens on our grounds. I mostly worked the grill as well as operating a breakfast station in the Turf Terrace kitchen. Hands down the most volume I've ever done, often catering to a few thousand people at once.

Le pain quotidien October 2014-May 2015 Lead cook doing brunch all day, making prep list, following direction from kitchen managers, portion control, working an omelette station as well.

The Slaw Dogs (Duarte) May 2014-October 2014 Here I did everything from cooking on the line supporting my crew with prep, portioning, expediting food, washing dishes, cleaning bathrooms and typically working double shift. Very large menu that we all had to master.

LA Cafe October 2012-May 2013 hired to be on salad station working the graveyard shift, after a couple of months I quickly moved up and became a floater as well as being the guy in charge of bringing down items from our prep kitchen and supporting my team both front and back of house.



## Prep Cooks Test

### Multiple Choice (1 point each)

B

1) A gallon is equal to \_\_\_\_\_ounces

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

C

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
- 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

A

7) What is Al Dente?

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

A

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

351 17

## 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 — (if keeping watch in front of pan)
- c. Turned towards the right or left at all times — (if not present to watch items in pan)
- 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

A

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) CHOP : to cut into very small pieces when uniformity of size and shape is not important.



**Grill Cooks Test**

**Score** 82.5 / 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

-1

C 2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- c) 40°F
- d) 20°F

82.5

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

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

23 12) A gallon is equal to \_\_\_\_\_ ounces

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

4 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

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?

- 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)

Mother sauce  
Butter (Fat)  
Flour

\* used to thicken soups, stews  
and various sauces.

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

To clarify Butter I would throw about 10 pound of Butter or  
However as much is needed heat Butter not Alowing it to boil  
But Steady heat and Skimming the top often to separate  
the milk from the fat

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

1. Béchamel
2. Véloúte
3. Hollandaise
4. Béarnaise
5. Tomato

\* used to make liver mousse  
\* used for sandwiches  
\* Popcorn

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

Heat your grill very very hot then wipe/lubricate grates  
with SPRAY oil for flavor and a non stick surface.

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

6 1/2 Egg Yolks

1TBS H<sub>2</sub>O

splash white wine

1TBS Dijon

Dice room temp butter (4#s)

