

Tomi Egardo

Montebello, CA

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Authorized to work in the US for any employer

Work Experience

Line Cook

Commerce Casino - Commerce, CA

July 2018 to Present

- I prep and make a variety of different foods including Sauté & breakfast items ass well .

Lead Cook

Health Right 360 - Los Angeles, CA

October 2015 to July 2018

I'm in charge of a 8 man crew that feeds 250 breakfast, lunch & dinner. I teach and show them how to prep and use all the responsibilities that comes with daily operations of the kitchen. Also responsible for picking up and dropping off various items to other properties..

Specialty Chef

University of Southern California - Los Angeles, CA

October 2012 to April 2014

Responsibilities

I was responsible for prepping And cooking in different stations everyday .

Accomplishments

I showed leadership and multitasked each station that I was assigned to .

Skills Used

Excellent knife skills , kitchen knowledge

Line Cook

Levy Restaurants - Los Angeles, CA

January 2003 to October 2011

Responsibilities

I prepared hot and cold food for luxury suites . Daily task include Line Cook , Grill., Sauté Station , Carving and Performance duties . Fast pace environment and multitasking required . Prepping various meats , vegetable platters and special catering events . Prepared menu items for designed workstations .

Accomplishments

I was able to handle all the different tasks and places that chefs put me in .

Skills Used

I was able to show that I was not scared of work and able to multitask . And also showed that I was able to make things on the fly ..

Line Cook/Prep

Pink Salt

March 1998 to May 2008

Responsibilities

Catering large events Weddings and Special Award shows !

Accomplishments

I was available for events including holidays .

Skills Used

Purchasing last minute items and flexible to chefs orders

Line Cook

Prestige Services Incorporated - Culver City, CA

February 2003 to December 2004

Responsibilities

Prepared large mass quantity of food . Cater to major movie studios , commercials , movie industry . Duties include purchasing and taking inventory of supplies , Assist and supervised co-workers in maintaining the fast pace environment . Line cook duties , made specialty and menu items .

Accomplishments

I started on the nightshift and made my way to the morning. I had the ability to help them produce out more food.

Skills Used

Great knife skills , worked well with others , experience !

Certifications/Licenses

Food Handler

Food Handlers Certificate

Grill Cooks Test

Score 29 / 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

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

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

A

72.5

Grill Cooks Test

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

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

12) A gallon is equal to _____ ounces

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

13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

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

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

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

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

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

C 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

C 21) What temperature should ALL ground meat be cooked to?
a) 145°F
b) 155°F
c) 165°F
d) 175°F

S 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)

FAT + FLOUR
IT'S USED TO THICKEN LIQUIDS

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

MELT THE BUTTER ON LOW HEAT TO MELT FAT AWAY

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

1. BECHAMEL
2. ROUX VELOUTE
3. ESPAGNOLE
4. HOLLANDAISE
5. TOMATO

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

IT MEANS TO TIE. IT'S THE PROCESS IN BREAKING A NEW GRILL
IT'S IMPORTANT SO THE FOOD DOESN'T GET STUCK

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

egg yolk and
olive oil

20012 of 199
Chippewa Valley of 2001 2001

Want to find a good and do well in this

located
in
Chippewa
Valley

Find a good place to live, but not far from
both the town and the river.

John S. P. P.
No. 20012