

# Tomi Egardo

Montebello, CA

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Authorized to work in the US for any employer

## Work Experience

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### **Line Cook**

Commerce Casino - Commerce, CA

July 2018 to Present

- I prep and make a variety of different foods including Sauté & breakfast items as 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

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#### **Food Handler**

Food Handlers Certificate

**Grill Cooks Test**

Score <sup>29</sup>/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

## 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

A 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

D 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

D 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

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

B 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 VELUTE**
- 3. **ESPAGNOLE**
- 4. **HOLLADAISE**
- 5. **TOMATO**

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

**IT MEANS TO TRE. 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**

1  
2  
3  
4

STUDY \*THE  
THE WAY TO KNOWLEDGE

WILL THE BUTTER BE IN THE NEXT TO LAST WING

FORWARD  
LEFT  
RIGHT  
REAR

WINGMAN A ZIGZAGGING ALONG THE LINE AT THE  
THE POINT OF THE LINE TO THE POINT OF THE LINE

AND THE  
WING