

# Catherine Mongossoo · Los Angeles, CA

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## SUMMARY

Dependable and reliable individual with strong ability to learn new things. Customer service and warehouse experience. Organized, able to prioritize and handle multiple tasks. Communicates well with supervisors, co-workers, and patrons. Can work well unsupervised; performs well independently and as part of a team

## WORK HISTORY

10/2018 – 09/2019 Kelly Services

Sherman Oaks, CA

*Data and Specimen Technician, Temp — Assigned to Covance Laboratories*

- Received, processed, stored for testing in the appropriate laboratory department
- Closed and prepared SDS shipments according to assigned picklist
- Performed basic freezer maintenance
- Filed QA and QC documentation
- Performed clerical duties

04/2017 – 09/2018 Apex Life Sciences

Calabasas, CA

*Chemistry Lab Technician, Temp — Assigned to Pharmavite, LLC.*

- Sampled various incoming materials (raw materials, bulks)
- Performed QA and QC tests and recorded results in the LIMS
- Maintained various operational data logs (tests documents, quality documents)
- Performed routine calibration, maintenance, and troubleshooting of instruments
- Prepared simple chemical solutions

06/2013 – 05/2017 Morrison Healthcare

Culver City, CA

*Foodservice Worker*

- Checked tray content against patient menu to ensure that they contain required items
- Carried trays in carts and deliver carts to the floors
- Returned carts to the kitchen after meals are finished
- Served food to hospital staff
- As needed, escorted guests to the departments they were headed for

11/2011 – 05/2017 Post and Beam Restaurant

Los Angeles, CA

*Dishwasher Prep Cook*

- Cleaned and sanitized dishes, kitchen utensils, and work tables
- Maintained several logs as required by the Health Department
- Performed routine maintenance and troubleshooting
- As needed, assisted in food preparation
- Received and stored deliveries
- Removed the trash
- Presented menu to passers-by and answer questions about menu items

02/2011 – 07/2011 Arsenal, Inc.

Las Vegas, NV

*Mechanical Assembler*

- Pulled orders
- Assembled and disassembled a wide range of metal devices using hand tools and power tools
- Assisted in shipping and receiving
- Loaded and unloaded trucks
- Performed data entry

## EDUCATION

01/2013 Torrance Adult School

Los Angeles, CA

- GED

**Grill Cooks Test**

Score 35 / 40

Multiple Choice Test (1 point each)

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

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

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

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

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

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

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

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

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

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

-4.5  
88.75

**Grill Cooks Test**

a 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

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

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

d 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

c 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

c 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)

- a) It is a thickening ingredient made from flour
- b) It is used to thicken a sauce

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

- a) Butter is melted and the milk component is removed
- b) It can be heated higher

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

- 1. Béchamel
- 2. Tomato
- 3. White Velouté
- 4. Hollandaise
- 5. Brown

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

X a) To oil the grill and To coat the grill with oil and heat the griddle metal

b) It is to maintain the grill; it would rust if not

prevents sticking

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

yolk  
egg, butter, salt, pepper, water