

# 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)

- 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
- c 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

TEST\_Grill Cook (rev. 2013.07.31)



## 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
- c 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 Veloute
  - 4. Hollandaise
  - 5. Brown
- 26) What does it mean to season a grill and why is this process important? (3 points)
- a) ~~To oil the grill and~~ To coat the grill with oil and heat the grained metal
  - b) It is to maintain the grill; it would rust if not
- 27) What are the ingredients in Hollandaise sauce? (5 points)
- <sup>yolk</sup>  
egg, butter, salt, pepper, water
- prevents sticking*