

**GERRAN SAMUEL 1560 E
98TH ST. LOS ANGELES, CA**

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EXPERIENCE

NOVEMBER 2015 TO DECEMBER 2016

LEAD COOK, STATE OF CALIFORNIA, SAN LUIS OBISPO

Cooked food according to recipes, special dietary or nutritional restrictions as needed according to the number of portions served. I served food to all patrons, staff and the entire facility around the clock as needed. Also have experience in all functions of the kitchen I have the I have the ability to work well with others and I also am a team player and I have the ability to train others as needed for this task.

NOVEMBER 2010 TO NOVEMBER 2015

TAILOR /LEAD TAILOR, STATE OF CALIFORNIA, SAN LUIS OBISPO

**FIT, ALTERED REPAIRED AND MADE CLOTHING ACCORDING TO THE CUSTOMER'S NEEDS I
WOULD ALSO DESIGN CLOTHES AS NEEDED.**

JANUARY 2009 TO DECEMBER 2009

JANITOR, STATE OF CALIFORNIA, CORCORAN, CA

**RESPOSIBLE FOR CLEANING ALL RESTROOMS, CAFETERIAS AND OTHER AS NEEDED I DIRECTED
MY OWN CREW AS NEEDED TO GET THE JOB DONE.**

SEPTEMBER 2008 TO JANUARY 2009

LANDSCAPER, STATE OF CALIFORNIA, CORCORAN, CA

**MOWED AND TRIMMED GRASS AND HEDGES USING, POWER EQUIPMENT. ALSO WATERED
AND MAINTAINED FLOWERS AND JUST GENERAL OVERALL MATIENENCE.**

FEBRUARY 2008 TO APRIL 2008

CAREGIVER, STATE OF CALIFORNIA, CORCORAN, CA

**ACCOMPANIED PATIENTS TO AND FROM DOCTOR'S APPOINTMENTS AS NEEDED AND GENERAL
CLEAN UP AND GROOMING OF THE PATIENT'S.**

JULY 2007 TO JANUARY 2008

DISCIPLINARY CLERK , STATE OF CALIFORNIA, SAN DIEGO, CA

MAINTAINED DISCIPLINARY FILES BY ENTERING, REPORTS AND ORDERS INTO THE DATABASE

JANUARY 2007 TO JUNE 2008

KITCHEN CLERK STATE OF CALIFORNIA , SAN DIEGO

COOKED AND PREPPED FOOD ACCORDING THE PLANNED MENU FOR THAT PARTICULAR DAY

EDUCATION

FEBRUARY 2016 TO PRESENT

LOS ANGELES TRADE TECH LOS ANGELES, CA
DESIGNER

Lassen Community College, Susanville, CA

SKILLS

- Over 10 years of outstanding work experience across various fields.
- Solid teamwork experience with diverse groups of people.
- Positive and self motivated for being able to complete task
- Team Player
- Multitasking
- Works well with others.
- Follow directions with minimal supervision.

OBJECTIVE

I would like to work for a Company where I can display all of my talents and skills I Love working with the public it gives me a sense of accomplishment.

Grill Cooks Test

Score 32 / 40

Multiple Choice Test (1 point each)

- d 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
- a 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
- b 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

- 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
- b 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
- 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

a

- 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

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 mixture of fat and flour used in making sauce
it MAKE it thicker

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

Butter from a milk form instead of oil.

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

1. Bechamel
2. Veloute
3. Espagnole
4. Hollandaise
5. Tomato

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

to MAKE the food TASTE good
- keep from sticking

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

4 eggs
1 table spoon, freshly squeezed lemon juice
1/2 cup unsalted butter
cayenne
SALT

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