

Alejandro Colotla

Los Angeles, CA

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Work Experience

Prep Cook

Carmelized Productions - Inglewood, CA

June 2019 to Present

Portion out

- meats, vegetables, spices
- Weight out meat to grind
- Follow chefs recipes
- Make sure everything is prep out on a timely manner

Grill Cook

ROSA MEXICANO - Los Angeles, CA

December 2018 to Present

Grill proteins to its temps

Prep out and portion proteins

Sanitation

Line Cook/Prep Cook

MAPLE RESTAURANT "PATINA RESTAURANT GROUP" - La Cañada Flintridge, CA

September 2018 to Present

Prep out for service

Making sure tickets come out on time

Plating up

Knife Skills

Cook/Prep

Culinary Staffing - Los Angeles, CA

August 2018 to October 2018

Experience in

- Corporate Dining
- Hotels
- Catering Companies
- Entertainment Venues
- Business Cafeterias
- Country Clubs
- Private clubs
- Private In-Home Parties

Prep Cook

SUNFARE - Los Angeles, CA
February 2018 to September 2018

Butcher protein such as
Chicken, Turkey, Steaks, Fish
Make sauces/vinaigrettes
Grill protein to it temperature

Line Cook/Prep Cook

La Cabanita Restaurant - Glendale, CA
June 2014 to October 2016

Make sure my station is stocked for food rush.
Ensure that food come out to restaurant standers and making sure that dishes come out in a timely fashion.
Cut vegetables, fruits
Follow restaurant recipes

Dishwasher/Food Prep

Special Events Staffing - Pasadena, CA
December 2013 to July 2014

Clean sanitize dishes, kitchen prep station, Clean kitchen appliances. Able to use 3 sink compartment sinks and industry dishwasher machines

Education

Culinary

Le Cordon Bleu College of Culinary Arts-Pasadena - Pasadena, CA
February 2015 to January 2016

High school or equivalent in High School

Los Angeles County of Education - Los Angeles, CA
September 2008 to June 2012

Skills

Knife skills (3 years), Grill (2 years), Food Prep (3 years), Cooking (3 years), Kitchen Staff

Additional Information

I'm a hard working, open minded to new culnses, techniques, positive attitude

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

- 6.5
82.5%

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

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

20) What temperature should chicken be cooked to?

- a) 145°F
- b) 155°F
- ☒ c) 165°F
- d) 175°F

-1/2 21) What temperature should ALL ground meat be cooked to?

- a) 145°F
- ☒ b) 155°F
- c) 165°F
- d) 175°F

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 ROUX IS FAT/BUTTER
USE TO THICKEN SAUCES.

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

MEDIUM HEAT SKIM OF THE FAT THAT RENDERS UP.
TOO HAVE BUTTER COOK AT A HIGHER TEMP.

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

- 1. HOLLANDAISE
- 2. TOMATO
- 3. ESPAGNO
- ☒ 4. BEURRE BLANC → Velouté → Bechame
- ☒ 5. FISH SAUCE

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

TO SEASON A GRILL IS TO MAKE
SURE FOOD DONT STICK AND HAVE A

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

EGG YOLICS
VINAIGRE
BUTTER/CLARIFIED
PAPRIKA