

**Morgan Ziff**  
1515 Pacific Ave, Venice Beach  
202-716-4505  
Morgan.Ziff@Gmail.com

## **Education**

---

New England Culinary Institute  
Essex Junction, Vermont  
March 2004- March 2006  
AOS in Culinary Arts

Woodrow Wilson Senior High School  
Washington, DC  
Graduated, June 2002

## **Experience**

---

### **Galley Food**

November 2016- Current 2018  
Washington DC 20001  
Catering exc sous chef

### **The Independence**

February 2014- August- 2016  
Santa Monica Cali 90291  
Chef

### **Willie Jane**

September 2014- March 2015  
Venice Cali 90291  
Lead Line cook

### **Taco Bamba/ Del Campo**

August 2013-March 2014  
West Fall Church VA  
Sou Chef

### **Pearl Dive Oyster Bar**

August 2009-May-2013  
Washington DC 20005  
Sou Chef

### **3Citron**

June 2006- June 2007  
Washington DC 20007  
Catering onsite chef

## **Certifications**

---

SerSafe Food Protection- National Restaurant Association  
CPR- American Red Cross

**Morgan Ziff**  
1515 Pacific Ave, Venice Beach  
(202)-716-4505  
Morgan.Ziff@Gmail.com

**Reference:** \_\_\_\_\_

Asad L  
Santa Monica  
(310)-881-9277

Frankie Garces  
Los Angeles CA  
(310)-407-9186

Shane Graybeal  
Washington DC  
(434)315-1701

James Frederick  
Washington DC  
(202)-706-1401

**Grill Cooks Test**

**Score 35/40**

**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
- 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
- c 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
- C 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
- 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

d

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)

Thickener

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

Melt Butter on low heat, then strain all the head off and cut the heat, to make Hollandaise

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

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

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

Whipe down with oil so the fish or meats do not stick and are able to get grill marks

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

Clarified Butter  
Lemon Juice  
Egg yokes

