

**MARK COLLINS**  
7575 Madison Ave Apt 145  
Citrus Heights Ca. 95610  
(916) 667-7721  
E-Mail [chef.mac12@yahoo.com](mailto:chef.mac12@yahoo.com)

**OBJECTIVE:** A Responsible and Challenging Position as a Sous Chef / Lead Line Cook

**EXPERIENCE:**

**Casa Blanca Catering – Hayward**  
**Executive Sous Chef**  
June 2012 – present

- Setting up, breaking down food for catering events. Also, but not limited to customizing menus, prepping, cooking, and serving.

**Intel – Folsom**  
**Line Chef**  
2011 – 2013

- Set up line, prepare customers' orders, order produce, make menus for special functions, and serve guests.

**Apple Computers - Café Mac - Sacramento**  
**Line Chef**  
September 2010 to August 2011

- Set line, cut meats, make daily fish special, make soups, and cook orders to customers liking.

**Hilton Hotel - Sacramento CA**  
**Sous Chef**

March 2008 to April 2010

• Responsible for all day-to-day operations in the kitchen, banquets, and restaurants.

Supervised 15 employees.

• Made specials, ordering of supplies, and keeping records while maintaining hotel policies and guest satisfaction.

**Marriot Hotel – Sacramento, California**  
**Lead Line Cook**

February 2006 to 2008

• Supervised, coordinated and participated in activities of cooks and other workers engaged in preparing and cooking foodstuffs.

• Observed workers engaged in preparing, portioning and garnishing foods to ensure company standards were met.

• Purchased and maintained all cold and hot storage items. Gave instructions to cooking personnel in fine points of cooking.

• Organized and implemented proper food handling procedures resulting in safety standards being met.

**Brick House Restaurant Lounge – Sacramento, California**

**Lead Line Cook / A.K.M**

October 2007 to May 2008

• Food purchasing, creating daily specials, cost control, sanitation instruction, training of new employees, creating banquet menus.

**EDUCATION:**

Sierra College - Chef Apprentice Program – Rocklin, California Certificate of completion 1993

Consumnes River College – Sacramento, California A.A. Degree in Business Administration

Luther Burbank High School – Sacramento, California Diploma

1986

1980 **MARK COLLINS**

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**Grill Cooks Test**

Score     / 40

**Multiple Choice Test (1 point each)**

-7

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

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

**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 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

B 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

C A 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 A 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**

18) 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

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)

FLOUR  
BUTTER USED TO THICKEN SAUCES

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

MELT BUTTER SEPARATE FAT & WATER USED FOR COOKING  
AND MAKING SAUCES

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

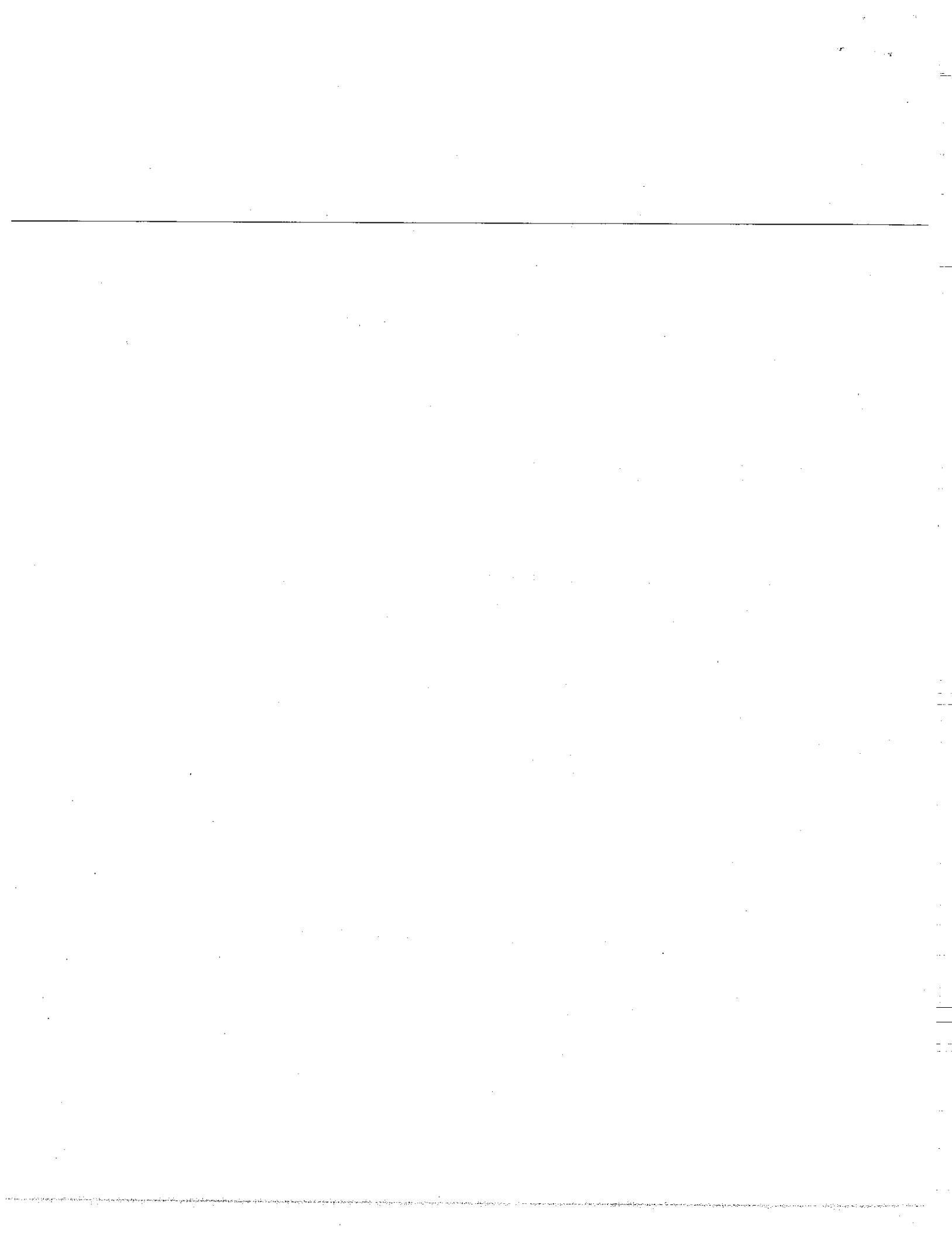
1. BÉCHAMEL
2. BROWN
3. WHITE
4. ESPAGNOLE
5. HOLLANDAISE

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

MEANS TO OIL IT DOWN SO FOOD WONT STICK OR BURN

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

Egg yolks  
clarified butter  
shallots  
white wine  
white pepper  
salt





National Restaurant Association

# ServSafe® CERTIFICATION

MARK COLLINS

for successfully completing the standards set forth for the ServSafe® Food Protection Manager Certification [Examination], which is accredited by the American National Standards Institute (ANSI)-Conference for Food Protection (CFP).

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EXAM FORM NUMBER  
10518  
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Contact us with questions at 175 W Jackson Blvd, Ste 1500, Chicago, IL 60604 or ServSafe@restaurant.org

