

Louis Barrera

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OBJECTIVE *I wish to work at Faith and Flower in order to learn more about the hospitality and food industry and in order to see which path I will choose in this industry.*

EDUCATION

Los Angeles Center for Enriched Studies (LACES) - Class of 2019

Culinary Arts Class - 2 years

Studied many culinary concepts and applied several techniques in:

- | | | | |
|-------------------------|----------------|----------------------------|---------------------|
| - Safety and sanitation | - Knife skills | - Food preparation methods | - Baking and pastry |
| - Menu development | | | |

Culinary Arts Club - 3 years

Assisted at various fundraisers and caterings by:

- | | | |
|------------------------|----------------|--|
| - Preparing food | - Serving food | - Cleaning and breaking down the equipment |
| - Setting up the venue | | |

School Event: Spring Showcase

Served Mexican spiced coffee to parents who came to the event.

- Semi-managed other groups cooking at the event, mainly middle schoolers.

TA for Culinary teacher at LACES -5 months

- Performed task such as inventory, organization, and helping/supervising middle schoolers as they cook.

EXPERIENCE

C-CAP 2016 Summer Job Training Program

Back of the House Skills:

- | | | | |
|-------------------------|----------------|------------|---------------------------------|
| - Safety and sanitation | - Knife skills | - Teamwork | - Menu planning and preparation |
| | | | |

Front of the House Skills:

- | | | |
|-----------------------------------|---------------------------|-----------------------------|
| - Service etiquette and technique | - Customer service skills | - Proper setting of a table |
| | | |

Soft Skills:

- | | | |
|---------------------------------|-------------------|-----------------------------------|
| - Email and telephone etiquette | - Résumé building | - Appropriate behavior and attire |
| | | |

Micheals in Santa Monica

Back of the House Skills::

- Worked as a pastry cook at Micheals for a few months as a temporary internship, and learned how a restaurant operates.

CERTIFICATIONS, AWARDS & SKILLS

Certificates

- ServSafe Food Handlers Card - Expiration 6/2020

Awards

- Culinary Arts Acheivement Certificate in High School

Skills

- Bilingual in English and Spanish
- Microsoft Word, Excel and PowerPoint

~~15.5
20~~

Prep Cooks Test

Multiple Choice (1 point each)

C 1) A gallon is equal to ____ ounces

- a. 56
- b. 145
- c. 32
- d. 128

A 2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

B 3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

B 4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

A 5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

C 6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

A 7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

A 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

C 9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

- 41.5

77.5%

Prep Cooks Test

- A 10) Which of the following can you use to put out a grease fire?
a. Baking Soda
b. Baking Powder
c. Flour
d. Water
- B 11) What is the temperature range of the danger zone?
a. 25-135
b. 40-140
c. 50-160
d. 30-130
- D 12) Which of the following is listed from smallest to largest?
a. Dice, chop, mince
b. Mince, chop, dice
c. Chop, dice, mince
d. Mince, dice, chop
- B 13) Which direction should pan handles be turned while cooking on the stove?
a. Over the fire at all times
b. Turned towards you for better control
c. Turned towards the right or left at all times
d. Over the countertop at all times
- C 14) When you poach something, you cook it with what?
a. Noodles
b. Vegetables
c. Liquid
d. Oil
- B 15) Which spoon is used to remove fat from soups and stews
a. Basting Spoon
b. Ladle
c. Slotted Spoon
d. Portion Spoon
- B 16) Which of the following means to cook in a small amount of fat?
a. Season
b. Sauté
c. Broil
d. Boil
e. Fry
- B 17) What is a Julien cut?
a. Food cut into long thin strips, matchstick
b. Food cut into long thin strips then turned and cut into a 1/8' dice
c. Food diced into finely chopped and uniform pieces
d. Cutting and peeling into oblong seven sided football like shapes
- A 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.
a. Sweat
b. Boil
c. Roast
d. Grill

Fill-in the Blank (1 point each)

Prep Cooks Test

19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

20) Dice : to cut into very small pieces when uniformity of size and shape is not important.
chop

