

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 Achievement 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 blanch 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

-4.5

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

