

# LORENZO ANTONIO FRIAS

626-808-3694 • LORENZOFRIAS23@GMAIL.COM

## OBJECTIVE

---

Highly Motivated, organized individual looking to gain work experience, entry level position with a suitable company where I can grow and gain knowledge. Seeking long term position and full time employment where I can offer my outgoing skills to help my employer flourish while gleaning from others around me.

## EXPERIENCE

---

- Intern/Dancer Lotus Lantern Festival**, CultureUs, Seoul, South Korea 03/19 - 06/19
- Provided by the Korean Government, cultural exchange with an emphasis on Korean traditional dances and music.
- Intern**, Office of International Affairs – Konkuk University, Seoul, South Korea 03/19 - 06/19
- Provided tutor services in English and Spanish to the university students, students also gained a cultural experience.
- Restaurant Staff**, Chang Sings, Moscow, ID 02/18 - 05/18
- Worked in the front and back aspects of the local establishment; greeting, waiting tables, light food prep and cleaning responsibilities.
- Clerical Work**, My Perfect Workplace, Pasadena, CA 11/16 - 08/17
- Worked one on one with real estate brokers to better understand Office space leasing.
- Camp Counselor**, South Pasadena San Marino YMCA, South Pasadena, CA 06/14 - 08/16
- Supervised campers while teaching the six pillars of character; Trustworthiness, respect, responsibility, fairness, caring and citizenship.
- Gardener**, Home Business, South Pasadena, CA 01/15 - 08/16
- Pulled out weeds and watered all plants and grass.
- Volunteer**, AYUDA, Washington, DC 11/13 - 08/14
- Received a semester long training on diabetes care. As part of this training, I traveled to the Dominican Republic where I received further training and was able to educate children and adults and how to live a healthier and happy lifestyle. Funds raised went towards medical supplies and donations to the local foundation; Aprendiendo A Vivir.

## EDUCATION

---

- University of Idaho, Moscow, ID 01/17 - 01/21
- South Pasadena Senior High School, South Pasadena, CA 08/13 - 06/16

## SKILLS

---

Bilingual in English and Spanish.

Computer literate; Microsoft word, Excel, PowerPoint, Adobe Acrobat, Photoshop and Bluebeam.

Organized with attention to detail.



## Grill Cooks Test

Score 34 / 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
- B 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
- A 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
- P 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
- 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

D 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

B 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

- A 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

- C 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)

Roux is fat + flour to make a sauce.

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

Clarified butter is to separate the dairy solids from the water, used for the flavor it produced.

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

1. Hollandaise
2. Tomato
3. Béchamel
4. Velouté
5. Espagnole

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

Using oil to keep the grill ~~seasoned~~ at its prime, prevents sticking.

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

egg yolk, butter, lemon juice, paprika, salt, pepper

