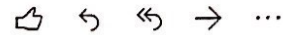


① Flag for follow up.

AC

Allison Cursey  
Fri 12/6/2019 12:54 PM  
Allison Cursey ✕



18010 KARLOW TRAIL LN  
Houston Texas 77060  
(504)478-7789  
moeb4809@gmail.com

I'm a dependable hard worker and a great team player a person that wants to grow with the company and make a greater success in life. I have over 1 year of experience in Food & Beverage/laundry hospitality.

#### JOB HISTORY 1

Slim Goodies Restaurant  
Prep Cook  
11/2018 - 5/31/2019  
New Orleans, LA

#### JOB HISTORY 2

Steak Knife Restaurant  
Prep Cook  
05/2015 - 05/2016  
New Orleans, LA

#### JOB HISTORY 3

New Orleans Country Club  
Laundry Attendant  
09/2014 - 09/2015  
New Orleans, LA

#### EDUCATION

Delgado community college  
Study GED  
Not a Graduate

#### REFERENCE:1

Elliot Clark  
line cook  
New Orleans,La  
504-214-5378

Thank you,

Allison Cursey  
Operations Manager - Houston

Acrobat Outsourcing  
2323 S Voss Rd. Suite 555. Houston, TX 77057  
P: 713-545-4940

## Prep Cooks Test

-7  
Score 13 / 20

Multiple Choice (1 point each)

- d 1) A gallon is equal to \_\_\_\_\_ ounces  
a. 56  
b. 145  
c. 32  
d. 128
- c 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
- dc 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
- dc 8) Food should be left out no more than  
a. 2 hours  
b. 3 hours  
c. 4 hours  
d. 5 hours

**Prep Cooks Test**

- 11a
- 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
- 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
  - b. Baking Powder
  - c. Flour
  - d. Water
- 11) What is the temperature range of the danger zone?
- a. 25-135
  - b. 40-140
  - c. 50-160
  - d. 30-130
- 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
- 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
- 14) When you poach something, you cook it with what?
- a. Noodles
  - b. Vegetables
  - c. Liquid
  - d. Oil
- 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
  - b. Ladle
  - c. Slotted Spoon
  - d. Portion Spoon
- 16) Which of the following means to cook in a small amount of fat?
- a. Season
  - b. Sauté
  - c. Broil
  - d. Boil
  - e. Fry



## Prep Cooks Test

- a 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)

- 19) Herbs & Spices are the basic seasoning ingredients for all savory recipes.
- 20) Chop : to cut into very small pieces when uniformity of size and shape is not important.