

# Jose Solis

2233 E 69<sup>th</sup> St. • Long Beach, CA 90805  
jmsouless76@gmail.com • (562)-481-7786

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## SKILLS

- Over 15 years of successful cooking experience
- Bilingual. Fluent in Both English and Spanish
- Critical thinker, enthusiastic, creative and quick learner
- Problem solver with excellent attention to detail

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## WORK EXPERIENCE

### Prep Cook

2017 – 2019

#### **Belly Bombs, Norwalk, CA**

- Ensured all food was stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters
- Clean and sanitize work areas, equipment, utensils, dishes, including silverware
- Washed, peeled, and cut various foods, such as fruits and vegetables, and prepare them to cook as well as serve
- Monitored food distribution, ensuring that meals are delivered to the correct recipients and guidelines, such as those for special diets, are followed

### Clamp Driver/Lead

2012 – 2019

#### **Dart International, Los Angeles, CA**

- Assisted in shipping and receiving by unloading trucks and checking merchandise
- Marked stock items using identification tags, stamps, electric marking tools, or other labeling equipment
- Kept records on the use and/or damage of stock or stock handling equipment
- Provided assistance or direction to other stockroom, warehouse, or storage yard workers

### Catering Chef

2014 – 2017

#### **Rico's Tacos, Los Angeles, CA**

- Prepared meals for catering functions for up to 500 guests
- Cleaned, stocked, inventoried and restocked products/equipment returning from catering
- Cleaned, cut, and cooked meat, fish, or poultry.
- Weighed, measured, and mixed ingredients according to recipes or personal judgment, using various kitchen utensils and equipment

### Catering Chef

2014 - 2017

#### **Solis Barbecue**

- Prepared meals for catering functions for up to 500 guests
- Cleaned, stocked, inventoried and restocked products/equipment returning from catering
- Cleaned, cut, and cooked meat, fish, or poultry.
- Weighed, measured, and mixed ingredients according to recipes or personal judgment, using various kitchen utensils and equipment

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## EDUCATION AND PROFESSIONAL DEVELOPMENT

### **ServSafe Food Handler License**

2019

National Restaurant Association

### **Certification in Job Training and Professional Development**

2019

Chrysalis, Los Angeles, CA

### **Computer Technology**

U.E.I., Huntington Park, CA

### **GED**

Paramount Adult School, Paramount, CA





## Grill Cooks Test

### Multiple Choice Test (1 point each)

3

92.5%

- 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
- a 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
- d 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
- 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

c 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

d 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

d 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

19) Which of the following best describes the process of Caramelization?



## Grill Cooks Test

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- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
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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)

used to thicken sauces

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

Melt butter over low heat, last ladle butterfat from pan  
& skim off fatty milk solids its used to make sauces

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

1. Bechamel
2. Veloute
3. Espagnole
4. Hollandaise
5. Tomato

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

coating surface with cooking oil / to not let meat stick

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

egg yolk, melted butter, lemon juice

