

Limbert Rosales

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EDUCATION

High-school Diploma

Thomas Jefferson High-school, Los Angeles CA

June 2014

EXPERIENCE

Food packing

Farmer John, Los Angeles

2014 - 2016

- Quality inspection for products
- Packing food and Food products
- Inventory management

Product handler and Cook

Pacific American Fish Co Inc, Vernon CA

2017 - 2018

- Inventory quality control and Packaging
- Cooking a large variety of Dishes
- Work station cleanliness

Sanitation

Maoâ€™s Food inc., Vernon CA

2018 - 2019

- Food Machine sanitation
- Operated Power-washer
- Chemical sanitation

Chef

Fuegos restaurant, Huntington Park

2019 - Present

- Sous Chef
- Recipe memorization

SKILLS

Bilingual	Spanish and English
Creativity	Gave advise and Alterations to Dishes (Added to Menu)
Cleanliness	Experience from Quality control
Management	Assistant to Chef, Helped manage Kitchen staff

CERTIFICATION

Los Angeles Job Corps 2018

Trade culinary arts cook trainee certification / service food protection manager certification



Prep Cooks Test

14/20

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

a 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



Prep Cooks Test

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

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

C 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

a 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

C 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

C 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



Prep Cooks Test

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)

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

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

Chop

