

# Carlos Sanchez

## **Boyle Heights 2675 E. Olympic Blvd - Barista - Starbucks**

Los Angeles, CA

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(213) 476-4118

## Work Experience

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### **Boyle Heights 2675 E. Olympic Blvd - Barista**

Starbucks

November 2017 to July 2019

Coffee knowledge on how to brew and run coffee cycles

- Customer engagement and connection while delivering the best service
- Ability to make cold and hot drinks while taking drive thru orders
- Running customer cycles to maintain the store is stocked and cleaned
- Handling cash while using the POS system
- Fast paced environment

### **Cook**

Chagos Ahogadas, Montebello

September 2016 to November 2017

Food prep

- Cooking food
- Serving and making the food
- Making to go orders
- Fast paced environment

### **Sales**

Tillys, Downey

January 2016 to April 2016

Internship for businesses ROP class for 4 months

## Education

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### Los Angeles Trade Tech College - Los Angeles, CA

August 2016 to June 2017

### El Rancho High School - Pico Rivera, CA

September 2012 to June 2016

## Skills

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- POS
- Customer Service

- Word
- Cash Handling
- Cashier
- cash

## Additional Information

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### SKILLS

- Ability to adapt and change to environment
- Critical and creative thinking
- Time management
- Teamwork and business appropriate attitude
- Customer service
- Trained in safety and sanitation



**Prep Cooks Test**

14/20  
-6

**Multiple Choice** (1 point each)

D 1) A gallon is equal to \_\_\_\_ounces

- a. 56
- b. 145
- c. 32
- d. 128

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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

A 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

A 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

C 8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours



## Prep Cooks Test

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

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

