

# Loria McGuire

5459 2nd Avenue  
Los Angeles, CA 90043  
(323) 396-1203  
loriamcguire@gmail.com

---

## EXPERIENCE

### **Maxine Waters E.P.C.**

2019 - Present

Los Angeles, CA

- Student proficient in culinary arts and proper food handling
- Demonstrate proper ServSafe techniques and health practices.
- Knowledge of soups, stocks and sauces and unique cooking methods to modern cuisine.
- Maintain station organization and consistently energetic and efficient.

### **F.O.G. (Fish on the Go)**

Los Angeles, CA

2000 - Present

- Prepare hot food items for over 30 people.
- Taking accurate customer orders and delivering hot foods efficiently.
- Catering large events and proper handling of foods ServSafe

### Pure Green

Los Angeles, CA

2008 - 2015

- Manager of 20 employee communication center.
- Accounts payable seeing that current vendors are paid and also assisted with accounts receivable seeing that current clients are on time with payments and adjustments to their billing cycle.
- Handled quality control calls which included quarterly maintenance service calls and customer service ensuring customers with the highest quality of service.

## EDUCATION

### **Los Angeles Southwest College**

Los Angeles, CA

August 2016 - June 2018

A.A. degree in Business Administration.

### **Maxine Waters Employment Preparation Center -**

Los Angeles, CA

Certificate in Culinary Arts expected November 2019



Grill Cooks Test

31/40

-9

77.5%

Multiple Choice Test (1 point each)

C 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

C 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

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

C 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

C

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

C

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

A

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?

B**Grill Cooks Test**

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

B**20) What temperature should chicken be cooked to?**

a) 145°F  
 b) 155°F  
 c) 165°F  
 d) 175°F

B**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

C**23) What is a roux and what is it used for? (2 points)**

Roux is the base of any sauces  
 Bechamel, it's a thicker

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

CB is used for making Hollandaise  
 Remove the ~~roo~~ milk that surface to top  
 CB Butter clear of any  
 fats substance

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

1. BROWN  
 2. TOMATO  
 3. VELVETEEN  
 4. Bechamel  
 5. Hollandaise

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

Season grill gives a better prevents from  
 sticking

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

WATER Eggs

MIS EN PLACE

CB

Bowl

VINEGAR

whip

Pepper CORN

Lemon juice

CAYANNE

TEST\_Grill Cook (rev. 2013.07.31)