

# Raquel S. Jubran

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## Profile

Experienced with High Volume Scratch Cooking, Catering, Profitable Menu Development. Expertise in Restaurant Cultivation and Team Building from Ground Zero with ability to Effectively Forecast and Maintain required Budgets while remaining Resourceful and Current with Culinary Trends.

## Military

USAF - National Defense Service Medal  
Desert Shield and Desert Storm

## Employment

Sep 2019 – Present                      The Patina Group NewCo, LLC                      Los Angeles , CA  
Catering Sous Chef

Responsible for off-site VIP catered events to include

- Execution of menus
- Quality Control
- Staff Supervision
- Set up and Break down

May 2017 – Aug 2019                      Lasher's Kitchen                      Long Beach, CA  
Executive Chef/Partner

Responsible for Front and Back of House operations to include:

Daily Opening/Closing duties and Staffing for up to 25 Employees

- Implemented and effectively managed Food Cost program
- Planned daily specials and administered kitchen staff training
- Responsible for menus and execution of seasonal, holiday and wine dinners

October 2015 – Dec 2016                      Patina Restaurant Group                      Los Angeles, CA  
Campus Sous Chef                      Plaza Café LACMA

Responsible for assisting the Executive Chef with overseeing and meeting all requirements regarding Quality Control and High Culinary Expectations for the Plaza Café and All Catered Events for LACMA.

- Accountable for Purchasing, Inventory and Meeting Food Cost
- Implemented in-house recipe and daily specials program
- Responsible for managing staff performance and profitability for Plaza Café
- Responsible for ensuring all Health Department and Safety Standards are met daily by walk-throughs and coaching/training of staff

July 2012 – Aug 2015                      The Attic                      Long Beach, CA  
Executive Chef

February 2006 – June 2012                      Lasher's                      Long Beach, CA  
Executive Chef

September 2003-February 2006                      Border Grill                      Santa Monica, CA  
Executive Sous Chef

## Education

Orange Coast College, Costa Mesa, CA                      Culinary Arts Program  
ServeSafe Manager Certified Food Handler

## Competition

"Chopped" - Season 15 Cleaver Fever  
3 years consecutive Critic's Choice Award Recipient - Long Beach Annual Clam Chowder Event





# THE SERVICE COMPANIES

SERVICE. ABOVE ALL

## Grill Cooks Test

36  
40  
90%

### Multiple Choice Test (1 point each)

-24

A

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

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

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

D

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

D

12) A gallon is equal to \_\_\_\_\_ ounces

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

4

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

A

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

B

- 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

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

B

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)

Equal Parts Butter & Flour cooked to use AS a base  
for Gravy or thickener for Chowders.

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

Slowly heat and skim until the butter is clear like oil.

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

1. Veloute
2. Demi Glace BROWN (ESPAGNOLE)
3. Hollandaise
4. TOMATO
5. BECHAMEL

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

Oil the grill so food does not stick

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

Egg yolk, Clarified butter, Vinegar &/OR Tabasco  
Salt & Pepper.

