

David Pinedo

Experienced Prep/Line Cook and Warehouse Worker
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Work Experience

Prep cook

Moe's Southwest Grill - Dayville, CT
October 2019 to Present

- *Cut vegetables and make recipes following spec
- *Clear dish area if needed
- *Help on the line such as fry chips, a stocking it, and or taking customers orders
- *Unload and Organize product and beverages when it gets delivered to the store
- *Clean walls, sinks and maintain area clean

Commercial cleaner

Servitium - Connecticut
April 2019 to August 2019

- I dusted and wiped down offices and houses
- mopped and vacuumed
- dump trash and make sure each buildings alarm is set

Package Handler

Fed X Ground - Willimantic, CT
September 2018 to March 2019

- *Load and Unload trailers
- *Every package has to be scanned
- *Requires proper lifting and strength
- *Requires constant back and forth from front to back of the trailer
- *help others when you are caught up

Line/Prep Cook

Ruby Tuesday - CT
January 2017 to August 2018

- made sure station was cleaned and sanitized
- flip all utensils and pans twice a day
- stock the fridge and the line with food products
- Change fryer oil
- prep food for the next new days
- make sure all grill and fryer equipment goes through the dishwasher and back where it belongs
- make sure all food produces are rapped and labeled correctly



THE SERVICE COMPANIES

SERVICE. ABOVE ALL

Prep Cooks Test

Multiple Choice (1 point each)

- 1) A gallon is equal to _____ ounces
a. 56
b. 145
c. 32
d. 128
- 2) Mesclun are what type of vegetable?
a. Roots
b. Beans
c. Salad Greens
d. Spices
- 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
- 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
- 5) How do you blanch 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
- 6) Which of the following ingredients would you pack before measuring?
a. Olive Oil
b. Salt
c. Brown Sugar
d. White Sugar
- 7) What is Al Dente?
a. Firm but not hard
b. Soft to the touch
c. Very hard
d. Very soft
- 8) Food should be left out no more than _____