

Frances Anne Li

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PROFESSIONAL SUMMARY

Classically French trained chef with 15 years experiences. Well rounded culinary professional with fine dining roots, firm understanding of financials, P&L statement, labor, food cost. Creative, passionate, driven, hands on chef with solid work ethic and diverse background.

EXPERIENCE

Pilot	Chef Tournant	South Park — 2019/2020
<ul style="list-style-type: none">• Opening team• Lead line cook: Crossed trained on all stations.• Pasta Production• Assist chefs with events, training, inventory• Maintain walk in. Protein Counts, Shellfish logs/ maintenance		

Cote Est Bistro	Chef De Cuisine	Highland Park –
2018		
<ul style="list-style-type: none">• Menu development/ R&D• Staffing/ hiring / termination• Ordering/inventory• Butcher / pasta production• Track & analyzed labor/food cost/ sales.• Managed daily operations with staff of 15• Work the line		

The Nomad Hotel	Mezzanine	Los Angeles	2018
<ul style="list-style-type: none">• Opening team.• Chicken Roast• Lead line cook			

Les Coulisse	Executive Chef	South Park	2017
<ul style="list-style-type: none">• Oversaw opening concept, menu and brand development.• Oversee daily operations with staff of 20• Ordering/inventory• Butcher / pasta production• Costing / coding• Payroll/ scheduling			

Mare	Chef De Cuisine	Hollywood 2015-2017
<ul style="list-style-type: none"> • Seasonal specials menu • Corporate trainer • Ordering/inventory • Butcher / pasta production • Track & analyzed labor/food cost/ sales. • Managed daily operations with staff of 15 • Work the line 		
La Boheme	Chef De Cuisine	Hollywood 2014
<ul style="list-style-type: none"> • Menu Development • Corporate trainer • Ordering/inventory • Butcher / pasta production • Track & analyzed labor/food cost/ sales. • Managed daily operations with staff of 15 • Work the line 		
Little Fork	Sous Chef	Hollywood 2014-2015
<ul style="list-style-type: none"> • Managed Prep team, AM production • Coding invoices • Ordering/inventory • Butcher / pasta production • Managed daily operations with staff of 10 • Work the line 		

EDUCATION

Le Cordon Bleu	Pasadena	A.A. Degree	2004
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Grill Cooks Test

39
40
975

Multiple Choice Test (1 point each)

-1

b 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

a 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

d 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

d 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

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

d

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)

Flour, butter — to thicken sauces

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

Melt butter to separate milk solids —
clarified butter is needed to make Hollandaise

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

1. Espagnole
2. Bechamel
3. Hollandaise
4. Tomato
5. Velouté

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

Heat the grill — it is important because protein
will stick if grill is not hot enough

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

egg yolks, lemon juice, clarified butter,
cayenne pepper, salt



Servers Test

Score 27/35

Multiple Choice

C 1) Food is served on what side with what hand?

- a) On the left side with the left hand
- b) On the left side with the right hand
- c) On the right side with the left hand
- d) On the right side with the right hand

8 77%

A 2) Drinks are served on what side with what hand?

- a) On the left side with the left hand
- b) On the left side with the right hand
- c) On the right side with the left hand
- d) On the right side with the right hand

A 3) Food and drinks are removed on what side with what hand?

- a) On the left side with the left hand
- b) On the left side with the right hand
- c) On the right side with the left hand
- d) On the right side with the right hand

A 4) What part of a glass should you handle at all times?

- a) The stem
- b) The widest part of the glass
- c) The top

B 5) When you are setting a dining room how should you set up your tablecloths?

- a) Neatly and evenly across the tables
- b) The creases should all be going in the same directions
- c) The chairs should be centered and gently touching the table cloth
- d) All of the above

D 6) If you bring the wrong entrée to a guest what should you do?

- a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
- b) Inform the guests that you will bring the correct entrée once everyone else in the dinning room is served
- c) Try to convince the guests to eat what you brought them
- d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

Match the Correct Vocabulary

D Scullery

A. Metal buffet device used to keep food warm by heating it over warmed water

E Queen Mary

B. Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron)

A Chaffing Dish

C. Used to hold a large tray on the dining floor

G French Passing

D. Area for dirty dishware and glasses

B Russian Service

E. Large metal shelving unit for prepared food to be held or for dirty trays to be stored

F Corkscrew

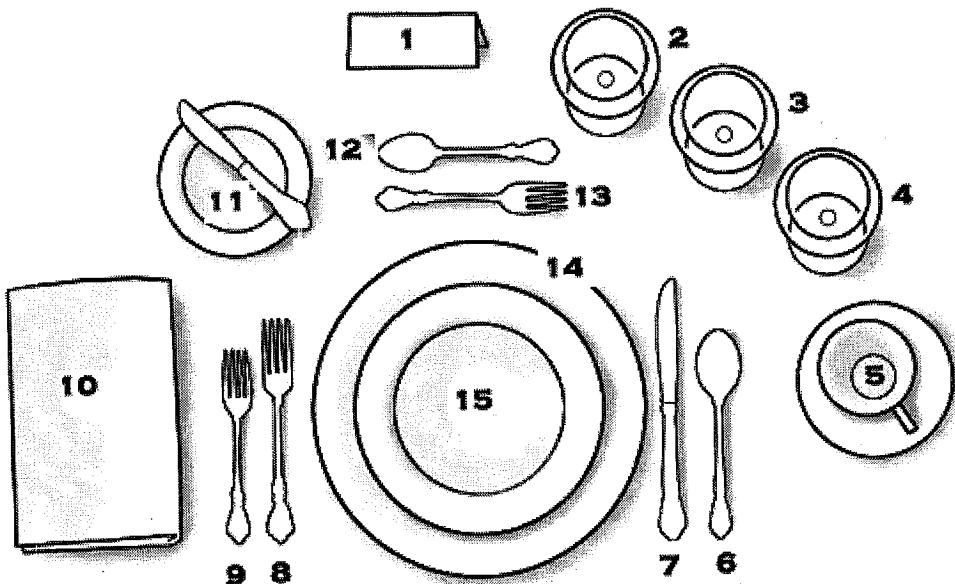
F. Used to open bottles of wine

C Tray Jack

G. Style of dining in which the courses come out one at a time



Servers Test



Match the Number to the Correct Vocabulary

<u>10</u>	Napkin	<u>8</u>	Dinner Fork
<u>11</u>	Bread Plate and Knife	<u>5</u>	Tea or Coffee Cup and Saucer
<u>1</u>	Name Place Card	<u>7</u>	Dinner Knife
<u>12</u>	Teaspoon	<u>2</u> R	Wine Glass (Red)
<u>13</u>	Dessert Fork	<u>9</u>	Salad Fork
<u>6</u>	Soup Spoon	<u>14</u>	Service Plate
<u>15</u>	Salad Plate	<u>3</u> W	Wine Glass (White)
<u>4</u> 2	Water Glass		

Fill in the Blank

- The utensils are placed 1 inch inch (es) from the edge of the table.
- Coffee and Tea service should be accompanied by what extras? cream, sugar, lemon, hot water, coffee
- Synchronized service is when: all guest are served at once - basket service
- What is generally indicated on the name placard other than the name? table number
- The Protein on a plate is typically served at what hour on the clock? 9 o'clock (6)
- If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately? notify kitchen