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90013

OBJECTIVE

Seeking a career with an innovative organization that offers opportunity for growth and advancement, and achieve it proficiently with good quality performance.

EDUCATION

AMERITECH COLLEGE NORTH HOLLYWOOD, CA
Information Technology Diploma

PROFESSIONAL HISTORY

UNIVERSAL STUDIOS HOLLYWOOD
LOS ANGELES, CA

Production Cook

12/14- 01/18

Prepared and Cooked food according to recipes, Maintained Quality Control, Observed and maintained Food Control, Meals were prepared by Boiling, Broiling, Grilling, Frying, and Cooked Extensible on the Griddle, Worked Unsupervised.

THE WELL, BAR
LOS ANGELES, CA

Line Cook

05/09- 10/14

Prepared and Cooked food according to recipes, Cleaned kitchen, Refrigerators and Dish Room areas, Washed Pots and Pans, Kept Inventory and Reordered as needed, maintained Quality Control, Observed and maintained Food Control, Meals were prepared by Boiling, Broiling, Grilling, Frying, and Cooked Extensible on the Griddle, Worked Unsupervised, Oversaw one employee.

MCCORMICK & SCHMICK'S SEAFOOD RESTAURANT
CA

LOS ANGELES,

Line Cook

06/06- 10/08

Cooked meals according to Recipe. Prepared and Set up food to be cooked. In charge of Cooking the "Happy Hour" Menu, Which consisted in Reading "Tickets" and expediting food orders as prompt as possible. Maintained Cooking area clean and Sanitized during work hours and after closing restaurant would perform cleaning of Stoves, Grill, Flat Top, and Fryers, Would also clean and maintain the Food Cooler at the Cooking Line.

WOOLFGANG PUCK CATERING

CULVER CITY, CA

Dishwasher

11/05- 06/06

Washed Pots and Pans, Fine Crystal Ware and China. Maintained the Dish room Clean and Sanitized. Kept water level and cleanliness and also maintained water temperature, and PH at recommended level, Clean Kitchen, Stoves, Ovens, Fryers, Sweep and mop Kitchen floor, Take Trash out. Maintain all Glassware in proper racks. Keep Kitchen Organized, Storing all Pots, Pans, Dishes, Glass, Silverware, Cooking, and Serving Utensils in proper place.

Multiple Choice Test (1 point each)

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

2) The recommended temperature for your refrigerator is...

- a) 45°F
- b) 50°F
- ☒ c) 40°F
- d) 20°F

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

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

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

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

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

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

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

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

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

12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- ☒ d) 128

13) How many cups are in a quart?

- a) 2
- ☒ b) 4
- c) 6
- d) 8

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

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

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

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

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

Grill Cooks Test

19) Which of the following best describes the process of Caramelization?

- 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

20) What temperature should chicken be cooked to?

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

21) What temperature should ALL ground meat be cooked to?

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

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)

To make soups

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

GENTLY LIQUIFY BUTTER & SIFEN IT, TO MAKE MAYO

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

1. HOLLANDAISE, MAYO
2. BECHAMEL, DAIRY
3. SOUSE TOMATO
4. ESPAGNOLE, BROWN SOUCE
5. VELOUTE WHITE STOCK

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

TO CLEAN THE GRILL WHILE HOT & THEN ~~WASH~~ WIPE WITH OILED CLOTH, SO FOOD WONT STICK

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

EGGS, LEMON JUICE, BUTTER, SALT, CAYENE PEPPER

