

Grill Cooks Test

Score 37 / 40

Multiple Choice Test (1 point each)

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

co 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

*d to keep hair from falling +
contaminating food*

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

a ✓ 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

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e 10) Food-handling gloves must be changed frequently and also:

- After handling garbage
- After every break
- After picking things up off the floor
- Between handling raw and cooked foods
- All of the above

g 11) A Julienne is:

- to cut food into 1 inch X 1 inch cubes
- A cooking method using high heat
- To cut food into 1/8 X 1/8 slices
- A rough cutting method producing oblong shapes

d 12) A gallon is equal to _____ ounces

- 56
- 145
- 32
- 128

a 13) How many cups are in a quart?

- 2
- 4
- 6
- 8

a 14) A Chiffonade is:

- To slice an herb or leafy vegetable into thin ribbons
- To de bone a fish
- Another name for parchment paper
- 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

- 145° F
- 135° F
- 160° F
- 180° F

c 16) Which of the following explains the process of poaching?

- Poke poultry on the thickest part in order to make sure it's tender
- To cook food in an oven that has reached 350° F
- Cook gently in water that is hot but not boiling (160°-180°)
- 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?

- 8 oz of celery, 4 oz of onion, 4 oz of carrot
- 4 oz of celery, 8 oz of carrot, 4 oz of onion
- 4 oz of celery, 8 oz of onion, 4 oz of carrot
- 2 oz of celery, 10 oz of carrot, 2 oz of onion

c 18) Which of the following best describes braising?

- To cook quickly in a pan on top of the stove until food is browned
- Process through which natural sugars in food become browned and flavorful while cooking
- Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- To plunge food into boiling water briefly, then into cold water to stop the cooking process

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

- To cook quickly in a pan on top of the stove until food is browned
- Process through which natural sugars in food become browned and flavorful while cooking
- Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- To plunge food into boiling water briefly, then into cold water to stop the cooking process

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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

C 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 stirred into melted butter as base to thicken
soups + stews

24) What is the process of making clarified butter (1 pt.) Why is clarified butter used? (2 pts.) (3 points total)

Melt butter + skim residual part to leave
golden clear liquid. Indian cooking often, sauces, dipping

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

1. bearnaise
2. Hollandaise
3. white
4. Tomato/Red
5. Seafood

27) What does it mean to season a grill (1 pt.) Why is this process important? (2 pts.) (3 points total)

Wiped w/ oil + heat to prep for grilling
so food is cooked more evenly + prevents sticking

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

egg yolk
oil
salt + pepper

