

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

- C 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
- D 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
- X 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
- X 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
- X 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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✓ 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

X 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

X 12) A gallon is equal to _____ ounces

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

X 13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

X 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

X 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

X 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

X 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

X 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 coved, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

X 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 coved, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

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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)

?

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

?

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

1. ?
- 2.
- 3.
- 4.
- 5.

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

?

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

?

