

Multiple Choice (1 point each)

11/20 = 55%

- A 1) A gallon is equal to _____ ounces
- ☒ a. 56
 - b. 145
 - c. 32
 - ☐ d. 128
- a 2) Mesclun are what type of vegetable?
- ☐ a. Roots
 - b. Beans
 - ☒ c. Salad Greens
 - d. Spices
- b 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
- b 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
- a 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
- c 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - ☒ c. Brown Sugar
 - d. White Sugar
- a 7) What is Al Dente?
- ☒ a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- a 8) Food should be left out no more than
- ☒ a. 2 hours
 - b. 3 hours
 - ☐ c. 4 hours
 - d. 5 hours

Prep Cooks Test

- b 9) Which is the improper way to thaw frozen food?
- a. In the fridge
 - ☒ b. In a sink with cold water
 - c. On the counter
 - d. In the microwave
- a 10) Which of the following can you use to put out a grease fire?
- ☒ a. Baking Soda
 - b. Baking Powder
 - c. Flour
 - d. Water
- b 11) What is the temperature range of the danger zone?
- a. 25-135
 - ☒ b. 40-140
 - c. 50-160
 - d. 30-130
- b 12) Which of the following is listed from smallest to largest?
- a. Dice, chop, mince
 - ☒ b. Mince, chop, dice
 - c. Chop, dice, Mince
 - d. Mince, dice, chop
- d 13) Which direction should pan handles be turned while cooking on the stove?
- a. Over the fire at all times
 - b. Turned towards you for better control
 - ☒ c. Turned towards the right or left at all times
 - d. Over the countertop at all times
- C 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - ☒ c. Liquid
 - d. Oil
- C 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - ☒ b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- b 16) Which of the following means to cook in a small amount of fat?
- a. Season
 - ☒ b. Sauté
 - c. Broil
 - d. Boil
 - e. Fry

Prep Cooks Test

- a 17) What is a Julien cut?
- ☒ a. Food cut into long thin strips, matchstick
 - ☐ b. Food cut into long thin strips then turned and cut into a 1/8' dice
 - ☐ c. Food diced into finely chopped and uniform pieces
 - ☐ d. Cutting and peeling into oblong seven sided football like shapes
- a 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.
- ☒ a. Sweat
 - ☐ b. Boil
 - ☐ c. Roast
 - ☐ d. Grill

Fill-in the Blank (1 point each)

19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

20) Mince
dice: to cut into very small pieces when uniformity of size and shape is not important.

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

24/40 = 60%

- a 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
- b 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
- 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

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
- a 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
- a 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
- c 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

Grill Cooks Test

b 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

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

b 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)

Butter & fat with flour. For thickening a sauce

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

cooking butter until impurities float to the top. Skim impurities off; higher smoke point

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

1. Bechamel
2. Tomato
3. Brown
4. veloute
5. Hollandaise

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

To embed flavors into a grill by cooking food on it

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

Eggs butter Paprika

lemon juice, H₂O -3

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