

**Grill Cooks Test**

**Score 30 / 40**

**Multiple Choice Test (1 point each)**

**(70%)**

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

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

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

9 **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

el 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

el 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

b 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

C 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

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)

Used for Thickening Sauces  
made with flour & Butter

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

Separate the fat from

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

- 1. Demi ~~Bechamel~~
- 2. Hollandaise
- 3. Tomato
- 4. Espanio
- 5. Veloute

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

oil and cook The grill so meats won't stick

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

2 egg yolks, Butter, Vinegar //