

17/20

Prep Cooks Test

Multiple Choice (1 point each)

- D 1) A gallon is equal to _____ ounces
- 56
 - 145
 - 32
 - 128
- C 2) Mesclun are what type of vegetable?
- Roots
 - Beans
 - Salad Greens
 - Spices
- B 3) What does the term braise mean?
- Sear quickly on both sides
 - Slowly cook in covered pan with little liquid
 - Cook on high heat and quickly
 - Slowly cook in simmering water
- B 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- 155 degrees F
 - 165 degrees F
 - 175 degrees F
 - 185 degrees F
- A 5) How do you blanch vegetables?
- Immerse for a short time in boiling water
 - Cook lightly in butter over med heat
 - Soak in cold water overnight
 - Rub with salt before cooking
- C 6) Which of the following ingredients would you pack before measuring?
- Olive Oil
 - Salt
 - Brown Sugar
 - White Sugar
- A 7) What is Al Dente?
- Firm but not hard
 - Soft to the touch
 - Very hard
 - Very soft
- A 8) Food should be left out no more than
- 2 hours
 - 3 hours
 - ~~4 hours~~
 - 5 hours
- C 9) Which is the improper way to thaw frozen food?
- In the fridge
 - In a sink with cold water
 - On the counter
 - In the microwave

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- C 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
- D 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
- C 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
- B 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
- 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)

Prep Cooks Test

- 19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.
- 20) brunse : to cut into very small pieces when uniformity of size and shape is not important.

chop

