

Multiple Choice (1 point each)

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

## Prep Cooks Test

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- 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
  - b. Baking Powder
  - ☒ c. Flour
  - d. Water
- 11) What is the temperature range of the danger zone?
- a. 25-135
  - ☒ b. 40-140
  - ☒ c. 50-160
  - d. 30-130
- 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
- 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
- 14) When you poach something, you cook it with what?
- a. Noodles
  - b. Vegetables
  - ☒ c. Liquid
  - d. Oil
- 15) Which spoon is used to remove fat from soups and stews
- a. Basting Spoon
  - b. Ladle
  - c. Slotted Spoon
  - ☒ d. Portion Spoon
- 16) Which of the following means to cook in a small amount of fat?
- a. Season
  - b. Sauté
  - c. Broil
  - ☒ d. Boil
  - e. Fry
- 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
- 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

## **Prep Cooks Test**

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Fill-in the Blank (1 point each)

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