

Prep Cooks Test

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

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

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- ~~D. 17~~ 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
- ~~C. 18~~ 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) herbs & spices are the basic seasoning ingredients for all savory recipes.
- 20) dice : to cut into very small pieces when uniformity of size and shape is not important.