

Multiple Choice (1 point each)

- _____ 1) A gallon is equal to _____ounces
 a. 56
b. 145
c. 32
d. 128
- _____ 2) Mesclun 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 blanche 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

_____ 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

Prep Cooks Test

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

Fill-in the Blank (1 point each)

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

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