

**Multiple Choice** (1 point each)

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

## Prep Cooks Test

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- C 9) Which is the improper way to thaw frozen food?
- a. In the fridge
  - b. In a sink with cold water
  - C c. On the counter
  - d. In the microwave
- C 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
  - b. Baking Powder
  - C c. Flour
  - d. Water
- C 11) What is the temperature range of the danger zone?
- a. 25-135
  - b. 40-140
  - C 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 d. Mince, dice, chop
- A 13) Which direction should pan handles be turned while cooking on the stove?
- A 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
- d 14) When you poach something, you cook it with what?
- a. Noodles
  - b. Vegetables
  - c. Liquid
  - d d. Oil
- A 15) Which spoon is used to remove fat from soups and stews?
- A 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 b. Sauté
  - c. Broil
  - d. Boil
  - e. Fry

## Prep Cooks Test

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b 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)

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

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