

Multiple Choice (1 point each)

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

Prep Cooks Test

- C 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
- 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
- B 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

Prep Cooks Test

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)

19) Garlic & Onion 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.

Prep Cooks Test

17) What is a julien cut?

A

- 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 onion sized seven sided football like shapes.

A

18) To cook a food in a pan without browning over low heat until the food softens and releases moisture.

- a. Sweet
- b. Dry
- c. Roast
- d. Simmer

Fill in the blanks (2 point each)

19) Quality & Quantity are the basic seasoning ingredients for all savory recipes.

f

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

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First and Last Name: Jamal Frazier
Email: Jmfrazier@gmail
Phone number: 213-706-3990

Working Experience:

Company Name: Grilled Friche - 310-621-4118

Dates of Employment: 1/16

Job Responsibility: Sous Chef

- - Opening Setup
- - Preparation of food items
- - line Cook
- - Trainer

Company Name: Food First Events - 626-864-2159

Dates of Employment: 1/2017

Job Responsibility:

- - line Cook
- - Food Preparation
- - Menu Execution

Company Name: E. Dubbles Catering (323) 377-1451

Dates of Employment: 2006

Job Responsibility:

- - Sous Chef
- - Catering
- - Food Preparation
- - Training Chefs

Skills

- Knife Skills
- Menu Creation
- Culinary Trainer
- Menu Execution

