

Multiple Choice (1 point each)

- D 1) A gallon is equal to \_\_\_\_\_ ounces
- 56
  - 145
  - 32
  - 128
- C 2) Mesclun are what type of vegetable?
- Roots
  - Beans
  - Salad Greens
  - Spices
- C 3) What does the term braise mean?
- Sear quickly on both sides
  - Slowly cook in covered pan with little liquid
  - Cook on high heat and quickly
  - Slowly cook in simmering water
- B 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- 155 degrees F
  - 165 degrees F
  - 175 degrees F
  - 185 degrees F
- C 5) How do you blanch vegetables?
- Immerse for a short time in boiling water
  - Cook lightly in butter over med heat
  - Soak in cold water overnight
  - Rub with salt before cooking
- C 6) Which of the following ingredients would you pack before measuring?
- Olive Oil
  - Salt
  - Brown Sugar
  - White Sugar
- a 7) What is Al Dente?
- Firm but not hard
  - Soft to the touch
  - Very hard
  - Very soft
- C 8) Food should be left out no more than
- 2 hours
  - 3 hours
  - 4 hours
  - 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) Chop: to cut into very small pieces when uniformity of size and shape is not important.