

11/20

Prep Cooks Test

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 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

E 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

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

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C 10) Which of the following can you use to put out a grease fire? X

- Baking Soda
- Baking Powder
- Flour
- Water

B 11) What is the temperature range of the danger zone? ✓

- 25-135
- 40-140
- 50-160
- 30-130

D 12) Which of the following is listed from smallest to largest? ✓

- Dice, chop, mince
- Mince, chop, dice
- Chop, dice, Mince
- Mince, dice, chop

C 13) Which direction should pan handles be turned while cooking on the stove? ✓

- Over the fire at all times
- Turned towards you for better control
- Turned towards the right or left at all times
- Over the countertop at all times

C 14) When you poach something, you cook it with what? ✓

- Noodles
- Vegetables
- Liquid
- Oil

A/C 15) Which spoon is used to remove fat from soups and stews X

- Basting Spoon
- Ladle
- Slotted Spoon
- Portion Spoon

B 16) Which of the following means to cook in a small amount of fat? ✓

- Season
- Sauté
- Broil
- Boil
- Fry

A 17) What is a Julien cut? ✓

- Food cut into long thin strips, matchstick
- Food cut into long thin strips then turned and cut into a 1/8' dice
- Food diced into finely chopped and uniform pieces
- Cutting and peeling into oblong seven sided football like shapes

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

- Sweat
- Boil
- Roast
- Grill

Fill-in the Blank (1 point each)

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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. ✓

