

(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

A 2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

D 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

A 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

A 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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A 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

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. Mince, dice, chop

B 13) Which direction should pan handles be turned while cooking on the stove? X
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

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

C 17) What is a Julien cut? X
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

B 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture. X
a. Sweat
b. Boil
c. Roast
d. Grill

Fill-in the Blank (1 point each)

Prep Cooks Test

19) salt & pepper are the basic seasoning ingredients for all savory recipes. ✓

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

