

# 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
- 165° F 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
- 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
- d 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
- a 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
- 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
- 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)

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- 19) Black Pepper <sup>Salt</sup> ~~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.

