

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
- D 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

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
- 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
- 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) 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. ✓

