

15/20

Multiple Choice (1 point each)

- _____ 1) A gallon is equal to _____ ounces ✗
- a. 56
 - b. 145
 - ☒ c. 32
 - d. 128
- _____ 2) Mesclun are what type of vegetable? ✓
- a. Roots
 - b. Beans
 - ☒ c. Salad Greens
 - d. Spices
- _____ 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
- _____ 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
- _____ 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
- _____ 6) Which of the following ingredients would you pack before measuring? ✓
- a. Olive Oil
 - b. Salt
 - ☒ c. Brown Sugar
 - d. White Sugar
- _____ 7) What is Al Dente? ✓
- ☒ a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- _____ 8) Food should be left out no more than ✓
- a. 2 hours
 - b. 3 hours
 - ☒ c. 4 hours
 - d. 5 hours

Prep Cooks Test

- _____ 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? X
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 X
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? 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

_____ 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)

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. ✓

