

**Prep Cooks Test****Multiple Choice (1 point each)**

- C 1) A gallon is equal to \_\_\_\_\_ ounces X  
a. 56  
b. 145  
c. 32  
d. 128
- A 2) Mesclun are what type of vegetable? X  
a. Roots  
b. Beans  
c. Salad Greens  
d. Spices
- A 3) What does the term braise mean? X  
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
- C 6) Which of the following ingredients would you pack before measuring? ✓  
a. Olive Oil  
b. Salt  
c. Brown Sugar  
d. White Sugar
- B 7) What is Al Dente? X  
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 X  
a. 2 hours  
b. 3 hours  
c. 4 hours  
d. 5 hours
- A 9) Which is the improper way to thaw frozen food? X  
a. In the fridge  
b. In a sink with cold water  
c. On the counter  
d. In the microwave

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- D 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
- A 11) What is the temperature range of the danger zone? X
- a. 25-135
  - b. 40-140
  - c. 50-160
  - d. 30-130
- O 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
- C 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
- B 15) Which spoon is used to remove fat from soups and stews? ✓
- a. Basting Spoon
  - b. Ladle
  - c. Slotted Spoon
  - d. Portion Spoon
- C 16) Which of the following means to cook in a small amount of fat? X
- 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
- 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)

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- 19) Salt & Pepper are the basic seasoning ingredients for all savory recipes. ✓
- 20) Dice : to cut into very small pieces when uniformity of size and shape is not important. ✗

