

10/20

## Prep Cooks Test

### Multiple Choice (1 point each)

C 1) A gallon is equal to \_\_\_\_\_ ounces

- 56
- 145
- 32
- 128

A 2) Mesclun are what type of vegetable?

- Roots
- Beans
- Salad Greens
- Spices

A 3) What does the term braise mean?

- Sear quickly on both sides
- Slowly cook in covered pan with little liquid
- Cook on high heat and quickly
- Slowly cook in simmering water

B 4) At what internal temperature must chicken be cooked so that it is safe to eat?

- 155 degrees F
- 165 degrees F
- 175 degrees F
- 185 degrees F

A 5) How do you blanche vegetables?

- Immerse for a short time in boiling water
- Cook lightly in butter over med heat
- Soak in cold water overnight
- Rub with salt before cooking

C 6) Which of the following ingredients would you pack before measuring?

- Olive Oil
- Salt
- Brown Sugar
- White Sugar

B 7) What is Al Dente?

- Firm but not hard
- Soft to the touch
- Very hard
- Very soft

A 8) Food should be left out no more than

- 2 hours
- 3 hours
- 4 hours
- 5 hours

A 9) Which is the improper way to thaw frozen food?

- In the fridge
- In a sink with cold water
- On the counter
- 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)

## Prep Cooks Test

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. ✗

