Grill Cooks Test   Score ___ / 40

Multiple Choice Test (1 point each)

b **1) How much time should you take to wash your hands with soap?**
   a) 1 minute
   b) 20 seconds
   c) Time does not matter, water temperature does
   d) 5 minutes

a **2) The recommended temperature for your refrigerator is...**
   a) 45ºF
   b) 50ºF
   c) 40ºF
   d) 20ºF

d **3) Food handlers must always wash their hands**
   a) Before starting work
   b) Switching between handling raw and ready-to-eat food
   c) After going to the restrooms
   d) All of the above

b **4) The most important reason for having food handlers wear hair restraints is to**
   a) Prevent food from getting into food handlers' hair
   b) Prevent food handlers from contaminating their hands by touching their hair
   c) Keep the food handlers' hair in place
   d) None of the above

c **5) Which of these conditions requires immediate corrective action?**
   a) Packaged food items are stored at least 6 inches above the floor
   b) Ice is being used to cool beef stew in a shallow pan
   c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
   d) Raw fish is stored above raw chicken in the walk-in freezer

c **6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?**
   a) 0ºF and 100ºF
   b) 32ºF and 220ºF
   c) 41ºF and 135ºF
   d) 39ºF and 178ºF

d **7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?**
   a) Clean the cutting board with a wet wiping cloth
   b) Turn the board over and use the other side
   c) Rinse the board with running water
   d) Wash, rinse, and sanitize the board prior to slicing the onions

c-d **8) Which of the following is NOT an approved method to thaw potentially hazardous foods?**
   a) In a microwave oven
   b) During the cooking process
   c) Under cool running water
   d) On a clean counter, at room temperature

a **9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:**
   a) Wiping spills only
   b) Washing hands if the hand sinks are too far away
   c) Sanitizing the blade of utensils such as knives
   d) Maintaining moisture on the wiping cloth

Grill Cooks Test

E. 10) **Food-handling gloves must be changed frequently and also:**
a) After handling garbage
b) After every break
c) After picking things up off the floor
d) Between handling raw and cooked foods
e) All of the above

d 11) **A Julienne is:**
a) to cut food into 1 inch X 1 inch cubes
b) A cooking method using high heat
c) To cut food into 1/8 X 1/8 slices
d) A rough cutting method producing oblong shapes

C 12) **A gallon is equal to _____ ounces**
a) 56
b) 145
c) 32
d) 128

C 13) **How many cups are in a quart?**
a) 2
b) 4
c) 6
d) 8

d 14) **A Chiffonade is:**
a) To slice an herb or leafy vegetable into thin ribbons
b) To de bone a fish
c) Another name for parchment paper
d) To cook food in liquid, or at just below the boiling point

15) **Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be**
b **safe**
a) 145º F
b) 135º F
c) 160º F
d) 180º F

16) **Which of the following explains the process of poaching?**
a) Poke poultry on the thickest part in order to make sure it's tender
b) To cook food in an oven that has reached 350º F
c) Cook gently in water that is hot but not boiling (160º-180º)
d) Submerge protein in boiling liquid to speed cooking time

a 17) **If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?**
a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

a 18) **Which of the following best describes braising?**
a) To cook quickly in a pan on top of the stove until food is browned
b) Process through which natural sugars in food become browned and flavorful while cooking
c) Cooking method by which food is browned in fat, then cooked, tightly coved, in liquid at low heat
d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

C 19) Which of the following best describes the process of Caramelization?
- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly coved, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

d 20) What temperature should chicken be cooked to?
- a) 145ºF
- b) 155ºF
- c) 165ºF
- d) 175ºF

d 21) What temperature should ALL ground meat be cooked to?
- a) 145ºF
- b) 155ºF
- c) 165ºF
- d) 175ºF

d 22) What temperature should fish be cooked to?
- a) 145ºF
- b) 155ºF
- c) 165ºF
- d) 175ºF

23) What is a roux and what is it used for? (2 points) *N/A*

24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

HEAT IN A PAN,
TO GIVE OR MOISTEN UP PROTIEN, BETTER TAST

25) What are the 5 mother sauces? (5 points)
1. *KACHUP*
2. *MUSTERD*
3. *MAYONESE*
4. *RANCH*
5. *1000 ISLAND*
7 - *TARTER SAUCE*

26) What does it mean to season a grill and why is this process important? (3 points)

PUT SPICES, OR NON STICK SO MEAT DOES NOT STICK
TO GRILL

27) What are the ingredients in Hollandaise sauce? (5 points)

N/A

Multiple Choice (1 point each)

_C_ 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

_a 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

_c d_ 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

_d_ 5) How do you blanche 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

_b_ 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

_C_ 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

_C_ **10) Which of the following can you use to put out a grease fire?**
   a.   Baking Soda
   b.   Baking Powder
   c.   Flour
   d.   Water

_C_ **11) What is the temperature range of the danger zone?**
   a.   25-135
   b.   40-140
   c.   50-160
   d.   30-130

_C_ **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

_d_ **14) When you poach something, you cook it with what?**
   a.   Noodles
   b.   Vegetables
   c.   Liquid
   d.   Oil

_d_ **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

_d_ **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 & PEPER 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.
MINCE