









Prep Cooks Test

Score 12 / 20

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
- BCD 6) Which of the following ingredients would you pack before measuring? X
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 X
a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

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

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- B 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
- C 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) _____: to cut into very small pieces when uniformity of size and shape is not important.