

Prep Cooks Test

Score 10/20

Multiple Choice (1 point each)

a 1) A gallon is equal to ____ ounces
a. 56
b. 145
c. 32
X d. 128

a 2) Mesclun are what type of vegetable?
a. Roots
b. Beans
X c. Salad Greens
d. Spices

a 3) What does the term braise mean?
a. Sear quickly on both sides
X 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 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
X 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
a. 2 hours
b. 3 hours
X c. 4 hours
d. 5 hours