

**Multiple Choice** (1 point each)

- a 1) A gallon is equal to \_\_\_\_\_ ounces
- ☒ a. 56
  - b. 145
  - c. 32
  - ~~d. 128~~
- a 2) Mesclun are what type of vegetable?
- a. Roots
  - ~~b. Beans~~
  - ~~c. Salad Greens~~
  - d. Spices
- d 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
- 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
- c 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?
- ~~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
  - ~~c. 4 hours~~
  - ~~d. 5 hours~~

## Prep Cooks Test

- 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
- 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
- A 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
- 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
- A 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?
- a. Season
  - ☒ b. Sauté
  - ☒ c. Broil
  - d. Boil
  - e. Fry