

Prep Cooks Test

7/20

Multiple Choice (1 point each)

- D 1) A gallon is equal to \_\_\_\_\_ ounces
- 56
  - 145
  - 32
  - 128
- C 2) Mesclun are what type of vegetable?
- Roots
  - Beans
  - Salad Greens
  - Spices
- B 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 blanch 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
- A 7) What is Al Dente?
- Firm but not hard
  - Soft to the touch
  - Very hard
  - Very soft
- C 8) Food should be left out no more than
- 2 hours
  - 3 hours
  - 4 hours
  - 5 hours