

Examen de Cocinero

Score 10/20

Opción múltiple (1 punto cada uno)

50%

- _____ 1) Un galón es igual a _____ onzas
- a. 56
 - b. 145
 - c. 32
 - ☒ d. 128
- _____ 2) ¿Mesclun son qué tipo de vegetal?
- a. Raíces
 - b. Frijoles
 - ☒ c. Ensalada Verde
 - d. Especies
- _____ 3) ¿Qué significa el término cocinar a fuego lento?
- a. Sosar rápidamente de los dos lados
 - ☒ b. Cocinar despacio en un sartén tapado con un poco de líquido
 - c. Cocinar a fuego alto y rápidamente
 - d. Cocinar en agua hirviendo lentamente
- _____ 4) ¿A qué temperatura interna debe cocinar pollo para que sea sano comer?
- a. 155 grados F
 - ☒ b. 165 grados F
 - c. 175 grados F
 - d. 185 grados F
- _____ 5) ¿Cómo se hacen las verduras blanché?
- a. Sumergir unos instantes en agua hirviendo
 - ☒ b. Cocinar ligeramente en mantequilla a fuego medio
 - c. Remojar en agua fría durante la noche
 - d. Frotar con sal antes de cocinar
- _____ 6) ¿Cuál de los siguientes ingredientes comprimirías antes de medir?
- a. Aceite de oliva
 - ☒ b. Sal
 - c. Azúcar morena
 - d. Azúcar blanco
- _____ 7) ¿Qué es Al Dente?
- ☒ a. Firme, pero no duro
 - b. Suave al tocar
 - c. Muy duro
 - d. Muy suave
- _____ 8) El alimento se debe dejar fuera no más de
- ☒ a. 2 horas
 - b. 3 horas
 - c. 4 horas
 - d. 5 horas

9) ¿Cuál es la manera incorrecta para descongelar alimentos congelados?

- a. En el refrigerador
- b. En un fregadero con agua fría
- ☒ c. En el mostrador
- ☒ d. En el microondas

10) ¿Cuál de los siguientes se puede utilizar para apagar un fuego de grasa?

- ☒ a. Bicarbonato de sodio
- b. Levadura en polvo
- ☒ c. Harina
- d. Agua

11) ¿Cuál es el rango de temperatura de la zona de peligro?

- a. 25-135
- ☒ b. 40-140
- c. 50-160
- d. 30-130

12) ¿Dónde se debe dejar la manija de un sartén mientras estas cocinando?

- a. Sobre el fuego
- ☒ b. Dado vuelta hacia usted para un mejor control
- c. Dado vuelta hacia la izquierda o derecha
- ☒ d. Siempre sobre la encimera

13) ¿Cuándo se escalfa algo, se cocina con qué?

- a. Fideos
- b. Verduras
- ☒ c. Liquido
- ☒ d. Aceite

14) ¿Cuál cuchara se usa para quitar la grasa de las sopas y guisados?

- a. Cuchara de hilván
- b. Cucharon
- ☒ c. Cuchara ranurada
- d. Cuchara de porción

15) ¿Cuál de los siguientes significa cocinar en una pequeña cantidad de grasa?

- a. Sazonar
- ☒ b. Saltear
- c. Asar
- d. Hervir
- e. Freír

16) ¿Qué significa corta a Julien?

- a. Comida cortada en tiras largas
- ☒ b. Comida cortada en tiras largas y luego bolteadas y cortado en cubitos
- ☒ c. Comida picada en cubitos chicos y uniformes
- d. Comida pelada y cortado en forma parecida a un balón de futbol americano.

17) ¿Cuál significa cocinar en un sartén en fuego bajo hasta que la comida suaviza y suelta humedad?

- ☒ a. Sudar
- b. Hervir
- c. Asar

Rellene el espacio en blanco (1 punto cada uno)

Examen de Cocinero

18) _____ & _____ son los ingredientes de sazonar básicos para cualquier receta

19) _____: significa picar en pedazos pequeños cuando uniformidad de tamaño y forma no importan.

Grill Cooks Test

Score 7 / 40

Multiple Choice Test (1 point each)

18%

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

2) The recommended temperature for your refrigerator is...

- ☒ a) 45°F
- b) 50°F
- ☒ c) 40°F
- d) 20°F

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

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

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

6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?

- a) 0°F and 100°F
- b) 32°F and 220°F
- ☒ c) 41°F and 135°F
- ☒ d) 39°F and 178°F

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

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

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

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

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

12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- ☒ d) 128

13) How many cups are in a quart?

- ☒ a) 2
- ☒ b) 4
- c) 6
- d) 8

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 135° or higher to be safe

- a) 145° F
- ☒ b) 135° F
- c) 160° F
- d) 180° 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 350° F
- ☒ c) Cook gently in water that is hot but not boiling (160°-180°)
- ☒ d) Submerge protein in boiling liquid to speed cooking time

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

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 covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

Grill Cooks Test

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 covered, in liquid at low heat
- ☐ d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

20) What temperature should chicken be cooked to?

- ☐ a) 145°F
- ☐ b) 155°F
- ☒ c) 165°F
- ☐ d) 175°F

21) What temperature should ALL ground meat be cooked to?

- ☐ a) 145°F
- ☒ b) 155°F
- ☒ c) 165°F
- ☐ d) 175°F

22) What temperature should fish be cooked to?

- ☒ a) 145°F
- ☐ b) 155°F
- ☐ c) 165°F
- ☐ d) 175°F

23) What is a roux and what is it used for? (2 points)

Es mantequilla y harina blanca
se usa para sopas de clam

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

25) What are the 5 mother sauces? (5 points)

- 1.
- 2.
- 3.
- 4.
- 5.

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

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

