



Prep Cooks Test

19/20

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
- 165 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
- A 8) Food should be left out no more than
- 2 hours
 - 3 hours
 - 4 hours
 - 5 hours