

Culinary Arts – End of Pathway Review

Which great 20th-century chef is credited with modernizing French cuisine?

- A) Auguste Escoffier
- B) Fernand Point
- C) Roger Vergé
- D) Antoine Beauvilliers

MATCHING. Choose the item in column 2 that best matches each item in column 1.

- |                 |                           |
|-----------------|---------------------------|
| 6) saucier      | A) fish station chef      |
| 7) pâtissier    | B) sauce cook             |
| 8) poissonier   | C) prepares roasted items |
| 9) garde-manger | D) pastry cook            |
| 10) sous-chef   | E) under chef             |

What type of hazard is pieces of broken glass found in a container of salad dressing?

- A) biological hazard
  - B) chemical hazard
  - C) physical hazard
  - D) pest infection
- 2) How can you detect if food is contaminated?
- A) "off" odors
  - B) visible mold
  - C) bitter taste
  - D) none of the above
- 3) What is one method to sanitize food service dishes and equipment?
- A) washing the items with an approved detergent
  - B) scraping and spraying with hot water to remove soil
  - C) hand-washing in a three-compartment sink
  - D) immersing in 171° F water for 30 seconds
- 4) In which circumstances should food handlers wash their hands?
- A) after smoking
  - B) after clearing a table of dirty dishes
  - C) after handling raw foods
  - D) A and C
  - E) all of the above
- 5) What is the range of the temperature danger zone?
- A) 60° F-120° F
  - B) 40° F-120° F
  - C) 40° F-140° F
  - D) 60° F-140° F

- 6) Which of the following is not a leading cause of food-borne illnesses?
- A) putrefactive bacteria
  - B) pathogenic bacteria
  - C) parasites
  - D) fungi

- 7) What is HACCP a system for?
- A) supervising kitchen employees
  - B) maintaining sanitary conditions
  - C) standardizing recipes
  - D) controlling the flow of food

What is salmonella?

- A) toxin
- B) intoxication
- C) toxin-mediated infection
- D) infection

- 9) What should you do immediately when an infestation of cockroaches occurs?
- A) contact a licensed pest control operator
  - B) purchase and apply pesticides yourself
  - C) clean and disinfect all exposed surfaces
  - D) ignore it, as they do not pose a major health hazard

- 10) Which of the following is not a potentially hazardous food?
- A) cut melon
  - B) garlic in oil
  - C) custard
  - D) none of the above

What nutrients must be provided by the diet because the body cannot produce them in sufficient quantities?

- A) micronutrients
- B) essential nutrients
- C) nonessential nutrients
- D) calories

- 2) What are simple carbohydrates?
- A) starches
  - B) polysaccharides
  - C) naturally occurring sugars
  - D) fiber

- 3) Where are polyunsaturated fats most often found?
- A) beef fat
  - B) poultry
  - C) olive oil
  - D) soybeans

- 4) What is a calorie?
- A) the amount of heat required to raise 1000 grams of water one degree celsius
  - B) a kilocalorie
  - C) the amount of energy in food
  - D) all of the above
- 5) Which of the following is not a source of vitamin D?
- A) butter
  - B) fish oil
  - C) sunlight
  - D) deep yellow and orange vegetables
- 6) What is the best method to preserve the vitamins in vegetables during food preparation?
- A) blanch them
  - B) steam them
  - C) roast them
  - D) cut them in advance and serve them raw
- 7) Why are minerals important to good health?
- A) they build teeth and bones
  - B) they regulate nerve impulses
  - C) they assist the metabolism
  - D) A and B
  - E) all of the above

Which of the following does *not* supply the body with water?

- A) iceberg lettuce
  - B) bread
  - C) chicken
  - D) none of the above
- 9) What are lipids?
- A) amino acids
  - B) flavonoids
  - C) fats
  - D) complex carbohydrates
- 10) If a menu item is described as "low fat," what must it contain?
- A) less than 3 grams of fat per serving
  - B) less than 1 gram of fat per serving
  - C) less than 5 grams of fat per serving
  - D) 3 grams of fat or less per serving
- 10) If a case containing 12 cans of whole peeled tomatoes costs \$28.80, what is the unit cost?
- A) \$2.40
  - B) \$2.30
  - C) \$2.20
  - D) \$2.10

What type of menu do most fast food restaurants use?

- A) market menu
- B) static menu
- C) cycle menu
- D) prix fixe menu

2) What type of menu lists each food and beverage item with their prices?

- A) semi à la carte menu
- B) prix fixe menu
- C) table d'hôte menu
- D) à la carte menu

What factor does the total recipe cost include?

- A) labor
- B) prime costs
- C) ingredient costs
- D) profit

5) What type of menu consists of small portions in four, five or more courses for a fixed price?

- A) California menu
- B) tasting menu
- C) prix fixe menu
- D) static menu

3) What is the correct angle to hold your knife blade while sharpening it?

- A) 22 degrees
- B) 20 degrees
- C) 10 degrees
- D) 15 degrees

What cutting technique do you use when uniformity of size and shape do not matter?

- A) chop
- B) mince
- C) dice
- D) chiffonade

MATCHING. Choose the item in column 2 that best matches each item in column 1.

- |                |   |
|----------------|---|
| 6) rondelle    | A) shredded                             |
| 7) allumette   | B) seven-sided football shape           |
| 8) oblique     | C) small piece with two angle side cuts |
| 9) paysanne    | D) tiny 1/8-inch cubes                  |
| 10) tourné     | E) flat square cut                      |
| 11) chiffonade | F) ridged slices of potato              |
| 12) brunoise   | G) disk-shaped slice                    |
| 13) large dice | H) julienne of potatoes                 |
| 14) gaufrette  | I) 3/4-inch cubes                       |

What is the process that all Grade A milk must go through to destroy pathogenic bacteria?

- A) pasteurization
- B) ultra-pasteurization
- C) homogenization
- D) certification

2) What has been removed in concentrated milks?

- A) fat
- B) sugar
- C) water
- D) flavor

3) Which of the following milk products is not fermented?

- A) buttermilk
- B) sour cream
- C) creme fraiche
- D) cream

4) What is the fat content of whipping cream?

- A) less than 20%
- B) at least 20%
- C) 25%
- D) at least 30%

5) What is the allowable fat content of nonfat milk?

- A) 1% or less
- B) .5% or less
- C) .25% or less
- D) no more than 2%

What is the bundle of herbs and aromatics used for flavoring soups or stews called?

- A) sachet d'épices
- B) onion piquet
- C) bouquet garni
- D) infusion

2) What is the combination of herbs and spices ground together and mixed with oil?

- A) dry rub
- B) wet rub
- C) crust
- D) none of the above

3) Which of the following is not an appropriate use of a meat marinade?

- A) to add flavor
- B) to use as a dipping sauce
- C) to tenderize the meat
- D) to break down connective tissue

What is the correct order of the standard breading procedure?

- A) flour, batter, crumbs
- B) egg wash, crumbs
- C) flour, crumbs, egg wash
- D) flour, egg wash, crumbs

5) Which of the following would be most useful for measuring 2 pounds of flour?

- A) dry measuring cups
- B) a balance beam scale
- C) measuring spoons
- D) liquid measuring cups

6) What is the best tool for measuring small quantities of ingredients?

- A) measuring spoons
- B) liquid measuring cups
- C) your hand
- D) a balance beam scale

7) What is the difference between blanching and parboiling?

- A) there is no difference
- B) cooking time is shorter for blanching
- C) less water is used for blanching
- D) the water is salted when parboiling

What should you do to ensure that the breading adheres to food items after cooking?

- A) refrigerate them for 30 minutes
- B) coat them in egg wash
- C) shake off excess crumbs
- D) stack them

9) How can parcooking assist in food preparation?

- A) remove undesirable flavors
- B) soften firm foods
- C) set colors
- D) any of the above

10) What is the desired end product of clarifying butter?

- A) milkfat
- B) butterfat
- C) water
- D) none of the above

Which of the following is not a dry-heat cooking method?

- A) grilling
- B) deep-frying
- C) sautéing
- D) steaming

2) What is the temperature range for poaching?

- A) 145° F-160° F
- B) 160° F-185° F
- C) 185° F-205° F
- D) 200° F-212° F

- 3) Which frying method would be best for battered foods that tend to stick together?
  - A) swimming method
  - B) basket method
  - C) double-basket method
  - D) floating method
  
- 4) Which of the following does not reduce the boiling point of water?
  - A) alcohol
  - B) higher altitude
  - C) more food
  - D) salt
  
- 5) Which statement is not true of fats?
  - A) fats evaporate
  - B) fats melt
  - C) fats are smooth and greasy
  - D) fats do not dissolve in water

MATCHING. Choose the item in column 2 that best matches each item in column 1.

- |   |                   |
|---|-------------------|
| 6) the cooking of starches                              | A) radiation      |
| 7) the cooking of sugars                                | B) gelatinization |
| 8) the cooking of proteins                              | C) coagulation    |
| 9) the transfer of heat through a liquid or gas         | D) conduction     |
| 10) the transfer of heat through direct contact         | E) caramelization |
| 11) the transfer of heat through waves of heat or light | F) convection     |

- 1) Which of the following sauces cannot be made from demi-glace?
  - A) bordelaise
  - B) allemande
  - C) poivrade
  - D) chasseur
  
- 2) Which of the following sauces is cooked?
  - A) salsa
  - B) relish
  - C) montpelier butter
  - D) chutney

3)

What is the sauce made by reducing the liquid in which the main food was cooked?

- A) nage
- B) flavored oil
- C) glaçage
- D) salsa

4) What is generally the best oil to use when making a flavored oil?

- A) extra-virgin olive oil
- B) walnut oil
- C) peanut oil
- D) inexpensive salad oil

5) What are the typical proportions for making 1 pound of mirepoix?

- A) 8 ounces onion, 4 ounces carrot, 4 ounces leeks
- B) 4 ounces onion, 8 ounces carrot, 4 ounces celery
- C) 8 ounces onion, 4 ounces carrot, 4 ounces celery
- D) 4 ounces onion, 4 ounces carrot, 4 ounces celery

6) What is a court bouillon generally used for?

- A) fish fumet
- B) poaching
- C) blanching
- D) sauce making

7) What is the most important component in any stock?

- A) fresh water
- B) classic mirepoix
- C) bones
- D) the bouquet garni

What is basic French dressing made with?

- A) oil, vinegar and seasonings
- B) tomatoes, oil and vinegar
- C) mayonnaise, tomatoes and vinegar
- D) oil and vinegar

3) Which type of salad has the most formal plate presentation?

- A) tossed
- B) bound
- C) composed
- D) dressed

4) What are bound salads frequently made with?

- A) mayonnaise
- B) starchy ingredients
- C) chopped chicken or tuna
- D) any of the above



5) In general, what component of a composed salad are the greens?

- A) body
- B) base
- C) garnish
- D) binder

6) What is the green with tiny, peppery-tasting leaves?

- A) watercress
- B) Lola Rossa
- C) sorrel
- D) arugula

What should you do to get the maximum volume when whipping egg whites?

- A) warm the whites to room temperature
- B) use a clean bowl
- C) use fresh eggs
- D) A and B
- E) all of the above

3) What is the grade of an egg with a clear and thick white, a firm and round yolk and a well-shaped shell?

- A) Grade A
- B) Grade AA
- C) Extra large
- D) Grade B

4) What is the cause of rubbery scrambled eggs?

- A) overcooked
- B) made with water instead of milk
- C) made with old eggs
- D) undercooked

5) Why is vinegar added to the water when poaching eggs?

- A) for flavor
- B) to prevent a green ring from forming around the yolk
- C) to prevent the white from spreading
- D) to prevent overcooking

6) Which type of eggs is cooked over low heat without turning?

- A) over-hard
- B) sunny-side-up
- C) scrambled
- D) shirred

7) Which of the following griddlecakes are made with an unleavened batter cooked in thin sheets?

- A) pancakes
- B) waffles
- C) crêpes
- D) blintzes

What is the process of beating fat and sugar together to incorporate air?

- A) folding
- B) creaming
- C) blending
- D) cutting

What do you need to do when using vanilla bean to flavor a liquid?

- A) cut the bean open lengthwise
- B) chop the bean into small pieces
- C) add the whole, uncut bean
- D) strain out the small brown seeds

What is a mixture of chocolate and cream used for truffles and as an icing?

- A) detrempe
- B) fondant
- C) ganache
- D) pastillage

4) In which type of cake are the egg whites whipped separately then folded into a batter made with the egg yolks?

- A) chiffon
- B) genoise
- C) ganache
- D) spongecake

What is the leavening in a genoise?

- A) whipped egg whites
- B) warmed whole eggs
- C) baking powder
- D) baking soda

7) What temperature are most cakes baked at?

- A) 350° F
- B) 325° F-375° F
- C) 325° F-350° F
- D) 300° F-350° F

MATCHING. Choose the item in column 2 that best matches each item in column 1.

- |                     |  |
|---------------------|--|
| 8) boiled icing     | A) chocolate and jam                           |
| 9) fondant          | B) also known as creaming method cakes         |
| 10) marble cake     | C) the original high-fat, creaming method cake |
| 11) angel food cake | D) a cooked mixture of sugar, water and lucose |
| 12) royal icing     | E) foam frosting                               |
| 13) Sacher torte    | F) fat free                                    |
| 14) pound cake      | G) used for decorations                        |
| 15) butter cakes    | H) vanilla and chocolate                       |

Which of the following has most in common with a Bavarian?

- A) mousse
  - B) pastry cream
  - C) sabayon
  - D) crème anglaise
- 2) Which of the following custards should be allowed to boil?
- A) vanilla custard sauce
  - B) pastry cream
  - C) crème brûlée
  - D) sabayon
- 3) Which of the following is not a custard?
- A) cheesecake
  - B) lemon curd
  - C) bread pudding
  - D) strawberry coulis
- 4) What is a mousse made with?
- A) whipped cream only
  - B) whipped egg whites only
  - C) both whipped cream and egg whites
  - D) any of the above
- 5) What is the term for slowly whisking a hot liquid into egg yolks when making a stirred custard sauce?
- A) folding
  - B) emulsifying
  - C) tempering
  - D) conditioning
- 6) What is another name for flan?
- A) crème renversée
  - B) crème brûlée
  - C) crème anglaise
  - D) all of the above
- 7) What causes a soufflé to rise?
- A) whipped egg whites
  - B) chemical leavening agents
  - C) cornstarch or flour
  - D) whipping the custard base