Culinary Arts Fundamentals

Culinary Arts · Practice Test · 25 Questions

1. What is the standard temperature range for the 'Danger Zone' where bacteria grow most rapidly?

A) 0°C to 20°C
B) 5°C to 60°C
C) 65°C to 100°C
D) -10°C to 0°C

2. Which knife cut involves cutting vegetables into uniform sticks approximately 6mm x 6mm x 5cm?

A) Julienne
B) Batonnet
C) Brunoise
D) Chiffonade

3. What is the French term for a mixture of finely diced vegetables cooked in butter used to flavor sauces?

A) Mirepoix
B) Sauté
C) Deglaze
D) Emulsion

4. Which cooking method uses hot air to cook food in an enclosed environment?

A) Boiling
B) Steaming
C) Baking
D) Poaching

5. What is the process of removing the impurities that rise to the top of a simmering stock?

A) Reduction
B) Skimming
C) Clarification
D) Infusion

6. Which foodborne pathogen is commonly associated with raw or undercooked poultry?

A) Salmonella
B) Listeria
C) E. coli
D) Botulism

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7. What is the primary function of a whisk in the kitchen?

A) To slice
B) To aerate
C) To measure
D) To peel

8. Which thickening agent is made by cooking equal parts flour and fat together?

A) Slurry
B) Roux
C) Beurre Manie
D) Reduction

9. What does the term 'al dente' mean when cooking pasta?

A) Very soft
B) Firm to the bite
C) Overcooked
D) Deep fried

10. Which mineral is commonly added to water to raise its boiling point slightly and season food?

A) Calcium
B) Sodium Chloride
C) Magnesium
D) Potassium

11. What is the term for a sauce made from a puree of vegetables or fruit?

A) Coulis
B) Velouté
C) Béchamel
D) Hollandaise

12. Which of the following is a dry-heat cooking method?

A) Braising
B) Grilling
C) Poaching
D) Stewing

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13. At what minimum internal temperature should ground beef be cooked to ensure safety?

A) 60°C
B) 75°C
C) 85°C
D) 100°C

14. What is the purpose of 'resting' a piece of meat after cooking?

A) To cool it down
B) To allow juices to redistribute
C) To soften the crust
D) To prevent oxidation

15. Which herb is a key ingredient in traditional pesto sauce?

A) Parsley
B) Cilantro
C) Basil
D) Dill

16. What is the ratio of oil to vinegar in a standard vinaigrette?

A) 1:1
B) 2:1
C) 3:1
D) 4:1

17. Which piece of equipment is best suited for straining stocks and sauces?

A) Colander
B) Chinois
C) Whisk
D) Spatula

18. What does the 'FIFO' method stand for in kitchen inventory management?

A) First In, First Out
B) Fast In, Fast Out
C) Food In, Food Out
D) First Item, Final Option

19. What is the main ingredient in a Béchamel sauce?

A) Tomato
B) Milk
C) Egg yolks
D) Stock

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20. Which cooking technique involves searing food quickly in a very hot, shallow pan?

A) Sautéing
B) Simmering
C) Steaming
D) Blanching

21. What is the purpose of blanching vegetables?

A) To brown them
B) To set the color and stop enzyme activity
C) To make them crispy
D) To caramelize sugars

22. Which part of the egg contains the most fat and cholesterol?

A) White
B) Shell
C) Yolk
D) Membrane

23. What is the primary leavening agent used in sourdough bread?

A) Baking soda
B) Baking powder
C) Wild yeast
D) Cream of tartar

24. Which oil has a high smoke point, making it suitable for deep-frying?

A) Extra virgin olive oil
B) Sesame oil
C) Canola oil
D) Flaxseed oil

25. What is the process of browning meat to add flavor through the Maillard reaction?

A) Searing
B) Poaching
C) Steaming
D) Boiling

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