Chapter 4 Sample Test Questions

*Name the cooking procedures described.*

1. To cook quickly in a small amount of fat.
2. To cook foods by surrounding them with hot, dry air in an oven or on a spit over an open fire.
3. To cook with radiant heat from above.
4. To cook submerged in hot fat.
5. To cook partially and very briefly in boiling water or in hot fat.
6. To cook by simmering or boiling until the quantity of liquid is decreased.
7. To cook uncovered in a skillet or sauté pan without fat.
8. To cook on an open grid over a heat source.
9. To cook in a moderate amount of hot fat in a pan.
10. To cook in water or other liquid that is bubbling gently, about 185-205°F (85-96°C).
11. To cook covered in a small amount of liquid, usually after preliminary browning.
12. To cook in a liquid, usually a small amount, that is hot but not actually bubbling.
13. To cook in hot fat.
14. To cook by direct contact with steam.
15. To cook in water or other liquid that is bubbling rapidly.

*True/False*

16. As proteins are heated, they coagulate. This means they become firmer and absorb moisture.
17. Fruit and vegetable fiber becomes softer when cooked.
18. The transfer of heat from the outside to the inside of a piece of roasting meat is an example of convection.
19. In a microwave oven, the microwaves penetrate to the center of a large roast and cook the item rapidly.
20. Overcooking is a common problem in microwave cooking because of the high energy levels.
21. If the fat in a deep-fryer starts to smoke, it means that the fat is breaking down and may have to be discarded.
22. Steam is a better conductor of heat than air is.
23. The air in an oven transfers heat energy from the gas or electric element to the food being cooked by means of convection.
24. Thick steaks should be broiled at higher heat than thin ones so that the heat will penetrate the meat.
25. A griddle cooks at a lower temperature than a grill or broiler.
26. Salt, detergent, moisture, excessively low cooking temperatures, and exposure to air all shorten the life of frying fat.
27. Foods to be sautéed should be started in a cold pan.
28. A pot roast is a large cut of meat cooked in a covered pan by the roasting method.
29. Most foods cooked in liquid are simmered rather than boiled, because the high heat of boiling can damage many foods.
30. Sautéing requires high heat.
31. Mint, parsley, celery seed, and oregano are examples of herbs.
32. It is important to be able to distinguish the tastes of the spices in a finished dish.
33. Only the colored part of lemon peel should be used for flavoring.
34. Most dried spices should not be added until near the end of cooking.
35. So that they can be easily removed, whole herbs and spices for flavoring a liquid are tied in a piece of cheesecloth called a zest.
36. Prepared mustard is one of the few flavoring ingredients that can be added at the end of cooking.
37. Lemon juice is used as a seasoning for some sauces.
38. White and black pepper are harvested from the same plant.
39. In general, moist foods heat more quickly in a microwave oven than dry foods do.
40. When you are cooking large items in a microwave oven, it is important to cook them until completely done without disturbing them.
41. Microwaves do not go through metal, such as aluminum foil.
42. When smoke-roasting in a hotel pan on a range top, it is important to leave the food smoking at high heat for at least 30 minutes, so that the food will absorb the smoke flavor.

Multiple Choice
43. A cook's judgment is based on his or her __________.
   (a) experience
   (b) knowledge of basic cooking principles
   (c) understanding of the raw materials available
   (d) all of the above

44. Adding an acid to meat during the cooking process __________.
   (a) speeds up the gelatinization process
   (b) tends to slow the coagulation of its protein
   (c) helps to dissolve some of its connective tissue
   (d) all of the above

45. Which pair of words makes the following sentence true when inserted in the blanks? Caramelization occurs when __________ browns, and gelatinization occurs when __________ absorbs water and swells.
   (a) sugar, starch
   (b) starch, sugar
   (c) protein, carbohydrate
   (d) carbohydrate, protein

46. Tying herbs and spices into a sachet is a useful technique because ___________________.
   (a) the sachet can be removed when the desired flavors and aromas have been extracted
   (b) the sachet can be removed and used over again
   (c) the sachet can be stored more easily
   (d) the sachet helps maintain portion control

47. Heat can be transferred by __________.
   (a) radiation
   (b) convection
   (c) conduction
   (d) all of the above

48. Conduction occurs when heat is transferred __________.
   (a) by means of air, steam, or liquid
   (b) directly from one item to something touching it
   (c) from one part of an item to an adjacent part of the same item
   (d) both b and c

49. Stirring a sauce while it is cooking prevents burning on the bottom of the saucepan. This is an example of __________ convection.
   (a) natural
   (b) thermal
   (c) conductive
   (d) mechanical

50. Which of the following heating methods will fail to heat a material that has no moisture content?
51. Dried beans cannot be successfully cooked in a microwave because they ___________.
   (a) are too small
   (b) contain almost no water
   (c) explode before they finish cooking
   (d) consist of all carbohydrates and no proteins

52. Which of the following is the **correct** descending order (from highest temperature to lowest) of the three methods to cook food in water or a seasoned and flavored liquid?
   (a) boil → simmer → poach
   (b) simmer → poach → boil
   (c) poach → boil → simmer
   (d) none of the above

53. If a very delicate food is cooked in water or a seasoned and flavored liquid, it should be ___________ so that it does not fall apart.
   (a) boiled
   (b) poached
   (c) blanched
   (d) simmered

54. A blanched green bean is a bean that has been ___________.
   (a) partially cooked
   (b) cooked at an altitude above sea level
   (c) cooked until my natural color has disappeared
   (d) cooked for a long period of time at a low temperature

55. Which of the following is a combination of both moist and dry heat cooking?
   (a) braising
   (b) roasting
   (c) blanching
   (d) en papillote

56. Which of the following sets of words completes this sentence correctly? To __________ means to cook with heat from ___________.
   (a) grill, above
   (b) broil, below
   (c) grill, below
   (d) none of the above

57. Which of the following statements about roasting is **correct**?
   (a) It is essential that you never cover the meat while it is roasting.
   (b) Roasting and baking are two entirely different cooking processes.
   (c) Never change the position of the roast in the oven once it has started cooking.
   (d) Roasts cooked in the back of the oven cook more slowly because the back of the oven is not as hot as the front.
58. Which of the following terms is associated with broiling?
   (a) slow  
   (b) low heat  
   (c) high heat from above  
   (d) all of the above

59. A salamander is a special type of ___________.
   (a) grill  
   (b) griddle  
   (c) broiler  
   (d) sauté pan

60. When food is sautéed, it is important ___________.
   (a) to sear the food quickly  
   (b) not to overcrowd the pan  
   (c) to preheat the pan before sautéing  
   (d) all of the above

61. Deglazing takes place after ___________.
   (a) grilling  
   (b) broiling  
   (c) deep-frying  
   (d) sautéing

62. Which of the following is not a guideline for deep-frying?
   (a) Don't overload the baskets.  
   (b) Fry as close to service as possible.  
   (c) Most foods are fried at 350 to 375°F.  
   (d) Fry both strong and mild flavored items in the same fat.

63. Which of the following items would be least suitable for microwave cooking?
   (a) a fillet of sole  
   (b) an acorn squash  
   (c) a bowl of chicken broth  
   (d) a thin slice of rare steak

64. To sweat means to cook ___________.
   (a) slowly  
   (b) without browning  
   (c) in a small amount of fat  
   (d) all of the above

65. Although spices, herbs, and seasonings are important parts of a cook's job, it is crucial to remember that ___________.
   (a) most customers prefer their foods without additives  
   (b) your main ingredients are your main sources of flavor  
   (c) even the most subtle use of these ingredients can diminish the flavor of foods  
   (d) all of the above
66. _______ act(s) on the taste buds rather than changing the actual flavor of the food to which it has been added.
   (a) Salt
   (b) MSG
   (c) Pepper
   (d) Wine and brandy

67. In order to assemble a sachet, you must have _________.
   (a) string
   (b) cheesecloth
   (c) herbs and spices
   (d) all of the above

68. Which of the following combinations is incorrect?
   (a) clove → bud
   (b) cumin → seed
   (c) marjoram → root
   (d) cinnamon → bark

69. When fats melt and drip out of a roast as it cooks, which of the following is lost from the food?
   (a) calories
   (b) fat-soluble vitamins
   (c) flavor components
   (d) all of the above

70. Salted water freezes at ___________ compared with pure water.
   (a) a higher temperature
   (b) a lower temperature
   (c) the same temperature
   (d) none of the above. Salted water does not freeze.

71. The Maillard reaction is the name given to what cooking reaction?
   (a) The coagulation of proteins in the presence of an acid.
   (b) The loss of water-soluble vitamins and minerals due to shrinkage during cooking.
   (c) The process that is responsible for the browning of the surface of meat when it is cooked.
   (d) The process by which starch granules absorb water and expand.

72. When food is being braised, the preferred heat source is _____________.
   (a) in the oven, because more even heat means less chance of scorching
   (b) on a rangetop burner, because the food cooks more quickly
   (c) on the grill, because grill marks make the food more attractive
   (d) in the microwave, because the food browns more evenly

73. Which of the following characteristics of a fat should be considered when evaluating it for deep frying?
   (a) high smoke point
   (b) aroma
   (c) flavor
   (d) all of the above
74. When a food is simmered in a saucepan, the pan should be uncovered when
_________________________________.
(a) the liquid must be reduced
(b) you are cooking green vegetables
(c) you must watch the food as it cooks
(d) all of the above

75. When water is already boiling, turning the heat higher will
_________________________________.
(a) bring the temperature closer to the smoke point
(b) increase the speed of evaporation
(c) raise the temperature of the boiling water
(d) force you to remove the lid

76. Fish cooked sous vide would most likely be cooked at a temperature of ________.
(a) 100°F (38°C)
(b) 140°F (60°C)
(c) 185°F (85°C)
(d) 212°F (100°C)

77. Because preparing foods sous vide requires putting foods in vacuum packs, guarding against
____________________ is especially important.
(a) high vacuum pressure
(b) vitamin loss
(c) anaerobic bacteria
(d) excessive drying of food

78. A mixture in which tiny particles are evenly mixed throughout a volume of water is called
____________________.
(a) a hydrocolloid
(b) a foam
(c) a Maillard mixture
(d) umami