Sample Test Questions Chapter 7: Mise en Place

Multiple Choice

1. Which of the following words or phrases is closest to the meaning of mise en place?
   (a) pre-preparation
   (b) a well-planned menu
   (c) the wisdom of the chef
   (d) the customer is always right

2. As Chef Mirola instructed his students on the parts of pre-preparation, he stressed that they must _______ before they begin to actually prepare a recipe.
   (a) prepare their equipment
   (b) assemble their tools and ingredients
   (c) wash, trim, cut, prepare, and measure their ingredients
   (d) all of the above

3. As Chef Hall was presenting her students a lecture entitled "Planning and Organizing Production," she was least likely to say, "________.
   (a) The first step of any recipe is assembling and preparing the ingredients.
   (b) As you are planning a production schedule, it is best to begin with the preparations that require the least amount of time.
   (c) Items cooked by moist-heat methods are better suited to reheating or holding in a steam table than items cooked by dry-heat methods.
   (d) Although recipes can sometimes be revised to improve their efficiency and quality, you should not change a recipe unless you have received permission from your supervisor.

4. You overheard the following four students discussing the section of this chapter on set meal service. Which one of them did not fully understand the material?
   (a) Willem: "All customers eat at the same time during set meal service."
   (b) Sheila: "Customers select items from a written menu during set meal service."
   (c) Nicole: "The use of modern, high-speed equipment can produce fresher food and fewer leftovers during set meal service."
   (d) Marcel: "Two major problems of set meal service are that the food's quality may deteriorate because it is held too long and the large quantity of leftovers that often occur."

5. The same four students are discussing extended meal service. Which of them is misinformed this time?
   (a) Willem: "Another name for extended meal service is "à la carte cooking."
   (b) Nicole: "Not all customers eat at the same time during extended meal service."
   (c) Sheila: "Individual items are cooked "to order," rather than being cooked ahead, during extended meal service."
   (d) Marcel: "If a person was trained in extended meal service, he could most easily find a job in cafeteria, banquet facility, or employee dining room."
6. In many large restaurants, mise en place includes the _________.
   (a) preparation of stocks and sauces
   (b) preparation of breadings and batters
   (c) cutting and trimming of meat, poultry, fish, and vegetables
   (d) all of the above

7. The ________ is the cook's most important and versatile cutting tool.
   (a) chef's knife
   (b) paring knife
   (c) butcher knife
   (d) food processor

8. As Chef Couteau was demonstrating how to sharpen a knife, you would notice that she was careful to ________.
   (a) begin with a few strokes on the steel
   (b) hold the blade at a constant 45 degree angle on the stone
   (c) use light, even strokes, with the same number of strokes on each side of the knife
   (d) all of the above

9. The purpose of the steel is to ________ the edge of a knife.
   (a) true
   (b) sharpen
   (c) maintain
   (d) both a and c

10. The purpose of the "guiding hand" during cutting is to ________.
    (a) guide the knife
    (b) hold the items being cut
    (c) protect the hand from cuts
    (d) all of the above

11. Cutting food into uniform shapes and sizes is important because it ________.
    (a) ensures even cooking
    (b) enhances the appearance of the product
    (c) both of the above
    (d) none of the above

12. Which of the following cutting techniques is paired correctly with its end product?
    (a) chop — evenly shaped pieces
    (b) shred — thin strips
    (c) concasser — thin slices
    (d) mince — medium cubes

13. If Chef Felicetti told you to emincem a fillet of veal, he would want you to ________.
    (a) mince it
    (b) chop it coarsely
    (c) cut it into thin slices
    (d) cut it into irregularly shaped pieces
14. You are looking at four bowls of potato pieces that resulted from four different cutting methods. Which method produced the potato pieces that are shaped differently than the pieces in the other bowls?
   (a) julienne
   (b) brunoise
   (c) batonnet
   (d) french fry

15. Which of the following is the correct order if you arranged them from thickest to thinnest?
   (a) julienne → french fry → batonnet
   (b) batonnet → julienne → French fry
   (c) french fry → batonnet → julienne
   (d) julienne → batonnet → French fry

16. Which of the following is not one of the first three steps in the process of dicing an onion with a chef's knife?
   (a) cut the onion in half lengthwise
   (b) make a series of vertical, lengthwise cuts
   (c) make a series of horizontal, lengthwise cuts
   (d) square off the onion by cutting a slice from all sides

17. Which of the following methods refers to cooking a product by any of the other three methods for a very brief period of time?
   (a) steaming
   (b) blanching
   (c) simmering
   (d) deep-frying

18. Chef Lukins often blanches her products before she completes their cooking to
   (a) save time
   (b) remove undesirable flavors
   (c) increase their holding quality
   (d) all of the above

19. If you want to add flavor and tenderize a cut of beef chuck in one step, you should
   (a) blanch
   (b) marinate
   (c) bread or batter
   (d) all of the above

20. Which of the following types of marinades is most widely used for enhancing the flavor of barbecued meats?
   (a) dry
   (b) raw
   (c) instant
   (d) cooked
21. As you hear Chef Child give a lecture on marinades, which of the following statements are you not likely to hear her say?
   (a) Be sure to use an acid-resistant container.
   (b) In most cases, marinate under refrigeration.
   (c) Cover only part of the product with the marinade.
   (d) Marinate thicker products longer than thinner ones.

22. With the exception of potatoes, most items to be deep fried are first ________.
   (a) blanched
   (b) julienned
   (c) marinated
   (d) breaded or battered

23. Breading or battering a product before it is deep-fried has four main advantages. Which of the following is not one of them?
   (a) It allows the food to retain moisture and flavor.
   (b) It allows the food to absorb flavor-enhancing fat.
   (c) It allows the food to maintain its crispness and good appearance.
   (d) It protect the cooking fat against the moisture and salt contained in the food.

24. Which of the following is the correct sequence of stages in the Standard Breading Procedure?
   (a) flour → egg wash → crumbs
   (b) crumbs → egg wash → flour
   (c) egg wash → flour → crumbs
   (d) none of the above

25. Chef Farine often dredges his pan-fried products in flour to ________.
    (a) prevent sticking
    (b) give them an even brown coloring
    (c) improve their overall nutritional value
    (d) both a and b

26. When Chef Farine wants to give his batter-fried products a lighter texture, he often uses a leavening agent such as ________.
    (a) baking powder
    (b) beaten egg whites
    (c) beer or seltzer water
    (d) any of the above

27. Any product that has been partially or completely prepared or processed by the manufacturer is known as a ________ food.
    (a) fast
    (b) "scratch"
    (c) convenience
    (d) mise en place
28. There are several guidelines for defrosting products safely. Which of the following is not one of them?
   (a) defrost in a tempering box or refrigerator
   (b) do not refreeze products that have thawed
   (c) defrost in warm water or at room temperature
   (d) defrost under cold running water in the original wrapper

29. For a convenience product to taste as fresh as possible, it is necessary to __________.
   (a) handle it with the same care you would give fresh, raw ingredients
   (b) know how and to what extent it has been prepared and treat it as though you, not the manufacturer, did the pre-preparation
   (c) examine it as soon as it is received, store it properly, know its shelf life, defrost it properly, and cook it properly
   (d) all of the above

30. Which of the following statements reflects an incorrect understanding of convenience foods?
   (a) A home-made product is not superior to a convenience product if the homemade product is poorly made.
   (b) Although convenience products cost more to purchase, they often save money because they increase kitchen efficiency.
   (c) Convenience foods range all the way from completely prepared items to partially prepared items that can be used as components of recipes.
   (d) Convenience products are satisfactory substitutes for culinary knowledge and skills because they are produced under such demanding and exacting conditions.

Short Answers

31. List three factors that must be considered for each menu item when planning production.

32. Name two advantages of using the small-batch cooking system instead of cooking large quantities in advance.

33. When sharpening a knife or using a steel, hold the blade at a constant __________ degree angle to the stone or steel.

Questions 34-40: Give the dimensions of the following cuts:

34. Julienne
35. Large dice
36. Brunoise
37. Allumette
38. Batonnet
39. Small dice
40. Medium dice

41. To mince means ________________________________

42. List 3 reasons for blanching or partially cooking foods during mise en place.

43. The 3 steps of the Standard Breading Procedure are:

44. Name three purposes of breading or battering a product to be fried.
True/False

45. In extended meal service or à la carte cooking, pre-preparation or mise en place is not as important as in quantity cooking, because you can't cooking anything until the orders come into the kitchen anyway.

46. In general, items cooked by dry heat methods hold well on the steam table and so can be cooked ahead and kept hot with little loss of quality.

47. The goal of pre-preparation is to do as much work in advance as possible without loss of quality.

48. When truing a knife blade on a steel, use heavy pressure against the steel to get the greatest sharpening action.

49. When you are slicing an onion with a knife, the hand holding the onion also helps to guide the knife blade.

50. The most important reason for marination is to add flavor to the product.

51. Large foods require longer marination than small foods.

52. Oil is an essential ingredient in all marinades.

53. Stainless steel and aluminum containers are best for marinating.

54. Foods made from scratch are always of better quality than convenience foods.

55. Convenience foods are foods that have had part of the preparation done by the manufacturer.