Sample Test Questions Chapter 15: Cooking Fish and Shellfish

Multiple Choice

1. The term “à la meunière” refers to
   (a) a fish sauce thickened with beurre manié.
   (b) steamed mussels.
   (c) a style of sautéed or pan-fried fish.
   (d) compound butter used to garnish broiled fish steaks.

2. To apply the Standard Breading Procedure to fish fillets, you pass them through
   (a) first flour, then egg wash, then bread crumbs, then season them with salt and pepper.
   (b) first flour, then egg wash, then bread crumbs.
   (c) first egg wash, then seasoned bread crumbs.
   (d) first milk, then egg wash, then bread crumbs.

3. Court bouillon is
   (a) a mixture of water, acid, and seasonings, used to cook fish.
   (b) a mixture of white wine, fish fumet, and herbs.
   (c) a clear fish soup.
   (d) none of the above.

4. The best cooking temperature for poaching trout is
   (a) 140-160°F (60-70°C)
   (b) 160-180°F (70-82°C)
   (c) 180-200°F (82-93°C)
   (d) 212°F (100°C)

5. To poach small fish and fish portions in court bouillon, start them in
   (a) simmering liquid.
   (b) boiling liquid.
   (c) cold liquid.

6. To poach large fish in court bouillon, start them in
   (a) simmering liquid.
   (b) boiling liquid.
   (c) cold liquid.
7. Fish ________.
   (a) have very little connective tissue
   (b) turn soft and mushy if they are overcooked
   (c) require the same cooking procedures as meat and poultry
   (d) all of the above

8. Whole fish or portions of fish baked in the oven may also be referred to as ________.
   (a) roasted
   (b) carpaccio
   (c) meunière
   (d) en papillote

9. Broiled and grilled seafood items are becoming more popular because people perceive
   them as ________.
   (a) simpler
   (b) healthier
   (c) prepared quickly
   (d) all of the above

10. When broiling fish, it is a good idea to ________.
    (a) use lean, rather than fat fish
    (b) coat them with a heavy, protective layer of paprika
    (c) coat the fish with fat before broiling to reduce drying
    (d) none of the above

11. Which of the following is not one of the ingredients used to produce fish "à la meunière."
    (a) butter
    (b) parsley
    (c) cornmeal
    (d) lemon juice

12. When sautéing or pan-frying fish, it is best to ________.
    (a) use fat, rather than lean, fish
    (b) use one inch or more of fat in the pan
    (c) avoid coating the fish with anything before cooking
    (d) brown the more attractive side (the presentation side) of a piece of fish first

13. Deep-frying is ________.
    (a) most successfully accomplished with fat fish
    (b) not a popular method of cooking fish in this country
    (c) not a safe method unless the fish is completely thawed first
    (d) most often performed on fish that have been breaded or battered
14. Although deep-fried fish may be neither subtle or refined, it can be of very high quality if the __________.
   (a) frying oil is of good quality
   (b) fish is fresh and not overcooked
   (c) item is served without delay after cooking
   (d) all of the above

15. The breading or batter used when deep-frying fish __________.
   (a) protects the fish from the frying fat
   (b) protects the frying fat from the fish
   (c) provides a crisp, flavorful, and attractive covering
   (d) all of the above

16. Court bouillon contains __________.
   (a) acid
   (b) water
   (c) herbs and seasonings
   (d) all of the above

17. If a fish is cooked in court bouillon, it __________.
   (a) is usually a small piece of fish
   (b) can be served either hot or cold
   (c) is served in a sauce made from its cooking liquid
   (d) all of the above

18. When making truite au blue (blue trout), is it important to ________ before it is cooked.
   (a) freeze the trout
   (b) wash the trout thoroughly
   (c) remove the protective slippery coating of the trout
   (d) none of the above

19. Thomas answered "true" to all of the following true-false questions about poaching fish in court bouillon. Which one did he miss?
   (a) Both fat and lean fish can be poached successfully in court bouillon.
   (b) Cook flavoring ingredients and fish at the same time in court bouillon.
   (c) Both hot and cold fish poached in court bouillon can be served with a mild vinaigrette.
   (d) Start shellfish, small fish, and portion cuts in hot court bouillon to preserve their flavors.

20. A poached fish can be removed from its cooking liquid without breaking it or damaging its appearance by ________.
   (a) tying it loosely to a board
   (b) wrapping it in cheesecloth
   (c) using a special fish poacher with a rack
   (d) all of the above
21. Poached fish can be glazed with a mixture containing its finished sauce plus 
   __________.
   (a) egg yolk
   (b) Hollandaise Sauce
   (c) lightly whipped cream
   (d) all of the above

22. Chef Briller uses her __________ to glaze fish.
   (a) broiler
   (b) salamander
   (c) convection oven
   (d) either a or b

23. The French cooking method called étuver can be accurately translated as
   __________.
   (a) to sweat
   (b) to poach and then glaze
   (c) to cook or steam in its own juices
   (d) both a and c

24. If a fish is cooked en papillote, it is __________.
   (a) cooked by steaming
   (b) enclosed in a piece of parchment
   (c) cooked together with flavoring ingredients and sauce
   (d) all of the above

25. If you decide to serve raw fish to your customers, be sure you do all of the following
   except __________.
   (a) keep the fish cold
   (b) serve only freshwater fish
   (c) use only the freshest possible fish
   (d) handle the fish as little as possible

26. Which set of words completes the following sentence correctly? Fish for fish tartar is
   __________, and fish for fish carpaccio is __________.
   (a) raw, cooked
   (b) cooked, raw
   (c) chopped, sliced
   (d) sliced, chopped

27. When you are shallow-poaching fish, you use the cuisson to __________.
   (a) hold the fish flat while it is being cooked
   (b) make a sauce
   (c) fillet the fish before cooking
   (d) none of the above. Cuisson is not used in this procedure.
True/False

28. Small fish fillets should be baked at a low temperature, about 225°F or 107°C, in order to prevent them from drying out.
29. Broiled fish must be sprinkled generously with paprika to give it an appetizing color.
30. Thin fish fillets may be placed on sheet pans and broiled on only one side.
31. Butter for sautéing fish should be clarified, because whole butter is likely to burn.
32. Sautéed fish fillets should be served with the skinned side down.
33. Broiled or sautéed fish should be allowed to rest for 15 minutes before serving.
34. Delicate fish items should be poached at a low temperature, but lobster and shrimp in the shell should be boiled.
35. To poach fish in fumet and wine, you need to use enough liquid to cover the fish by about ½ to 1 inch (12-25 mm).
36. When rolling sole fillets into paupiettes for poaching, the side that had the skin on should be on the inside of the roll.
37. A pressure steamer may be used to tenderize shellfish items such as clams and lobster tails.
38. Grilled fish portions are usually served coated with a flavorful sauce.
39. Fish fillets must always have the skin removed before being broiled.
40. Freshwater fish is better than ocean fish for dishes made with raw seafood.
41. Fish to be served raw should be kept cold and handled as little as possible.
42. The main ingredient in sushi is raw fish.
43. Seviche is a dish of seasoned, raw fish that has been marinated in an acid mixture.