

# 2014 Culinary Knowledge Bowl STUDY GUIDE

- 1). What is the correct abbreviation for teaspoon?  
**Tsp**
- 2). Baking would be used in which cooking method  
**Dry heat**
- 3). What nutrients is the yolk of an egg is high in?  
**Fat and Cholesterol**
- 4). What is a large, flat solid slab of steel often found on a range?  
**Griddle**
- 5). What does HAACP stand for?  
**Hazard Analysis Critical Control Point**
- 6). What temperatures does the Danger Zone refer to?  
**41F-135F**
- 7). What happens when starch is cooked?  
**Gelatinizes**
- 8). What color cutting board should be used for raw red meats?  
**Red**
- 9). How many teaspoons are in a tablespoon?  
**3 teaspoons**
- 10). What is the definition of sifting?  
**Put flour through a sieve to reduce to finer particles**
- 11). Which vitamin deficiency can cause scurvy?  
**Vitamin C**
- 12). How many liquid ounces are in one cup?  
**8 Ounces**
- 13). When cleaning pots in a pot sink, what is the correct order of washing?  
**Wash, Rinse, and Sanitize**
- 14). What does the acronym FATTOM stand for?  
**Food, Acidity, Time, Temperature, Oxygen, and Moisture**
- 15). What nutrient is commonly found in milk, yogurt, and cheese?  
**Calcium**
- 16). What sugar should be packed when measuring?  
**Brown sugar**
- 17). BMI refers to your  
**Body Mass Index**
- 18). What knife cut measures  $\frac{1}{4} \times \frac{1}{4} \times 2$  inch?

- 19). What food preparation term refers to cooking in a small amount of fat or hot oil or making the food “jump?”  
**Sauté**
- 20). What protein in flour develops structure and framework for breads?  
**Gluten**
- 21). Poaching is in which cooking method?  
**Moist Heat**
- 22). What is the knife cut is called a when a carrot is cut into 1/8 x 1/8 x 2 inch sticks?  
**Julienne**
- 23). What are leaves, stems and roots from various plants used to give flavor to dishes?  
**Herbs**
- 24). Dehydration can result from a lack of which mineral?  
**Sodium**
- 25). What is the normal ratio of oil to vinegar to make a salad dressing?  
**3:1**
- 26). Which Chef is normally under a Chef?  
**Sous Chef**
- 27). What is the name for a chemical leavener?  
**Baking Powder**
- 28). Approximately what percentage of your body weight is water?  
**80%**
- 29). What Vitamin does the body make when exposed to sunlight?  
**Vitamin D**
- 30). What food borne illness associated with chicken is?  
**Salmonella**
- 31). What are the building blocks of proteins?  
**Amino Acids**
- 32). What does the acronym FDA stand for?  
**Food and Drug Administration**
- 33). What are three examples of simple carbohydrates?  
**Sugars, candy and syrup**
- 34). What is a white “Mother” sauce called?  
**Bechamel**
- 35). What creamy rice dish typically made with Arborio rice, a short grain rice?  
**Risotto**
- 36). What is the name when you wrap spices and herbs in cheese cloth?  
**Sachet**

- 37). Why is Cake flour is softer than All Purpose flour?  
**Because it has less of the Protein Gluten**
- 38). What mineral helps build and replace red blood cells?  
**Iron**
- 39). What carbohydrate is whole wheat bread a very good source for?  
**Fiber**
- 40). In order for dry yeast to activate and begin fermentation, it needs water and  
**Sugar or Honey**
- 41). Milk contains high levels of what nutrient?  
**Calcium**
- 42). What must parasites have in order to survive?  
**Host**
- 43). What occurs when proteins are cooked?  
**Coagulate**
- 44). What safety device are all gas ranges are required to have which?  
**Pilot Light**
- 45). What is the typical temperature of oil for deep frying?  
**350 F**
- 46). What is a common foodborne illness found in ground beef?  
**E-Coli**
- 47). Which type of carbohydrate is pasta an example of?  
**Complex**
- 48). What can too much fat in the diet result in?  
**High Cholesterol**
- 49). What is the most versatile knife in the kitchen?  
**Chefs knife or French knife**
- 50). Heimlich maneuver should be used when  
**Choking**
- 51). What parasite is associated with pork?  
**Trichinosis**
- 52). This is a rich biscuit that sometimes contains raisins and is served with butter, jam or thick cream.  
**Scone**
- 53). When drying your hands after washing, what is the best method  
**Single Use Disposable Paper Towels**
- 54). When you cook vegetables just to the point that they still have a slight crunch is called  
**Al dente**

- 56). To take basil leaves and roll them tightly and cut across into thin strips, is called  
**Chiffonade**
- 57). Chicken should be cooked to what internal temperature  
**165 Degrees**
- 58). When you mix ice and cold water together, to drop hot food into it, it is called  
**Shocking**
- 59). The measurement of levels of acid within food is called the  
**PH value**
- 60). When you mix fat (usually butter) and flour together and use it to thicken a liquid, it is called a  
**Roux**
- 61). How many cups are in a pint  
**2 Cups**
- 62). A Pastry Chef is called a  
**Patisier**
- 63). What is the size for a medium dice cut  
**½ x ½ x ½ inch**
- 64). Creaming method means to:  
**mix together sugar and shortening until cream smooth and sugars are dissolved into the fat**
- 65). Which vegetables contain the pigment carotene?  
**Carrots**
- 66). The white of an egg is high in what  
**Protein**
- 67). All green vegetables and herbs contain this pigment  
**Chlorophyll**
- 68). What is the knife cut called, when you skin, de-seed and dice a tomato  
**Concassée**
- 69). Light golden brown color from cooked proteins is called  
**Caramelization**
- 70). If you use the same knife to cut raw chicken then without washing it cut a piece of lettuce, this would be called  
**Cross Contamination**
- 71). What color cutting board should be used for cutting fruits and vegetables  
**Green**
- 72). The fire suppression system in commercial kitchen hoods is called  
**Ansul**
- 73). Zero degrees Celsius is equal to how many degrees Fahrenheit?  
**32 Degrees**

- 75). Enzymatic browning of cut apples can be stopped by using  
**Absorbic Acid**
- 76). A recipe that is specifically designed for a restaurant, so any employee could make it is called a  
**Standardized Recipe**
- 77). Ovens that use heat and a fan to cook foods quickly are called  
**Convection Ovens**
- 78). This type of flour is high in protein and is often used when making pasta.  
**Semolina Flour**
- 79). A piece of broken glass in a soup, would be called what hazard  
**Physical hazard**
- 80). What is a major sauce made from ½ brown stock and ½ Espangol sauce and reduced by ½  
**Demi Glaze**
- 81). A special box used in baking that helps doughs to rise.  
**Proofer**
- 82). Liquids are measured using what kitchen equipment  
**Liquid Measuring Cup or Measuring Spoons**
- 83). FIFO stands for  
**First In First Out**
- 84). When food is defrosted in the microwave  
**It should be cooked right away**
- 85). The grading of the best quality of beef is called  
**Prime**
- 86). Chemicals should be stored  
**Away From All Food Items**
- 87). Sanitary, refers to  
**Reduction of disease causing micro organisms**
- 88). If you mixed 50% onion, 25% carrot, and 25% celery you would have  
**Mirepoix**
- 89). When using butchers twine/string to tie together a chicken is called  
**Trussing**
- 90). What is the size of the Brunoise Cut  
**1/8 x 1/8 x 1/8 inch**
- 91). Sifting means to  
**Putting flour through a sieve to reduce to fine particles**
- 92). What nutrient is found in Citrus fruits  
**Vitamin C**

- 94). Ovens that use heat and a fan to cook food quickly are called  
**Convection Ovens**
- 95). Salt made by evaporating sea water  
**Sea Salt**
- 96). Glasses should be placed where for a formal table setting  
**Above the Knife**
- 97). This substance is naturally found in certain fruits and is often used to thicken liquids  
**Pectin**
- 98). If you sneezed into your hand, then mixed salad without washing this would cause which kind of hazard  
**Biological hazard**
- 99). What is the procedure of taking a whole side of a fish off in one piece?  
**Fileting**
- 100). What type of shoes must be worn in the culinary kitchen?  
**Closed toe, non-skid shoe**
- 101). To process food until it has a soft, smooth consistency by using a strainer or food processor to chop it very fine  
**Puree**
- 102). Colored outer layer of citrus fruit peel  
**Zest**
- 103). Protein that contains all nine essential amino acids is called a  
**Complete Protein**
- 104). This grain originally is grown in South America and has a complete protein content.  
**Quinoa**
- 105). Heat transferred by rays that come from a glowing, or red hot, heat source such as burning coals or flames.  
**Radiant Heat**
- 106). A baking dish that is round and straight-edged; comes in various sizes  
**Ramekin**
- 107). What is the term given when you bind or suspend two normally unmixable liquids together  
**Emulsification**
- 108). What is the name given to placing hot food into a cooling sink full of ice and water  
**Ice bath**
- 109). What is the appropriate bevel angle you should have on the blade of your knife  
**20 degrees**
- 110). What is the name when you take two halves of celery and tie basil leaf, herbs and spices together  
**Bouquet Garni**
- 111). A fiber that does not dissolve in water  
**Insoluble Fiber**

- 113). A tool with a bowl and long handle for reaching to the bottom of a deep pot  
**Ladle**
- 114). Legumes shaped like round disks  
**Lentils**
- 115). The temperature of your freezer should be at  
**0 C/32 F or below**
- 116). What is the correct knife to use if peeling or cutting a hand held food item?  
**Paring Knife**
- 117). Italian dumpling  
**Gnocchi**
- 118). What color cutting board should be used for raw chicken?  
**Yellow**
- 119). Taste, aroma, texture, sound, and appearance of food  
**Flavor**
- 120). A gallon measure has how many cups?  
**8 Cups**
- 121). Liquid, such as milk or cream, thickened with egg and then baked  
**Custard**
- 122). This is a type of grain cereal made from steamed, dried, and cracked wheat  
**Bulgur**
- 123). What is the main course of a meal?  
**Entree**
- 124). What is the best and safest method of defrosting/thawing food  
**In the Refrigerator**
- 125). If you take a chicken or fish stock and thicken with a roux, you would have a  
**Veloute**
- 126). What is the maximum temperature can fresh whole eggs be delivered to your kitchen?  
**45 F**
- 127). What technique gives pie crusts a decorative edge?  
**Fluting**
- 128). What are the functions of proteins in the body?  
**Rebuild Muscle and Body Tissue**
- 129). What are Hors d' oeuvres?  
**Finger foods that are served on a napkin and eaten with fingers**
- 130). What fat is polyunsaturated and is often found in fish reducing the risk of stroke and heart attacks?  
**Omega-3 Fatty Acids**

- 132). What is the most commonly used all purpose fire extinguisher used in a kitchen?  
**ABC Extinguisher**
- 133). What style of table service often serves food from platters?  
**French Style**
- 134). A kernel of corn that is processed in lime to remove the hull and make the grain easier to cook and digest.  
**Hominy**
- 135). What type of reaction occurs when hydrated yeast is mixed with food and causes dough to rise?  
**Fermentation**
- 136). Yeast will be killed when mixed in water about what temperature  
**120 F**
- 137). What is deveining?  
**The process of removing the vein in shrimp**
- 138). What is butter that has been melted to use as a sauce for shellfish?  
**Drawn Butter**
- 139). Who developed and brought about the Brigade system in the modern kitchen?  
**Auguste Escoffier**
- 140). What is the safest way to chill rapidly a large amount/batch of food?  
**Divide into Smaller Portions**
- 141). What is the Chefs hat called?  
**Toque**
- 142). What temperature of water should be used for poaching?  
**160-170 F**
- 143). When measuring a liquid, the measuring vessel should be \_\_\_\_\_  
**Placed on a level surface**
- 144). What rice is par-cooked before it is milled to shorten the cooking time?  
**Converted Rice**
- 145). Large dice that is  $\frac{3}{4}$  inch or greater  
**Cube**
- 146). Most bacteria grows rapidly between what temperatures?  
**41-135 F**
- 147). What functions does shortening perform in biscuits?  
**Add Flavor and Moisture**
- 148). What is it called when you calibrate a thermometer using ice and cold water?  
**Ice Method**
- 149). What are the seven class cooking methods?  
**Roast, Grill, Pan Roast, Pan-Fry or Saute, Braise, Deep Fry and Poach**



151). What is the tradition for wearing a white chef jacket?

**The white jacket is an assurance to the client that the kitchen is clean.**

15)2. What is the difference in the height of a toque?

**The height of the toque indicates your rank in the kitchen.**

153. What maintains the cutting edge of a knife?

**Steel or Sharpening Steel**

154. This is used to scrape bowls and clean pans.

**Rubber Spatula or Dough Scraper**

155. In a commercial kitchen, these hygiene practices should be followed. Name 2.

- **Be dressed in complete and clean uniform**
- **Remove all jewelry or secure it underneath your uniform**
- **Change your jacket, apron and side towel as often as needed**
- **Use the side towel exclusively for handing hot pans and pots**
- **Ensure that hair is enclosed sufficiently, with most of it tucked under a toque, cap or hair net.**