

**2019 Culinary Knowledge Bowl**  
**STUDY GUIDE and EXAMPLE QUESTIONS**

**Reminders:**

**\*Level 1- Online Testing Qualification questions will not be taken directly from the study guide. Please be prepared to see content-related questions on the qualification test.**

**\*Level 2- Buzzer Round questions will be taken from this Study Guide. However, phrasing of questions may be different than seen below.**

1. What is the process by which yeast converts sugar into alcohol and carbon dioxide?  
**Fermentation**
2. What is a roasted buckwheat groat called?  
**Kasha**
3. What information is on a shell stock identification tag?  
**Where the shellfish was harvested**
4. This position is the apprentice cook  
**Commis**
5. Which oil, also known as rapeseed oil, is higher in monounsaturated fat and has a high smoke point?  
**Canola Oil**
6. Term used for lightly dusting food with flour prior to frying?  
**Dredging**
7. The chef responsible for the fish station  
**Poissonier**
8. What mineral promotes keeping bones healthy?  
**Calcium or magnesium or phosphorus**
9. List the three major components in a kernel of wheat.  
**Bran, Endosperm, & Germ**
10. This herb is considered one of the great culinary herbs. It is available in a variety of flavors like cinnamon, garlic, lemon and even chocolate the most common variety is called sweet.  
**Basil**
11. What type of butter does Escoffier recommend for the making of roux: mainly because it lacks casein?  
**Clarified**

12. This herb also known as Chinese parsley. It is widely used in Asian, Mexican and South American cuisines.

**Cilantro**

13. What is caused by transferring microorganisms from one surface to food to another?

**Cross-contamination**

14. This type of omelet is traditionally finished in the oven or salamander

**Frittata**

15. What spice also known as Jamaican pepper is the dried berry of a tree?

**Allspice**

16. This spice is made from ground leaves of the sassafras plant?

**Filé Powder**

17. This spice is made from the dried ground berries of an ash tree

**Szechwan pepper**

18. Which cut has the dimensions  $1/8 \times 1/8 \times 2$

**Julienne**

19. Enable the formation of water-fat mixtures

**Emulsifiers**

20. What are the dimensions of a batonnet cut?

**$1/4 \times 1/4 \times 2$**

21. Flavor enhancer that occurs naturally in food and is often added to canned soups and meats

**MSG- Monosodium Glutamate**

22. What cut produces finely sliced, ribbons, or shredded leafy vegetables or herbs?

**Chiffonade**

23. What helps maintain the structure of emulsions

**Stabilizers**

24. What cut has the dimensions  $1/16 \times 1/16 \times 1/16$ ?

**Fine Brunoise**

25. Who is the inventor of classical cuisine?

**Escoffier**

26. What two chemical leavening agents are used for quick breads?

**Baking soda and baking powder**

27. What is the crumbly mixture of fat, flour, sugar and sometimes nuts and spices used on top of baked goods called?

**Streusel**

28. This is a combination of equal parts finely ground Szechuan pepper, star anise, cloves, cinnamon and fennel seeds.

**Chinese Five Spice**

29. Which quick bread mixing method uses liquid fats?

**Muffin method**

30. What is fusion cooking?

**cooking style that blends characteristics from various ethnic cuisines**

31. Name one acceptable method for thawing food?

**in refrigeration, submerged under running water, microwave, part of cooking**

32. What ingredient is used to stabilize egg whites in common meringue?

**Cream of tartar**

33. Name the process by which frozen foods are gradually thawed for deep-frying

**Slacking**

34. What bacteria can be found inside eggs in rare cases?

a. **Salmonella**

35. Food is cooked over extremely high heat with a small amount of fat in a wok

**Stir-frying**

36. Identical to braising but food items are cut into pieces and immersed in liquid

**Stewing**

37. This vegetable has bright green spears or can be white if covered by soil as they grow. **Asparagus**

38. Which type of pan fried eggs are never flipped and has unbroken yolks?

**Sunny-side up**

39. This vegetable has a celery like stalk and mild, sweet flavor similar to anise or licorice

**Fennel**

40. Which type of omelet is cooked then folded with the ingredients added through a slit cut in the top?

**Rolled or French**

41. What two ingredients are added to the water for poached eggs?

**Salt and vinegar**

42. This is an all-purpose knife used for chopping, slicing and mincing. Its rigid 8- to 14-inch blade is wide at the heel and tapers to a point at the tip.

**French or Chef's Knife**

43. This classic Escoffier small brown sauce consists of red wine shallots, pepper, bay leaf, thyme and Espagnole. It is finished with meat glaze, lemon and bone marrow.

**Sauce Bordelaise**

44. This knife is similar to a paring knife but with a curved blade. It is used to cut curved surfaces.

**Tournee Knife**

45. There are various rouxs used in cooking. What are the three that Escoffier used?

**White, Blond, and Brown**

46. This type of knife blade is extremely sharp, very easy to clean, rustproof and nonreactive however can be somewhat fragile

**Ceramic**

47. What is the minimum internal temp poultry should be cooked to?

**165F**

48. This is the portion of the knife blade that fits inside the knife handle. The best knives have this feature running the entire length of the handle.

**Tang**

49. What method is used to rotate products in inventory?

**FIFO**

50. At what temperature should custard sauce be removed from heat to prevent curdling?

**185F**

51. What is the maximum time TCS food prepared in house can be held?

**7 Days**

52. These are small delicate, soft textured sandwiches with trimmed breads

**Tea**

53. What is the term used for a foamy custard made from eggs cooked with sugar and sweet wine?

**Sabayon**

54. Refrigerated storage typically holds TCS food at what temperature Fahrenheit?

**41F**

55. What ingredient gives soufflés their light texture?

**Whipped egg whites**

56. What distance should food, linens and single use items be stored from the floor?  
**Six Inches**
57. 2 gallons equals how many pints?  
**16**
58. In a three compartment sink, the detergent solution in the first sink should be at least what °F.  
**110F**
59. 1 fluid ounce equals how many teaspoons  
**6**
60. This is the whitish streaks of inter and intramuscular fat found in muscle composition.  
**Marbling**
61. What temperature is required for the hot water sanitizer rinse in a ware washing machine?  
**180F**
62. This is the protein found in connective tissue. It is converted into gelatin when cooked with moisture.  
**Collagen**
63. What are small young herrings called?  
**Sardines**
64. What type of roux is darker in color and has a nutty aroma and flavor?  
**Brown**
65. Which flour is recommended for noodles, pasta and Italian breads?  
**Durum**
66. What process mixes cornstarch with equal parts cold water before use?  
**Slurry**
67. What is measured on a Baume scale?  
**Sugar Density**
68. Which thickening agent uses 1-part egg yolk and 3 parts heavy cream?  
**Liaison**
69. What starch is produced from the root of the tropical cassava plant?  
**Tapioca**
70. Which thickening method is not cooked and uses equal parts flour and softened butter?  
**Beurre manié**
71. What type of sweetener is produced by refining sucrose with an acid?  
**Invert Sugar**

72. This mayonnaise based sauce contains mustard, chopped gherkins, capers, parsley, tarragon, chervil and anchovy essence.

**Sauce Remoulade**

73. What is the difference between a Prix Fixe menu and a Table d' hôte?

**Prix Fixe offers choices for entrees, Table d' hôte has no choices.**

74. Unlike other bacteria, this type grows in cool, moist environments.

**Listeriosis**

75. Incorrectly canned food or untreated garlic in oil are commonly linked with which foodborne illness?

**Botulism**

76. What is the primary thickening agent of a custard?

**Coagulated Egg Protein**

77. The head of the dining room staff.

**Maître d'**

78. Which chef is responsible for preparing boiled, stewed, braised and sautéed dishes as well as sauce making.

**Chef Saucier**

79. What classic dessert is made with a Bavarian cream poured into a round mold lined with sponge cake or lady fingers?

**Charlotte**

80. The chef who relieves cooks of their stations.

**Tournant**

81. What is the most significant monosaccharide; the body's primary source of energy?

**Glucose**

82. What six conditions do pathogens need to grow.

**Food, Acidity, Temperature, Time, oxygen, Moisture**

83. Name two sources of energy that pathogens need to grow.

**Carbohydrates or proteins**

84. Pathogens grow in what temperature range also known as the temperature danger zone?

**41°F to 135°F**

85. Unopened flower bud's native to the Mediterranean that are only used after being cured in strongly salty white vinegar.

**Capers**

86. The long chain of amino acids are the building blocks of what?

**Protein**

87. What are the amino acids called that can only be obtained through food sources?

**Essential amino acids**

88. What does HACCP stand for?

**Hazard Analysis Critical Control Point**

89. What is the first HACCP principle?

**Conduct a hazard analysis**

90. A HACCP system is based on identifying what three hazards?

**Biological, chemical, or physical hazards**

91. What type of gas emitted from fruits causes greens to wilt and deteriorate rapidly?

**Ethylene gas**

92. What is the protein in wheat flour that is formed when it is moistened?

**Gluten**

93. What flour is made from hard and soft varieties of flours?

**All purpose or hotel & restaurant flour**

94. What is the naturally oxidizing process of flour called?

**Bleaching**

95. What is the proper name for this half cup shaped scoop commonly referred to as a "melon baller"?

**Parisienne scoop**

96. This cutting tool has a metal blade attached to a handle with a long slot down the center to remove skin and peels from foods.

**Vegetable peeler**

97. In what year did the USDA initiate quality grading?

**1927**

98. This is a manual slicing tool with adjustable steel blades used to cut food into consistently thin slices.

**Mandolin**

99. This agency ensures the safety of all food except meat, poultry, and egg products.

**FDA- US Food and Drug Administration**

100. What is the term used to indicate the amount of inventory needed on hand to provide adequate stock until the next delivery?

**Par Stock**

101. This agency investigates foodborne illnesses.

**CDC Center for Disease Control**

102. A mixture of chopped mushrooms, onion and shallot, cooked until dry.  
**Duxelles**
103. What classification of This agency ensures the safety of all food except meat, poultry, and egg products?  
**Perishable**
104. This agency establishes levels of pesticide residue that can be tolerated by humans.  
**EPA Environmental Protection Agency**
105. A mother sauce made by thickening milk.  
**Béchamel.**
106. What is the name for a small, slightly shallow pan used for foods to be cooked in a liquid?  
**Saucepan**
107. Demi-glace made with onion, white wine, vinegar, and Dijon mustard?  
**Robert Sauce**
- 108.** Name for a small skillet with very short sloped sides usually made from rolled (blue) steel.  
**Crepe Pan**
109. A chicken veloute sauce with the addition of cream?  
**Supreme sauce**
110. What is the name for a wide, shallow-walled, round pot used for braising, stewing and searing meats?  
**Rondeau**
111. At what temperature does yeast die?  
**138F**
112. Which variable is the most controllable in obtaining proper dough temperature  
**Water Temperature**
113. This is an Asian style knife with a razor-sharp edge and a heel that is perpendicular to the spine.  
**Santoku**
114. What was the first widely used sweetener used by Egypt, Greece and Rome?  
**Honey**
115. What is the most critical aspect of personal hygiene and the prevention of food borne illness?  
**Hand Washing**
116. Which piece of jewelry is acceptable to wear while a food handler is preparing food and working around food preparation areas?  
**A plain band ring**



117. What dressing is prepared by forming a permanent emulsion between oil and egg yolks?

**Mayonnaise**

118. What type of scales is referred to as a baker's scale and is most commonly used in bakeries?

**Balance Scale**

119. What is black pepper made from?

**Dried, immature berries**

120. Name the 3 main types of coatings used for deep frying.

**Dredging, Breading and battering**

121. What are the three things the USDA inspects meat for?

**Wholesomeness, quality grade, and yield grade**

122. What temperature range should the oil be heated to ideally for both deep-frying and pan-frying?

**350° F to 375° F**

123. Commonly referred to as a nut but is a legume that grows underground?

**Peanut**

124. This hors d'oeuvre looks like a miniature open-faced sandwich.

**Canapé**

125. What is the French term for raw vegetables?

**Crudités**

126. What type of eggs can be purchased for use in recipes where the egg is not fully cooked?

e: sunny-side up eggs and hollandaise.

**Examples include      Pasteurized Eggs**

127. What term is used for gently incorporating ingredients such as whipped cream or whipped eggs into dry ingredients, a batter or cream?

**Folding**

**128.** What process breaks down and darkens sugar in the presence of protein and results in the development of nutty baked flavors

**Mallard Reaction**

129. What term is used to describe the sensations, as interpreted by the brain, of what we detect when a substance comes in contact with smell receptors in the nose?

**Aroma**

130. What service style is served on platters and placed directly on the table?

**Family Style**

131. What is the appropriate receiving temperature for fresh shell eggs or live shellfish?

**45F**

132. What is the recommended procedure for taking the temperature of ROP and bulk food, such as milk in 5 gallon bags?

**Insert the thermometer stem between two packages or fold the packaging around it.**

133. The production of pâtés, terrines, galantines, sausages, and other products.

**Charcuterie**

134. A preparation made from a finely ground meat layered with additional garnishes and ingredients.

**Pate**

135. Traditionally made from poultry, stuffed with forced meat, poached, cooled, sliced, and glazed with aspic.

**Galantine.**

136. This is the process of a protein changing from a high-moisture (liquid) state to a low-moisture (semi-liquid or solid) state.

**Coagulation**

137. This is the process of heating sugar (or sugars naturally present in foods) until it liquefies and turns golden brown in color.

**Caramelization**

138. This natural emulsifier in egg yolks coats each droplet of fat suspending the fat in a hollandaise.

**Lecithin**

139. This is a chemical found in plants that, when combined with an acid, forms a clear gel used as an edible thickening agent. Quinces and apples both have high percentages of this chemical.

**Pectin**

140. Describe the two-stage cooling method.

**Cool food from 135°F (57°C) to 70°F (21°C) within two hours, then cool to 41°F (5°C) or lower in the next four hours**

141. What is the term that means to remove impurities, sediment, cloudiness and particles to leave a very clear liquid?

**Clarify**

142. This nutrient provides the body with energy in the form of sugars and starches.

**Carbohydrates**

143. What are the two categories of vitamins?

**Fat soluble and Water soluble**

144. What is the group of fatty substances, including triglycerides and cholesterol, that are soluble in fat, not water, and that provide a rich source of energy and structure to cells called?

**Lipids**

145. This form of complex carbohydrate is non-digestible and cannot be broken down, but is essential in a healthy diet.

**Fiber**

146. What variety of fish does Lox come from?

**Salmon**

147. What sauce has three components, shallots, wine and whole butter

**Beurre Blanc**

148. Name this sauce made from a full bodied brown stock mother sauce made from brown roux, tomato puree and caramelized mirepoix?

**Espagnole**

149. Name this sauce made from demi glace and flavored with white wine, shallots, tarragon, cayenne, and lemon juice?

**Chateaubriand**

150. All ready-to-eat TCS food prepared on site and to be held for longer than 24 hours must be labeled. What must the label include?

**Name of the food and the date it should be sold, consumed or discarded**