

2020 Culinary Knowledge Bowl

Questions/Answers Study Guide

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 saffrafrs 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