Cooking Techniques

Use this key to check answers and read the explanations.

1. A cook measures the ingredients and sets out the tools before starting a dish. What French kitchen term names this preparation?
   - A. Mise en place
   - B. Au gratin
   - C. À la carte
   - D. Al dente

   Correct answer: A. Mise en place
   Mise en place is organizing the ingredients and equipment before cooking.

2. A recipe calls for simmering. Which description best fits the liquid?
   - A. No heat is applied.
   - B. Large bubbles churn the entire pot rapidly.
   - C. Small bubbles rise gently.
   - D. All of the liquid has evaporated.

   Correct answer: C. Small bubbles rise gently.
   A simmer is a gentler liquid-cooking stage than a rolling boil.

3. Which method cooks vegetables uncovered in the dry heat of an oven until their surfaces brown?
   - A. Poaching
   - B. Roasting
   - C. Steaming
   - D. Blanching

   Correct answer: B. Roasting
   Roasting uses dry oven heat. Exposed surfaces can brown as they lose moisture.

4. Which tool is best suited to beating eggs smoothly by hand while incorporating some air?
   - A. Pastry brush
   - B. Colander
   - C. Bench scraper
   - D. Whisk

   Correct answer: D. Whisk
   The wires of a whisk move through the mixture repeatedly and incorporate air.

5. A cook tosses thin slices in a pan with a small amount of fat until just cooked. Which method is this?

A. Steaming
B. Sautéing
C. Deep-frying
D. Slow braising

Correct answer: B. Sautéing
Sautéing cooks pieces relatively quickly in a small amount of fat.

6. A baker adds whipped egg whites to a batter with a spatula and gentle lifting motions. What technique is being used?

A. Folding
B. Kneading
C. Straining
D. Searing

Correct answer: A. Folding
Folding distributes the two mixtures with limited stirring so the batter retains more of its air.

7. Why might a baker place a custard dish in a larger pan of hot water in the oven?

A. It lets the custard rise like kneaded bread.
B. The bath makes the custard’s edges hotter than the oven air.
C. The bath replaces the eggs in the recipe.
D. The water bath moderates heat around the custard.

Correct answer: D. The water bath moderates heat around the custard.
A water bath helps the custard cook more gently and evenly.

8. A cook adds stock to a pan after sautéing and scrapes the brown bits into the liquid. What is the technique called?

A. Parboiling
B. Proofing
C. Deglazing
D. Carving

Correct answer: C. Deglazing
Added liquid loosens the browned bits so they can become part of a sauce.

9. Which name describes a cooked mixture of fat and flour used to thicken a sauce?

A. Roux
B. Brine
C. Glaze
D. Simple syrup

Correct answer: A. Roux
A roux cooks flour in fat before the mixture is combined with liquid.

10. A recipe asks the cook to soften diced onions over gentle heat and keep them pale. Which technique best matches?

A. Broiling
B. Charring
C. Deep-frying
D. Sweating

Correct answer: D. Sweating
Sweating softens ingredients and draws out moisture while minimizing browning.

11. A cook whisks oil into vinegar with mustard until the dressing looks uniform. What has the whisking helped produce?

A. A dry brine
B. A caramel
C. An emulsion
D. A gel made by freezing

Correct answer: C. An emulsion
An emulsion distributes droplets of one liquid through another. Mustard can help keep the droplets dispersed.

12. A cook browns a firm piece of food, then cooks it slowly in a covered pot with a small amount of liquid. Which method fits both steps?

A. Dry roasting
B. Braising
C. Broiling
D. Flash frying

Correct answer: B. Braising
Braising often begins with browning. It finishes with gentle cooking in a covered vessel with some liquid.

13. A cook needs vegetables cut into long, thin, matchstick-like strips. What name fits the intended cut?

A. Mince
B. Brunoise
C. Chiffonade
D. Julienne

Correct answer: D. Julienne
Julienne gives thin strips with the shape of matchsticks. Brunoise turns small sticks into cubes.

14. What makes tiny pockets in yeasted bread dough enlarge while it rests before baking?

A. Carbon dioxide produced by the yeast
B. Oxygen drawn from the oven door
C. Flour disappearing into the air
D. Salt turning into a gas

Correct answer: A. Carbon dioxide produced by the yeast
Yeast fermentation produces carbon dioxide. Gas collects inside the dough and expands its structure.

15. A cook simmers 600 milliliters of stock uncovered until only 300 milliliters remain. Ignoring any loss of dissolved solids, what happens to their concentration?

A. It stays the same.
B. It is cut in half.
C. It doubles.
D. It becomes one quarter as large.

Correct answer: C. It doubles.
Water leaves as vapor. The same amount of dissolved material is now in half the liquid volume.