Cooking Techniques

Choose one answer per question. Circle A, B, C, or D.

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

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.

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

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

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

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

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.

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

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

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

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

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

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

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

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.