QUIZ 1

TRUE =A / FALSE =B

1. It is important to be able to distinguish the tastes of the spices in a finished dish.
2. Only the colored part of lemon peel should be used for flavoring.
3. Most dried spices should not be added until near the end of cooking.
4. So that they can be easily removed, whole herbs and spices for flavoring a liquid are tied in a piece of cheesecloth called a zest.
5. Prepared mustard is one of the few flavoring ingredients that can be added at the end of cooking.
6. Lemon juice is used as a seasoning for some sauces.
7. White and black pepper are harvested from the same plant.
8. In general, moist foods heat more quickly in a microwave oven than dry foods do.
9. When you are cooking large items in a microwave oven, it is important to cook them until completely done without disturbing them.
10. Microwaves do not go through metal, such as aluminum foil.

MULTIPLE CHOICE

11. A cook's judgment is based on his or her _________.
   (a) experience
   (b) knowledge of basic cooking principles
   (c) understanding of the raw materials available
   (d) all of the above

12. Adding an acid to meat during the cooking process _________.
   (a) speeds up the gelatinization process
   (b) tends to slow the coagulation of its protein
   (c) helps to dissolve some of its connective tissue
   (d) all of the above

13. Which pair of words makes the following sentence true when inserted in the blanks? Caramelization occurs when ________ brown, and gelatinization occurs when ________ absorbs water and swells.
   (a) sugar, starch
   (b) starch, sugar
   (c) protein, carbohydrate
   (d) carbohydrate, protein

14. Tying herbs and spices into a sachet is a useful technique because _________________.
   (a) the sachet can be removed when the desired flavors and aromas have been extracted
   (b) the sachet can be removed and used over again
   (c) the sachet can be stored more easily
   (d) the sachet helps maintain portion control
15. Heat can be transferred by _________.
   (a) radiation
   (b) convection
   (c) conduction
   (d) all of the above

16. Which of the following heating methods will fail to heat a material that has no moisture content?
   (a) infrared
   (b) microwave
   (c) conduction
   (d) convection

17. Dried beans cannot be successfully cooked in a microwave because they _________.
   (a) are too small
   (b) contain almost no water
   (c) explode before they finish cooking
   (d) consist of all carbohydrates and no proteins

18. Which of the following is the correct descending order (from highest temperature to lowest) of the three methods to cook food in water or a seasoned and flavored liquid?
   (a) boil → simmer → poach
   (b) simmer → poach → boil
   (c) poach → boil → simmer
   (d) none of the above

19. If a very delicate food is cooked in water or a seasoned and flavored liquid, it should be ________ so that it does not fall apart.
   (a) boiled
   (b) poached
   (c) blanched
   (d) simmered

20. A blanched green bean is a bean that has been _________.
   (a) partially cooked
   (b) cooked at an altitude above sea level
   (c) cooked until my natural color has disappeared
   (d) cooked for a long period of time at a low temperature

21. Which of the following is a combination of both moist and dry heat cooking?
   (a) braising
   (b) roasting
   (c) blanching
   (d) en papillote

22. Which of the following sets of words completes this sentence correctly? To ________ means to cook with heat from _________.
   (a) grill, above
   (b) broil, below
   (c) grill, below
   (d) none of the above
23. Which of the following statements about roasting is correct?
   (a) It is essential that you never cover the meat while it is roasting.
   (b) Roasting and baking are two entirely different cooking processes.
   (c) Never change the position of the roast in the oven once it has started cooking.
   (d) Roasts cooked in the back of the oven cook more slowly because the back of the oven is not as hot as the front.

24. Which of the following terms is associated with broiling?
   (a) slow
   (b) low heat
   (c) high heat from above
   (d) all of the above

25. A salamander is a special type of ___________.
   (a) grill
   (b) griddle
   (c) broiler
   (d) sauté pan