**Food Service Occupations 1 Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Unit 4: Cooking Methods & Techniques Review Hour:\_\_\_\_\_\_\_\_\_**

**Multiple Choice:** *Choose the best answer*

1. Identify the statement that correctly depicts what determines the type of preparation for a food item.
   1. The nature of the item.
   2. The size of the item.
   3. The method used to prepare the food item.
   4. All the Above
2. Identify the term that represents roasting, baking, broiling, sautéing, grilling, and deep fat frying.
   1. Preparation techniques
   2. Cutting techniques
   3. Cooking techniques
   4. None of the Above
3. Identify the statement that correctly describes how to cook tender food items.
   1. If the food item is tender use a quick cooking dry heat method.
   2. If the food item is tender use a long cooking dry heat method.
   3. If the food item is tender use a quick cooking moist heat method.
   4. If the food item is tender use a long cooking moist heat method.
4. Identify the statement that does **NOT** define a dry heat cooking method.
   1. A cooking method that uses moist heat.
   2. A cooking method that uses hot air.
   3. A cooking method that uses a hot metal.
   4. A cooking method that uses a fat substance.
5. Identify the method that is **NOT** considered a dry heat cooking method.
   1. Sautéing
   2. Broiling
   3. Baking
   4. Steaming
6. Identify the method that is **NOT** considered a moist heat cooking method.
   1. Steaming
   2. Boiling
   3. Sautéing
   4. Poaching
7. Identify the correct statement about deep frying.
   1. Battered food items use the basket method to avoid sticking to one another.
   2. Battered food items use the swimming method to avoid sticking to one another.
   3. Breaded food items use the basket method to avoid sticking to one another.
   4. Both B & C are correct.
8. Identify which statement is **NOT** a tip for deep fat frying.
   1. Drain off excess grease to help retain crispiness.
   2. Fry till golden brown to avoid dryness and lack of taste.
   3. Use hydrogenated vegetable shortening or oil.
   4. Heat oil to 400° F.

**True (A) or False (B)**

1. \_\_\_\_To roast is to surround food with dry, indirect heat in an oven.
2. \_\_\_\_The roasting and baking concepts mean the same thing just associated with different foods.
3. \_\_\_\_Roasting at higher temperatures prevents shrinkage when using the roasting process.
4. \_\_\_\_The main difference between broiling and roasting is the indirect heat used in broiling.
5. \_\_\_\_To broil foods effectively use the lowest heat possible.
6. \_\_\_\_Seasoning meat with salt/pepper will help penetrate the meat and enhance the flavor as well.
7. \_\_\_\_Panfrying does not require a cover or fat substance.
8. \_\_\_\_Sautéing requires a little fat substance in order to brown the food.
9. \_\_\_\_Preheating the sauté pan is not required.
10. \_\_\_\_Poaching means to cook foods in a shallow amount of liquid 160°-180° F.
11. \_\_\_\_In order to poach foods effectively bring the water to a boil first then lower the temperature.
12. \_\_\_\_Braising requires a high heat in liquid.
13. \_\_\_\_In braising, a mirepoix, tomato sauce, and a liquid will enhance the flavor/moisture of food.
14. \_\_\_\_In the stewing method the meat is browned before adding the liquid.
15. \_\_\_\_The difference between stewing and braising is the size of the meat cuts.
16. \_\_\_\_Cajun style cooking is a blackened cooking method on foods such as fish, chicken, and ribs.
17. \_\_\_\_Stir-frying consists of sautéing and stirring foods at the same time in a wok or stir fry pan.

**Matching***: Each letter is only used once*

* 1. Roasting B. Sautéing C. Grilling

D. Boiling E. Simmering AB. Blanching

AC. Steaming

1. \_\_\_\_Most common among vegetables but used the least in the commercial kitchen.
2. \_\_\_\_Uses a dry heat in an oven with little or no water.
3. \_\_\_\_Uses a perforated kettle inside a covered pot over boiling water.
4. \_\_\_\_Cooks vegetables in a light, bubbling liquid between 185°-205° F.
5. \_\_\_\_Cooks vegetables quickly in a small amount of fat or oil at a high temperature.
6. \_\_\_\_Uses a heat source over hot metal grates.
7. \_\_\_\_Quick and is meant to only partially cook the vegetables.

**Matching:** *One letter will be used twice*

* 1. Stabilizer B. Liquefier C. Leavener

D. Meringue Powder E. Cream of Tartar AB. Flavoring

1. \_\_\_\_A blended powdered mixture that is mixed with water and sugar.
2. \_\_\_\_Flour and eggs are used for this function in foods.
3. \_\_\_\_Yeast, baking soda and baking powder are used for this function.
4. \_\_\_\_Sugar provides moisture and color to foods.
5. \_\_\_\_A chemical compound used to retain whiteness in bakery products.
6. \_\_\_\_Oils and fats provide moisture to foods.
7. \_\_\_\_Flavorings such as extracts provide moisture and flavor to foods.

**Multiple Choice*:*** *Choose the best answer*

1. What does the working factor number represent?
   1. Required Yield
   2. Recipe Yield
   3. Number to multiply each ingredient
   4. None of the Above

**Adjusting the Yield Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*How would you adjust the recipe from 4 to 8?*

1. ½ t. salt = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in teaspoons)

1. 3 ½ c. flour = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in cups)

1. 1/3 t. baking soda = \_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in teaspoons)

1. 2 c. sugar = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in cups)

*How would you adjust the recipe from 3 to 30?*

1. ¼ t. salt = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in teaspoons)

1. 2 c. flour= \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in gallons and quarts)

1. 2 T. baking soda = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in cups)

1. 1/3 c. sugar = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in cups)

*How would you adjust the recipe from 6 to 120?*

1. 1 t. salt = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in Tablespoons and teaspoons)

1. 3 c. flour = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in Gallons and Quarts)

1. ¼ t. baking soda = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in teaspoons)

1. ¼ c. sugar = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer in cups)