

SITHCCC005 – QUIZ

1. Connect each form of heat transfer with the correct definition:

Radiation	heat travels in another medium, e.g. hot air in an oven, boiling liquid, hot fat in deep fryer and through steam
Convection	heat is transferred from the source to a cooking vessel, e.g. from a gas burner to a pot and from electric coils to a pan
Conduction	heat travels directly from its source, e.g. grill bars, salamander, open fire, spit roast and blow torch

2. Which cookery method uses food wrapped in paper, foil or bark? (Please tick the correct answer)

- a) En Papillote
- b) Baking
- c) Grilling
- d) Poêler.

3. Drag the Dry Heat Cookery Methods into the grid: (Please tick the correct answers)

1. Poêler	
2. Deep-frying	
3. Roasting	
4. Steaming	
5. Baking	
6. Stewing	
7. Poaching	
8. Shallow-frying	
9. Grilling	

4. Tick the appropriate combination of answers below to fill in the blanks of this sentence:

You need to prepare 45 portions of carrots weighing 0.060kg per portion. You have a trimming percentage of 25%. You need to order _____ per portion, which means you need to order _____ in total for 45 portions.

a. 0.075kg per portion and 3.375kg total	
b. 0.080kg per portion and 3.600kg total	
c. 0.085kg per portion and 3.825kg total	
d. 0.090kg per portion and 4.050kg total	

5. The following statements relating to the cookery method of roasting are:

	True	False
1. For the purpose of roasting, food is exposed to indirect heat in the oven or turned over a pot of boiling water.		
2. The temperatures used for roasting vary between 80-240°C.		
3. Slow-roasting allows more time for the collagen and other connective tissue to be broken down inside the meat.		
4. Low temperatures and long cooking times increase the amount of cooking loss.		
5. Kangaroo and other roasted game should be cooked fairly underdone, as there is very little internal fat and the meat dries out quickly.		
6. Roasting is a popular method of cookery for potatoes, pumpkins, onions, fennel, carrots, parsnips and other root and bulb vegetables.		
7. Always double check the degree of doneness with a thermometer, especially for poultry, as it can harbour <i>Salmonella</i> and must not be served undercooked or raw.		

6. Match the temperatures to achieve the following levels of doneness to the correct term:

À point		60°C
Bien cuit		52°C
Bleu		55°C
Saignant		70°C

7. Tick the correct examples which are suitable for use with the poêler method across:

1. Beef rib fillet
2. Osso buco
3. Lamb Shanks
4. Quail
5. Vienna style chicken breast

8. Tick the correct box indicating true or false

The poêler method is an underutilised cookery method which is ideal for protein items including whole joints, primal cuts, whole birds and fish.

True	<input type="checkbox"/>
False	<input type="checkbox"/>

9. Please tick the correct answers

1. For the purpose of baking, food is cooked using convection of hot air in an oven, or by conduction on a hot stone, griddle iron or in hot ash, without the aid of fat.	<input type="checkbox"/>
2. When baking in a convection oven the cooking temperature suggested by the recipe should be increased by 10-20°C.	<input type="checkbox"/>
3. For the "en papillote" method food is cooked by enveloping it in paper or other sealed bag, using baking as the cookery process.	<input type="checkbox"/>
4. The term "gratinate" refers to glazing a food item to alter its colour or texture, using a blow torch or a salamander.	<input type="checkbox"/>
5. The en papillote method retains the flavour and nutrients, while also removing the need for fat to be used to keep the food moist.	<input type="checkbox"/>

10. Tick the cookery methods which use the Shallow-fry technique into the grid:

1. Stir-frying	<input type="checkbox"/>
2. Deep-frying	<input type="checkbox"/>
3. Pan-frying	<input type="checkbox"/>
4. Shallow -poaching	<input type="checkbox"/>
5. Cooking on a flat grill	<input type="checkbox"/>
6. Sautéing	<input type="checkbox"/>

11. The following statements relating to using dry cookery methods for vegetables are: (Tick the correct box indicating true or false)

	True	False
1. Although grilled vegetables are not served very often, grill marks can be used as a decoration for capsicum, eggplant, zucchini, asparagus and tomatoes.	<input type="checkbox"/>	<input type="checkbox"/>
2. Grilled vegetables can be combined with vinaigrette and feta cheese for an interesting accompaniment to a meal.	<input type="checkbox"/>	<input type="checkbox"/>
3. Some vegetables are pre-cooked and then grilled for additional flavour.	<input type="checkbox"/>	<input type="checkbox"/>
4. If vegetables are high in moisture, they are often coated before they are deep-fried, as this	<input type="checkbox"/>	<input type="checkbox"/>

retains the inherent moisture and shape.		
5. Vegetables can be coated using crumbs or batter, before deep-frying.		
6. If vegetables are battered or crumbed the item is directly drawn through egg and crumbs or batter without coating in flour.		

12. Which of the following points of care for deep-frying are true? (Please tick the correct answers)

1. The temperature range for deep-frying is 140°C-190°C, with most foods being fried at 180°C.	
2. High fat temperatures are used to blanch items, e.g. potatoes, as well as for frying some pastries.	
3. Never season food over the fryer, as the salt will speed up the deterioration of the frying compound	
4. The correct stand-by temperature for a deep-fryer during service periods is 180°C.	
5. All food items should be patted dry before adding them to the fryer to prevent splattering	
6. Use drip trays, bowls, tongs and slotted spoons when handling deep-fried foods to avoid spills and burns.	
7. Never heat fat higher than 190°C. This will burn the fat and give a burnt flavour to the food.	

13. The following statements relating to boiling as a method of cookery are: (Tick the correct box indicating true or false)

	True	False
1. Menu examples which would use a boiling water start include whole root vegetables, potatoes, whole fish and large items of meat.		
2. Green vegetables are usually refreshed in iced water after boiling to stop the cooking process and retain the original colours.		
3. Simmering uses a temperature range between 95°C and 98°C, and is commonly applied when cooking stocks and large pieces of tougher meats.		
4. Blanching refers to par-cooking food items quickly using a cold water start.		
5. The correct ratio of water to product when cooking rice and pasta is 1:10.		
6. Green vegetables are refreshed in iced water after blanching to maintain their original colour.		

14. Tick the correct statements relating to poaching and its applications:

1. Poaching is a gentle moist heat cookery method, used extensively for cooking delicate food items.	
2. Equipment used for poaching include pots, fish kettle, bratt pan, pan, casserole dishes, egg poacher, fondue pot and Chinese steamboat.	
3. Deep-poaching refers to food being completely submerged in the liquid.	
4. The temperature for poaching is between 60°C and 75°C.	
5. Suitable liquids for deep-poaching include water, milk, stock syrup, court-bouillon or stock.	
6. Large joints of lamb, goat, beef and pork become very tender by using the poaching method.	

15. Match the food group to the correct applications for poaching:

Vegetables and fruit		Poached eggs Benedict, poached Rainbow trout.
Farinaceous		Cheese dumplings, quark dumplings;
Dairy		Poached white asparagus, peach Melba;
Protein		Poached dumplings, poached jiaozi;

16. The following procedures for stewing and examples of the suitable equipment typically used for stewing are: (Tick the correct box indicating true or false)

	True	False
1. Food is diced and cooked for a long time in a barely moving liquid to achieve maximum tenderisation.		
2. For stewing the food is half submerged in the liquid and in most cases no lid is placed on top.		
3. Stews are cooked using any pot, casserole dish or special pots such as a tagine, crock pot or Roemertopf.		
4. The food should be boiled rapidly to prevent excessive moisture loss.		
5. The slow cooking processes used for stewing allow the connective tissue and fibres of tough meats and vegetables to be broken down.		

6. European stews like goulash are started by frying the onions, then sealing the meat and/or vegetables prior to adding the liquid.		
--	--	--

17. The procedures for “braising” including the preparation requirements for foods and typical equipment suitable for this braising typically include: (Please tick the correct answers)

1. Braising is used for whole joints of meat, larger portion cuts and fibrous vegetables.	
2. For braising, the items are fully covered by the liquid.	
3. During the braising process collagen is converted into gelatine and the meat juices are released into the cooking liquid, which is then utilised for the sauce.	
4. The liquid used for braising can be stock, jus, wine or beer.	
5. For braising the meat is seasoned and then placed unsealed onto a bed of mirepoix or sliced onions.	
6. Once the main item has been prepared and placed in a braisière, a tight-fitting lid is placed on top and the pot is placed into the oven at ~150°C.	
7. Braising can be very cost-effective as the method results in moist dishes and allows the use of cheaper cuts.	

18. The following are processes and characteristics for the cooking technique “steaming”: (Tick the correct box indicating true or false)

	True	False
1. European cuisines use steaming for meat, offal, poultry, potatoes, vegetables and a vast array of fish dishes.		
2. Steaming can be very energy-efficient, for example if the steam from a broth is being used to cook another item, e.g. vegetables.		
3. Steaming is one of the healthiest cookery methods, as most of the vitamins and other beneficial components are retained.		
4. The Chinese steamboat, bamboo baskets, colanders, commercial pressure steamers, and modern convection ovens are all common equipment used for this process.		
5. When steaming, items are partly submerged in a hot liquid and are cooked in the ambient steam.		
6. Whole trays of vegetables can be quickly heated in a convection oven using steam without them drying out.		

19. Which of the following statements for applications and safe use of a pressure cooker are true? (Please tick the correct answers)

1. Always take care when opening the oven or steamer to avoid scalds from steam – either stand behind the oven door for extra protection or keep enough distance when opening the door.	
2. Pressure cookers do not allow steam to escape until a preset pressure has been reached, which causes the temperature inside the cooker to go up.	
3. High-pressure steaming is used for tender meat cuts.	
4. The pressure build-up causes food to cook more quickly and can shorten cooking times by up to 70%.	
5. You must follow manufacturer’s instructions for use of a steamer as the steam can be as hot as 122°C.	
6. Commercial pressure cookers will release the pressure automatically once the timer runs out and a buzzer or other alarm will let you know when it is safe to open the cooker.	

20. The following environmental aspects should be considered when purchasing or using cooking equipment: (Please tick the correct answers)

1. The cost of electricity is a major expenditure in catering operations.	
2. When purchasing equipment the only aspect to consider is the equipment’s capacity to meet demands.	
3. A piece of equipment that is more expensive to purchase may actually save you money if it is more energy-efficient.	
4. You should only turn your equipment on when it is needed and you can keep it at a holding temperature if your business demands are lower.	

5. During service periods all gas and electricity sources used for cooking meals must be lit or switched on.	
6. If high quality materials are used for the bottoms of pots and pans, then the heat distribution will be more even.	
7. Effective workflow planning can effectively assist in savings on gas and electricity usage.	

21. Common methods used to calculate and requisition the required ingredients for menu preparation include: (Tick the correct box indicating true or false)

	True	False
1. To help you prepare the dish correctly, businesses generally provide standard recipe cards (SRCs) for each dish which shows you exactly what is needed for the dish and how to prepare it.		
2. A requisition needs to include all components for a dish including garnishes and the classical or intended accompaniments.		
3. The various menu items are broken up into key preparation tasks and an overall preparation list or workflow is prepared.		
4. By adding up the recipes you can figure out how many orders you need to place for each ingredient.		
5. The recipe requirements then have to be calculated, e.g. if the standard recipe card is for 10 serves and 40 serves are needed, then the ingredient quantities on the recipe card would need to be multiplied by 4.		
6. The types and amounts of ingredients are selected and requisitioned from stores or collected from the dry store or cool room depending on organisational procedures.		
7. Whenever commodities are collected or received they must be checked for quality, freshness, and any signs of deterioration like mould, evidence of pests or bloating of cans.		

22. The following factors may affect the selection of ingredients when preparing dishes. Match each factor to the relevant example:

Seasonality	e.g. specialised cooking equipment like steamers, braisière, or wok
Price	such as FIFO (first-in-first-out) are important to ensure that the oldest product is used up first
Infrastructure	e.g. self-service, set menu, à la carte buffet
Equipment available	e.g. differences in menus and expectations between an aged hostel, café, restaurant and 5 star hotel
Quality standards	as products may have longer or shorter shelf life depending on their freshness
Service requirements	e.g. cheaper items may be used for stocks than for plated dishes
Stock rotation principles	e.g. storage space and preparation space can impact on possible processes such as carcass breakdown

23. Match the factor which will affect the choice of equipment for preparing food items to the relevant reason:

Safety	using a filleting knife instead of a utility knife will reduce the amount of wastage when filleting a fish
Appropriateness	a small mincer would be used for small batches but a bowl cutter would be used for bulk production
Ease of use	using a small knife for a peeling an onion is much safer than using a large knife
Reducing wastage	when cutting vegetables a knife may be easy to use for small amounts but a mandoline or kitchen aid attachment may be easier for larger amounts

24. The common Work, Health and Safety and Hygiene requirements for using equipment include: (Please tick the correct answers)

1. Whichever equipment is used, it is important to check it first for cleanliness to prevent cross-contamination.	
2. Any equipment that has to be assembled must be put together correctly. Incorrect assembly could damage the equipment or cause injury.	
3. If you are unsure about any aspect of how to use equipment you must refuse to do the task.	

4. Equipment malfunctions and faults must be reported to a supervisor and any faulty equipment must be tagged and removed from operations.	
5. Hygiene is a key factor during any job and regular cleaning and sanitation of equipment during usage or when changing a food item, is essential.	
6. Correct storage conditions must be used to ensure that equipment can dry properly to prevent the growth of mould and bacteria.	

25. To ensure smooth, streamlined operations in a commercial kitchen the following teamwork and organisational aspects are essential (Please tick the correct answers)

1. Being part of a team and supporting other team members raises the whole team's productivity level.	
2. One of the most important aspects of organisation is establishing systems.	
3. Establishing a preparation list for the daily tasks is only required if you tend to forget what you need to do.	
4. List all the jobs that you need to do and check it with your supervisor, then prioritise the list and cross items off as you complete them.	
5. Once your list is complete, double check it to make sure nothing has been missed and then see whether anyone else needs any help.	
6. You may need to talk to colleagues in other sections as well to ensure that the preparation and assembly steps for dishes are streamlined and occur in a timely manner to ensure readiness for service.	
7. When plating each dish, standard garnishes and accompaniments need to be added to make the dish complete – and the correct final product.	

26. The process of assembling and preparing ingredients for good mise en place typically includes the following steps:

1. After the recipe card has been consulted and your production has been planned, correct weighing of ingredients is essential.	
2. Trimmings and losses during preparation do not need to be considered as the recipe details include this.	
3. Once all of the ingredients are weighed consider the correct storage requirements for further use as well as preparation and workflow implications.	
4. Prepare the ingredients into the correct size or trim as required. The requirements should be outlined in the recipe and will be influenced by the dish, its origin and final presentation.	
5. During preparation it is important to consider any trimmings or offcuts and how they could be utilised in other recipes or sections of the kitchen.	
6. Any items that can be reused must be stored hygienically and are normally identified with a tag or label stating the item, the date of packaging and the intended use.	

27. In order to keep a workplace clean, safe and efficient, the following processes should be included in work routines: (Tick the correct box indicating true or false)

	True	False
1. Tidy your work area frequently, in particular between different tasks.		
2. When changing to different tasks and commodities the workplace and equipment need to be cleaned and sanitised.		
3. To prevent cross contamination, always use the cutting board and knives for the preparation of vegetables first, before using the same board and knives to prepare meat and seafood.		
4. The purpose of cleaning is to remove dirt, food particles, grease, grime, scum, etc. from a surface.		
5. The purpose of sanitations is to reduce or kill the amount of bacteria present on any surface area.		
6. Sanitation should occur each time after cleaning a work area or equipment that comes into contact with food.		
7. At the end of a shift it is essential to clean all areas of your workspace. This includes stove tops, microwave, salamanders, shelving and wall areas that my commonly become soiled.		