

FINAL
Examination Paper

(COVER PAGE)

Session : April 2016

Programme : Diploma in Culinary Arts (DCAN)

Course : DCA1106: Culinary Skills

Date of Examination : July 25, 2016 (Monday)

Time : 8:00 am – 10:00 am

Duration : 2 hrs Reading Time : Nil

Special Instructions :

Section A : Multiple Choice questions. Answer **ALL** questions. (50 marks)

Section B : Answer **ALL** the short essay questions. (50 marks)

IMPORTANT NOTE : **THIS PAPER SHOULD NOT BE TAKEN OUT OF THE EXAMINATION HALL**

Materials Permitted : Nil

Materials Provided : OMR Sheets, Answer Booklet

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This paper consists of 12 printed pages, including the cover page.

DIPLOMA IN CULINARY ARTS PROGRAMME (DCA)
DCA1106: CULINARY SKILLS 1
FINAL EXAMINATION: APRIL 2016 SESSION

Section A (50 marks)

Instructions: This section consists of **FIFTY (50)** questions. Answer **ALL** questions in the **OMR** sheet provided.

1. The first book published by Chef Auguste Escoffier in 1902:
 - A. La guide culinaire.
 - B. Ma Cuisine
 - C. Physiologie du gout.
 - D. On cooking.

2. To remove visible dirt from working surfaces in the kitchen is known as:
 - A. Sanitation.
 - B. Cleaning.
 - C. Hygiene.
 - D. Secure food maintenance.

3. One of the most common fresh herbs used in the kitchen, sprinkled fresh and part of the bouquet garni, original from Mediterranean region:
 - A. Basil.
 - B. Mint.
 - C. Ciboulette.
 - D. Parsley.

4. A piece of glass is found in a soup, this is result of:
 - A. Biological contamination.
 - B. Physical contamination.
 - C. Crossed contamination.
 - D. Direct contamination.

5. This defines the danger zone of temperatures:
 - A. When bacteria and microorganisms have increased activity.
 - B. When food is exposed to contamination.
 - C. The chiller is not cold enough.
 - D. The food doesn't reach a proper core temperature.

6. Rounded tool with a fine mesh that can be used to sift dry ingredients or puree solid ingredients:
- A. Chinois
 - B. Pastry sifter
 - C. Drum sieve
 - D. Colander.
7. The group of professional cooks working in a kitchen:
- A. Cooks.
 - B. Chefs.
 - C. Chefs de partie.
 - D. Kitchen Brigade.
8. This knife has a long and flexible blade, useful to separate skin from fish and other products:
- A. Paring knife.
 - B. Deboning knife.
 - C. Chef's knife.
 - D. Flexible filleting knife.
9. A liquid ounce is equivalent to:
- A. One kilogram.
 - B. 16 grams.
 - C. 30 ml.
 - D. One pint.
10. Thickening agent made by mixing starch and a cold liquid:
- A. Liaison.
 - B. Slurry.
 - C. Beurreblanc.
 - D. Beurre manie.
11. A liquid preparation, made by a slow simmering of nutritive and aromatic elements, in French is known as:
- A. Soupe.
 - B. Fond.
 - C. Potage.
 - D. Fummet.

12. A blueprint for consistent finished products and consistent food costs is called:
- A. Standardized quantity of ingredients.
 - B. Dish cooking professional directions.
 - C. Standardized recipe.
 - D. Menu document.
 - E. Cost control chart.
13. Basic methods used to prepare the main ingredients to make stocks:
- A. Hydration, blanching.
 - B. Blanching, sweating, roasting.
 - C. Acidulation, roasting, browning.
 - D. Sweating, roasting, frying.
14. Basic actions to develop good knife skills are:
- A. Using clean and sanitized cutting board and knife.
 - B. Using a very sharpen knife.
 - C. Using the appropriate knife for each type of work.
 - D. All of the above
15. The correct method to preserve vegetables before freezing them is:
- A. Cookig.
 - B. Blanching.
 - C. Boiling.
 - D. Sanitizing.
16. Mixture made of ground meat and aromatic vegetables, used to prepare consommé:
- A. Mirepoix.
 - B. Clearmeat.
 - C. Sachet d'epices.
 - D. Raft.
17. High frequency alternating magnetic field excites molecules in cookware to move back and forth at high rate, causing cookware to heat up.
- A. Radiation.
 - B. Convection.
 - C. Induction.
 - D. Conduction.

18. The physical action that helps pressure cooker to cook food faster:
- A. The steam is trapped so it cooks the food faster.
 - B. Hot water surrounds the food all the time, so it makes the food to cook faster.
 - C. The high pressure softens the food.
 - D. The high pressure raises the boiling point of water; this helps to cook the food faster.
19. Aromatic cuts used to prepare stocks whose time of cooking is short; it is based in the cut called "paysanne"
- A. Bouquet garni.
 - B. Chopped vegetables.
 - C. Matignon.
 - D. Mirepoix.
20. The main protein contained in a stock... it causes it to gelatinize when chilled.
- A. Collagen.
 - B. Elastin.
 - C. Albumen.
 - D. Connective tissue.
21. After roasting bones for a brown stock, this procedure helps to dissolve the elements stuck on the roasting pan to recover and dissolve flavors.
- A. Boiling.
 - B. Deglazing.
 - C. Scratching the roasting pan.
 - D. Simmering.
22. 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
23. Exercise that helps cooks to develop good taste judgment after cooking a dish and before serving it to a customer:
- A. Continues tasting.
 - B. Adjusting seasonings.
 - C. Analyze taste.
 - D. T.A.A.T.

24. 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
25. Dark meat in poultry is indicative of:
- A. Less muscular activity.
 - B. Presence of myoglobin.
 - C. The type of poultry used.
 - D. All of the above.
26. Which pair of words makes the following sentence true when inserted in the blanks? Caramelization occurs when _____ browns, and gelatinization occurs when _____ absorbs water and swells.
- A. sugar, starch
 - B. starch, sugar
 - C. protein, carbohydrate
 - D. carbohydrate, protein
27. Which of the following types of edible compounds has a smoke point?
- A. Fat
 - B. Sugar
 - C. Starch
 - D. Protein
28. Characteristics of flat fish:
- A. From fresh and salt water, flat bodies, swim in vertical position.
 - B. Rounded bodies, from fresh water, swim in vertical position.
 - C. Only from salt water, found in deep ocean waters, swim in horizontal position, the two eyes are in one side, flat asymmetrical bodies.
 - D. All of the above.
29. Due to weak connective tissue _____ doesn't need aggressive cooking methods:
- A. pork
 - B. lamb
 - C. beef
 - D. fish

30. Heat can be transferred by _____.
- A. radiation
 - B. convection
 - C. conduction
 - D. all of the above
31. Vegetables should be cooked for this purpose:
- A. Increase nutrients.
 - B. Break down cellulose.
 - C. Decrease bitter flavors.
 - D. To soften them.
32. Boulangier potatoes are:
- A. Roasted medium dice.
 - B. Deep fried sticks.
 - C. Sautéed rondelles with sautéed onions
 - D. Blanched rondelles with sautéed onions.
33. 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
34. 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
35. To achieve translucent vegetables, exuding water and with soft texture we use the same principle of sautéing but using medium heat, this technique is called:
- A. Light sautéing.
 - B. Sweating.
 - C. Stir fry.
 - D. Pan roasting.

36. 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
37. To prepare double consommé this are two accepted methods:
- A. Stock + double clearmeat, Basic consommé + clearmeat.
 - B. Double raft + consommé, Stock + clearmeat.
 - C. There is no "double consommé".
 - D. Reduce basic consommé, Double clearmeat + stock.
38. I am a blanched green bean. This means that I have 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
39. Which of the following is a combination of both moist and dry heat cooking?
- A. Braising
 - B. Roasting
 - C. Blanching
 - D. Sautéing
40. Chicken stock should be simmered for about:
- A. 30-60 minutes.
 - B. 1-2 hours.
 - C. 3-4 hours.
 - D. 6-8 hours.
41. When a product calls for cooking in "bain marie" or double boiler the right cooking method is called:
- A. Steaming.
 - B. Poaching.
 - C. Simmering.
 - D. Stewing.

42. The technique used to make meat glaze from stock is called:
- A. Straining.
 - B. Viande.
 - C. Reduction.
 - D. Dilution.
43. Thickening agent with the same ingredients as roux, but without cooking them:
- A. Liaison
 - B. Beurre Manie
 - C. Whitewash
 - D. Slurry
44. A liaison is added to a sauce:
- A. At the beginning of cooking
 - B. At the end of cooking
 - C. At any time of the cooking.
 - D. When the sauce is reduced
45. Thickening agent made with flour cooked with butter, the ratio and correct types are:
- A. 40% flour 60% butter. Blonde, brown and dark.
 - B. 40 % butter 60% flour. White, blonde and dark.
 - C. 50% butter 50% flour. White, blonde and dark.
 - D. 50% butter 50% flour. White, blonde and brown.
46. The mother sauce made with clear stock and roux is called:
- A. Veloute.
 - B. Soubise.
 - C. Bechamel.
 - D. Liaison.
47. The main flavor in a Bigarade sauce is given by:
- A. Nutmeg.
 - B. Cheese.
 - C. Orange juice and peel.
 - D. Red wine.

48. Which of the following statements is **TRUE** about stock ingredients?
- A. All stocks derive their flavor from bones.
 - B. Bones from lean white fish make the best fish stock.
 - C. Fumet is a flavorful veal stock often made with wine.
 - D. The color of a brown stock comes from a well-cooked roux.
49. Nappe texture in a sauce means that:
- A. It is enough thick.
 - B. The consistency is not good.
 - C. They are able to coat the back of a spoon.
 - D. It is runny and curdled.
50. The correct ratio of product - water for cooking pasta should be:
- A. 1 to 5
 - B. 1 to 3
 - C. 1 to 4
 - D. 1 to 10

SECTION B : (50 marks)

Instructions: This section consists of **TEN (10)** short answer questions. Answer **ALL** questions.

Question 1

Define the following term:

- (i) Whitewash
- (ii) Pincer
- (iii) Concasser
- (iv) Frenched (lamb rack)
- (v) Sachet d'epices

(5 marks)

Question 2

Explain the cooking method deep frying and relate the concepts to it:

- (i) In?
- (ii) What?
- (iii) How?
- (iv) Why?

(5 marks)

Question 3

Draw a knife and all of its parts:

(5 marks)

Question 4

Determine with the next ingredients:

- (a) The product to prepare
- (b) Write a standardized recipe with the correct information, the final yield should be 1 liter of product:
 - Clear Stock
 - Flour
 - Butter
 - Salt
 - Pepper

(5 marks)

Question 5

Write down **THREE (3)** guidelines to make a very good consommé, and list **TWO (2)** varieties of consommé and their garnitures.

(5 marks)

Question 6

Which are the functions of station chef called Entremetier?

(3 marks)

Question 7

Give an example of these changes in food when is cooked.

- (i) Swelling:
- (ii) Coagulation:
- (iii) Reduction of undesirable flavor:
- (iv) Increasing of color :

(4 marks)

Question 8

List the **FIVE (5)** main ingredients of Sauce Espagnole.

(5 marks)

Question 9

List and define the **FIVE (5)** mother sauces with:

- (a) Name of the sauce
- (b) Liquid which it is made from
- (c) Thickening agent

(10 marks)

Question 10

How does a combi oven work?

(3 marks)

-THE END-

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