

Name _____ Date _____ Period _____

Objective I

- _____ 1. To “sift” means to:
- A. Remove large particles, then soften and blend with a spoon
 - B. Mix ingredients with a circular motion
 - C. Put dry ingredients through a fine sieve to aerate and remove lumps
 - D. Soften and blend until smooth
- _____ 2. To work a fat into dry ingredients until mixture is in very small pieces is to:
- A. Blend
 - B. Cut in
 - C. Whip
 - D. Knead
- _____ 3. The term “whip” means to:
- A. Beat rapidly to incorporate air and to expand so that it will be light and fluffy
 - B. Cut fat into dry ingredients until mixture is in very small pieces
 - C. Insert edge of spoon vertically down through the middle of the mixture; slide the spoon across the bottom of the bowl; bring it up with some of the mixture; fold over on top of the remainder until all is evenly mixed
 - D. Manipulate by pushing dough and rolling it back with the heel of the hand

- _____ 4. To “stir” means to:
- A. Mix several ingredients so they are well combined but not beaten
 - B. Push dough and rolling it back with the heel of the hand
 - C. Mix ingredients with a circular motion
 - D. Mix with an over-and-over motion using a spoon, rotary beater, or electric mixer
- _____ 5. To soften and blend till smooth and light is to:
- A. Blend
 - B. Knead
 - C. Cream
 - D. Combine
- _____ 6. If you insert the edge of the rubber scraper vertically through the middle of the mixture, then slide the scraper across the bottom of the bowl; bringing some of the mixture to the top and repeating till all is evenly mixed, you are:
- A. Folding in
 - B. Cutting in
 - C. Kneading
 - D. Beating

Objective 2

- _____ 7. To cut items into long, thin pieces, smaller than 1/4 inch, is to:
- A. Sliver
 - B. Mince
 - C. Grate
 - D. Dice
- _____ 8. To cut items into small pieces about 1/2 inch in size is to:
- A. Julienne
 - B. Cube
 - C. Grind
 - D. Pare

- _____ 9. To “shred” means to:
- A. Cut into pieces about 1/4 inch in size
 - B. Cut into small irregularly shaped pieces
 - C. Tear or cut into thin pieces or strips
 - D. Cut into long thin strips, approximately 1/4 inch thick
- _____ 10. To “pare” means to:
- A. Trim away a thin outside skin or covering
 - B. Cut into very small pieces, less than 1/4 inch in size
 - C. Strip away, usually by hand, outside skin or covering
 - D. Divide foods into smaller pieces with a knife or scissors
- _____ 11. To cut in very small pieces, less than 1/4” in size, is to:
- A. Dice
 - B. Julienne
 - C. Grate
 - D. Mince

Objective 3

- _____ 12. To cook gently in hot liquid below the boiling point means to:
- A. parboil
 - B. poach
 - C. roast
 - D. dredge
- _____ 13. To boil in water until partially cooked means to:
- A. simmer
 - B. parboil
 - C. steam
 - D. dredge

- _____ 14. To heat a liquid to the point where tiny bubbles appear around the edges of the container means to:
- A. scald
 - B. boil
 - C. broil
 - D. steam
- _____ 15. To “steep” means to:
- A. Cook slowly in liquid
 - B. Cook over steam rising from boiling water
 - C. Cover with boiling water and let stand without additional heating
 - D. Cook liquid just below the boiling point
- _____ 16. To “bake” means to:
- A. Spoon drippings or other liquid over food while cooking
 - B. Cook under direct heat or over coals
 - C. Cook in an oven or oven-type appliance using a covered or uncovered pan with dry heat
 - D. Make the surface of the food brown in color
- _____ 17. Adding decorative touches to food is called:
- A. poaching
 - B. dredging
 - C. sautéing
 - D. garnishing
- _____ 18. To cook under or above direct heat or coals means to:
- A. roast
 - B. broil
 - C. brown
 - D. sauté
- _____ 19. To barbecue means to:
- A. Roast meat or poultry slowly over coals on a pit or in the oven, sometimes basting with a sauce
 - B. Cook in hot oil
 - C. Coat the surface with a hot sauce
 - D. Brown by direct heat