

# COOKING TEST

TOTAL \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_

## COOKING TIMES

POINTS

### 1. Beef Tenderloin

- Time to cook at what temperature? \_\_\_\_ hrs @ \_\_\_\_ degrees
- Internal Temperature reading for rare \_\_\_\_\_
- Best served as: Rare Med Rare Medium Well Done

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 2. Prime Rib

- Time to cook at what temperature? \_\_\_\_ hrs @ \_\_\_\_ degrees
- Internal Temperature reading for rare \_\_\_\_\_
- Best served as: Rare Med Rare Medium Well Done

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 3. Pork Tenderloin

- Time to cook at what temperature? \_\_\_\_ hrs @ \_\_\_\_ degrees
- Internal Temperature reading for "done" \_\_\_\_\_
- Best served as: Rare Med Rare Medium Well Done

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 4. Chicken Breast

- Time to cook at what temperature? \_\_\_\_ hrs @ \_\_\_\_ degrees
- Internal Temperature reading for "done" \_\_\_\_\_
- Best served as: Rare Med Rare Medium Well Done

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 5. Salmon Filet

- Time to cook at what temperature? \_\_\_\_ hrs @ \_\_\_\_ degrees
- Internal Temperature reading for "rare" \_\_\_\_\_
- Best served as: Rare Med Rare Medium Well Done

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 6. Veal Medallions

- Time to cook at what temperature? \_\_\_\_ hrs @ \_\_\_\_ degrees
- Internal Temperature reading for "rare" \_\_\_\_\_
- Best served as: Rare Med Rare Medium Well Done

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SAUCES & DRESSINGS

List ingredients in the following sauces:

### 7. Bechemel Sauce

Primarily Used On:

\_\_\_\_\_  
\_\_\_\_\_

### 8. Brown Sauce

Primarily Used For:|

\_\_\_\_\_  
\_\_\_\_\_

### 9. Alfredo Sauce

Primarily Used For:

\_\_\_\_\_  
\_\_\_\_\_

### 10. Bernaise Sauce

Primarily Used For:

\_\_\_\_\_  
\_\_\_\_\_

### 11. Marinara Sauce

Primarily Used For:

\_\_\_\_\_  
\_\_\_\_\_

- 12. **Buerre Blanc**  
Primarily Used For: \_\_\_\_\_
- 13. **Hunters Sauce**  
Primarily Used For: \_\_\_\_\_
- 14. **Au Jus**  
Primarily Used For: \_\_\_\_\_
- 15. **Roux**  
Primarily Used For: \_\_\_\_\_
- 16. **Bernaise Sauce**  
Primarily Used For: \_\_\_\_\_
- 17. **Crème Anglaise Sauce**  
Primarily Used For: \_\_\_\_\_
- 18. **Pesto:**  
Primarily Used For: \_\_\_\_\_
- 19. **Caesar Salad Dressing** \_\_\_\_\_
- 20. **What is the difference between ExtraVirgin Olive Oil and Virgin Olive Oil?** \_\_\_\_\_
- 15. **What are the two primary thickening agents for sauces: 1. \_\_\_\_\_ 2. \_\_\_\_\_** \_\_\_\_\_
- 16. **Which category are each of the above:**  
  - Egg Based Sauces:** \_\_\_\_\_
  - Roux Based Sauces:** \_\_\_\_\_
- 17. **What does mean “mother” mean in cooking?** \_\_\_\_\_
- 19. **What does “braise” mean?** \_\_\_\_\_
- 20. **How do you “blanch” something?** \_\_\_\_\_
- 21. **What is a “mir poix” and what is it used for?** \_\_\_\_\_
- 22. **What is “roasting”?** \_\_\_\_\_
- 23. **What are the ingredients in a traditional “pate”?** \_\_\_\_\_
- 24. **How do you caramelize onions?** \_\_\_\_\_

**What are your favorite things to cook?**

**What is your favorite area of the kitchen to work:**

- **Line Cooking**
- **Cold Prep**
- **Dishwasher- Pots and Pans**

