

DAY 3 CHEF PREP (JUNIORS) BLIZZARD BAG LESSON REVIEW QUESTIONS: STOCKS, SAUCES, AND SOUPS

Name \_\_\_\_\_

CIRCLE THE CORRECT ANSWER TO THE FOLLOWING QUESTIONS:

1 THE ESSENTIAL PART OF STOCK THAT IS A MIXTURE OF COARSELY CHOPPED ONIONS, CARROTS, AND CELERY IS CALLED

- A mirepoix
- B. aromatics
- C. sachet d'epices
- D. bouquet garni

2. WHAT LIQUID IS USUALLY USED FOR MAKING STOCK?

- A. water
- B. boullion
- C. beef broth
- D. chicken broth

3. ROASTING BONES TO ENHANCE THE FLAVOR AND COLOR OF STOCK IS A PROCESS KNOWN AS

- A. sweating
- B. browning
- C. blanching
- D. par-boiling

4. THE RATIO OF LIQUID TO FLAVORING INGREDIENTS IN VEGETABLE STOCK IS

- A. 1 lb of vegetable to 1 qt of water to yield 1 qt of stock
- B. 2 lbs of vegetables to 4 qts of water to yield 1 qt of stock
- C. 11 lbs of vegetable to 5 qts of water to yield 1 gal of stock
- D. 8 lbs of vegetables to 6 qts of water to yield 1 gal of stock

5. AFTER THE STOCK HAS BEEN STORED, IT MUST BE DEGREASED BEFORE IT CAN BE USED. THIS IS BECAUSE

- A. it is easier to heat up degreased stock
- B. the grease will ruin the flavor of the stock, turning it rancid
- C. all of the fat must be skimmed off in order for the stock to be healthful
- D. degreasing makes the stock clearer and purer, while removing some of the fat

6. BECHAMEL, VELOUTE, AND HOLLANDAISE ARE ALL CALLED

- A. thickeners
- B. grand sauces
- C. derivative sauces
- D. compound butters

7. A SLURRY, A LIASON, AND A ROUX ARE ALL CONSIDERED TO BE

- A. soups
- B. stocks
- C. aromatics
- D. thickeners

8. WHAT IS A MIXTURE OF EGG YOLKS AND HEAVY CREAM THAT ADDS A RICH FLAVOE AND VELVETY SMOOTHNESS TO A SAUCE WITHOUT MAKING IT TOO THICK?

- A. slurry
- B. liason
- C. hollandaise
- D. compound butter

9. STOCKS, BROTHS, AND CONSOMMES ARE ALL \_\_\_\_\_ SOUPS.

- A. clear
- B. thick
- C. pureed
- D. bisque

10. THICK SOUPS CAN BE THICKENED WITH

- A. cream
- B. cornstarch
- C. bouquet garni
- D. compound butter

11. DESCRIBE THE FOUR IMPORTANT PARTS OF A STOCK.

12. YOU ARE RESPONSIBLE FOR COOLING A LARGE AMOUNT OF CHICKEN STOCK. HOW WILL YOU DO THIS?

13. WHY IS IT IMPORTANT TO COOL A SOUP OR STOCK BEFORE STORAGE? WHY NOT JUST PUT IT IN THE COOLER WHILE IT IS HOT?

14. NAME EACH OF THE GRAND SAUCES

1

2

3

4

15. WHAT ARE THE TWO BASIC KINDS OF SOUP?

1

2

16. WHAT IS THE MAIN DIFFERENCE BETWEEN CREAM AND PUREE SOUPS?

17. WHAT IS THE NAME OF A CLEAR SOUP THAT HAS BEEN CLARIFIED?

18. WHY DO YOU DEGREASE A STOCK?

19. WHAT IS A BEURRE MANIE?

20. WHAT IS A COULIS?