

Chapters 6 & 9 Knife Skills & Mise en Place

Chapter 6 – Knife Skills

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- Which of the following do you begin with to sharpen your knife?
 - fine whetstone
 - steel
 - coarse whetstone
 - fine soapstone
- Which is the best cutting surface?
 - wood
 - glass
 - marble
 - stainless steel
- What is the correct angle to hold your knife blade while sharpening it?
 - 22 degrees
 - 20 degrees
 - 10 degrees
 - 15 degrees
- Which of the following is not an example of good knife technique?
 - smooth strokes
 - guide the knife with one hand
 - use force
 - keep guiding hand fingers curled back
- What cutting technique do you use when uniformity of size and shape do not matter?
 - chop
 - mince
 - dice
 - chiffonade

MATCHING. Choose the item in column 2 that best matches each item in column 1.

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| 6. rondelle | A. shredded |
| 7. allumette | B. seven-sided football shape |
| 8. oblique | C. small piece with two angle side cuts |
| 9. paysanne | D. tiny 1/8-inch cubes |
| 10. tourné | E. flat square cut |
| 11. chiffonade | F. ridged slices of potato |
| 12. brunoise | G. disk-shaped slice |
| 13. large dice | H. julienne of potatoes |
| 14. gaufrette | I. 3/4-inch cubes |

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

15. ____ Julienne and batonnet are both match-stick-shape cuts.
16. ____ The only way to sanitize a chef's knife is in a commercial dishwasher.
17. ____ A dull knife is more dangerous than a sharp one.
18. ____ For safety reasons, always cut toward yourself.
19. ____ You must first cut a carrot into sticks before you can dice it.
20. ____ On a triple-faced whetstone, you should progress from the coarsest to the finest surface.

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

21. How do you hone a knife?
22. What is the name of the cut typically used for garlic, shallots and herbs?
23. What should you do if your knife falls off the counter?
24. What is the smallest classical cut?
25. Why is it important for every culinary professional to master knife skills?
26. Why would you use a Parisienne scoop?

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

27. How should you clean and store your knives?
28. What is the name of the horizontal cut that creates a pocket in boneless meat, chicken and fish and allows it to be open like a book?
29. Describe how to make garlic paste.
30. When would it be useful to use a mandoline in place of your chef's knife?

Chapter 9 – Mise en Place

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1. What is the bundle of herbs and aromatics used for flavoring soups or stews called?
 - A. sachet d'épices
 - B. onion piquet
 - C. bouquet garni
 - D. infusion
2. What is the combination of herbs and spices ground together and mixed with oil?
 - A. dry rub
 - B. wet rub
 - C. crust
 - D. none of the above
3. Which of the following is not an appropriate use of a meat marinade?
 - A. to add flavor
 - B. to use as a dipping sauce
 - C. to tenderize the meat
 - D. to break down connective tissue
4. What is the correct order of the standard breading procedure?
 - A. flour, batter, crumbs
 - B. egg wash, crumbs
 - C. flour, crumbs, egg wash
 - D. flour, egg wash, crumbs
5. Which of the following would be most useful for measuring 2 pounds of flour?
 - A. dry measuring cups
 - B. a balance beam scale
 - C. measuring spoons
 - D. liquid measuring cups
6. What is the best tool for measuring small quantities of ingredients?
 - A. measuring spoons
 - B. liquid measuring cups
 - C. your hand
 - D. a balance beam scale
7. What is the difference between blanching and parboiling?
 - A. there is no difference
 - B. cooking time is shorter for blanching
 - C. less water is used for blanching
 - D. the water is salted when parboiling
8. What should you do to ensure that the breading adheres to food items after cooking?
 - A. refrigerate them for 30 minutes
 - B. coat them in egg wash
 - C. shake off excess crumbs
 - D. stack them
9. How can parcooking assist in food preparation?
 - A. remove undesirable flavors
 - B. soften firm foods
 - C. set colors
 - D. any of the above
10. What is the desired end product of clarifying butter?
 - A. milkfat
 - B. butterfat
 - C. water
 - D. none of the above

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

11. ____ A marinade is rubbed on meat or poultry to add flavor and form a crust.
12. ____ Clarified butter will keep for extended periods in either the freezer or the refrigerator.
13. ____ Proper mise en place requires a good sense of timing, knowing how far in advance to begin a task.

14. ____ The standard breading procedure is used to give fried foods a thick, crisp coating.
15. ____ Foods can be blanched in boiling water, hot oil or fat.
16. ____ Good mise en place considers not only cooking preparation but also food safety issues, such as time and temperature controls.
17. ____ Fresh bread makes the best bread crumbs.
18. ____ Poultry, veal and pork generally require less marinating time than game, beef or lamb.
19. ____ Like marinades, wet rubs are tenderizers.
20. ____ Spices should be toasted in a dry sauté pan.

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

21. What does immersing blanched foods in water do?
22. What is an onion piquet?
23. What is the French term for the "burnt onion" used to flavor and color stocks, sauces and soups?
24. How much clarified butter will 1 pound of whole butter yield?
25. What does "mise en place" literally mean?
26. What step should be done in advance to bring out the flavor of nuts?
27. What is the term for soaking dry ingredients in a hot liquid to infuse their flavor into the liquid?

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

28. How should battered foods be cooked?
29. Give two examples of when you would use an ice bath.
30. Why is a complete prep list important to organizing work in the kitchen?