Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Period:\_\_\_\_\_\_\_\_\_\_

ProStart Year 2 – Chapter 1

1. Define: (6)

|  |  |
| --- | --- |
| Pasteurization |  |
| Homogenization |  |

2. Describe each type of milk (8-9)

|  |  |  |
| --- | --- | --- |
| **Milk** | **Fat Content** | **Information** |
| Whole |  |  |
| Low Fat |  |  |
| Skim |  |  |
| Buttermilk |  |  |
| Evaporated |  |  |
| Condensed |  |  |
| UHT – Ultra High Temperature |  |  |
| Powdered |  |  |
| Lactose-Free |  |  |
| Soy |  |  |
| Rice |  |  |

3. What three things do fat provide? (9)

4. What temperature should milk be received at? (10)

5. What does FIFO stand for? (10)

6. Cream with more than \_\_\_\_\_\_\_\_% fat are stable when whipped. (10)

7. Describe each type of cream (11)

|  |  |  |
| --- | --- | --- |
| **Cream** | **Fat Content** | **Information** |
| Light whipping  |  |  |
| Heavy whipping |  |  |
| Very heavy whipping |  |  |
| Light |  |  |
| Half and half |  |  |
| Sour  |  |  |

8. What are the best grades of butter? (11)

 1. 2.

9. Describe the difference: (11)

|  |  |
| --- | --- |
| **Sweet Butter** | **Cultured Butter** |
|  |  |

10. Describe clarified butter. (12)

11. Why is clarified butter better to use? (12)

12. What is the major ingredient in margarine? (12)

13. What are the 5 steps to clarifying butter? (13)

|  |
| --- |
| 1 |
| 2 |
| 3 |
| 4 |
| 5 |

14. What are the 3 basic parts of cheese: (14)

15. Describe the cheese making process. (14)

16. Describe the following varieties of cheese. (16)

|  |  |  |
| --- | --- | --- |
| **Type of Ripening** | **Characteristics** | **Examples** |
| Unripened, fresh |  |  |
| Soft-ripened |  |  |
| Semi-soft ripened |  |  |
| Blue-veined, mold-ripened |  |  |
| Firm, ripened |  |  |
| Very hard, ripened |  |  |

17. How should you wrap up cheese and store it? (17)

18. What is the white of the egg called? (17)

19. What size eggs are most recipes based on? (18)

20. Tell about the uses of each type of egg. (20)

|  |  |
| --- | --- |
| Fresh (shell) eggs |  |
| Frozen eggs |  |
| Dried eggs |  |
| Egg substitutes |  |

21. What temperature should eggs be received? (22)

22. What are the steps to separate egg whites and yolks. (23-24)

|  |
| --- |
| 1 |
| 2 |
| 3 |
| 4 |
| 5 |

23. Quickly describe each type of cooked eggs. (24-30)

|  |  |
| --- | --- |
| Hard-cooked eggs |  |
| Baked |  |
| Shirred |  |
| Poached |  |
| Scrambled |  |
| Fried  |  |
| Rolled Omelet |  |
| Flat Omelet |  |
| Souffleed Omelet |  |
| Soufflé |  |
| Quiche |  |

24. What are pooled eggs and what temperature should they be stored? (34)

25. Describe each breakfast food (39-42)

|  |  |
| --- | --- |
| Pancake  |  |
| Crepe |  |
| Swedish pancake |  |
| Waffle |  |
| Ham & Canadian Bacon |  |
| Fish |  |
| Hash |  |
| Potatoes |  |

26. How do you cook bacon or sausage? (41)

 1.

 2.

 3.

27. What are the two basic forms of hot cereal? (43)

28. What is the maximum time you should hold coffee? (46)

29. Describe the 4 types of tea. (46)

|  |  |
| --- | --- |
| Black |  |
| Green |  |
| Oolong |  |
| Herbal |  |

30. Describe each type of hot sandwich. (54)

|  |  |
| --- | --- |
| Open-faced |  |
| Hors d’oeuvres |  |
| Grilled or toasted |  |
| Panini |  |
| Deep-fried |  |
| Pizza |  |

31. Describe each type of cold sandwich (55)

|  |  |
| --- | --- |
| Submarine |  |
| Wrap |  |
| Multi-decker/club |  |
| Canapé |  |
| Tea |  |

32. What are the 3 purposes of a spread? (57)

33. What is mise en place? (60)

34. How do you ensure accuracy in sandwich making? (60)

35. What equipment is needed in a sandwich station? (60-61)

36. What is the tool that moves the pizza in and out of the oven? (61)

Test Review Questions (71-72)

1. \_\_\_\_\_ 6. \_\_\_\_\_

2. \_\_\_\_\_ 7. \_\_\_\_\_

3. \_\_\_\_\_ 8. \_\_\_\_\_

4. \_\_\_\_\_ 9. \_\_\_\_\_

5. \_\_\_\_\_ 10. \_\_\_\_\_