

# PRACTICE EXAM 3: RED SEAL COOK SIMULATION (150 QUESTIONS)

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1. A cook finishes trimming raw pork loins and notices that pork juices have splashed onto the stainless steel prep table surface. Before using the table to slice bread for sandwiches, what must the cook do?

- A. Clean the surface to remove all visible soil, then apply an approved sanitizer at the correct concentration
- B. Wipe the surface with a dry towel to remove the visible juices and proceed immediately
- C. Spray the surface with sanitizer only, since sanitizer alone eliminates all biological hazards
- D. Flip the cutting board to the unused side and begin slicing bread on the clean reverse surface

2. During a health inspection, an inspector asks a cook to explain the acronym FAT TOM. Which answer correctly identifies what FAT TOM represents?

- A. The six types of biological hazards: Fungi, Allergens, Toxins, Trichinella, Organisms, Moulds
- B. The six stages of foodborne illness: Fever, Abdominal pain, Tremors, Transmission, Onset, Mortality
- C. The six categories of cleaning chemicals: Foam, Alkaline, Terpene, Triclosan, Oxidizer, Mineral
- D. The six conditions bacteria need to grow: Food, Acidity, Temperature, Time, Oxygen, Moisture

3. A cook prepares a large batch of chili at 11:00 AM. At 3:00 PM, the chili is transferred to a steam table for dinner service. A temperature check reveals the chili has dropped to 48°C. The chili has been above 60°C until this point. What is the correct action?

- A. Discard the chili immediately because it has been in the danger zone for more than four hours
- B. Continue holding the chili on the steam table and recheck the temperature in one hour

- C. Reheat the chili rapidly to 74°C or above within two hours and return to the steam table
- D. Add boiling stock to the chili on the steam table to raise the temperature above 60°C gradually

4. Which of the following scenarios represents the highest risk of cross-contamination in a professional kitchen?

- A. A cook stores raw carrots on the shelf directly above sealed containers of cooked rice
- B. Using the same unwashed knife and cutting board for raw chicken and then for slicing tomatoes
- C. A cook transports a sealed container of raw beef from the receiving area to the walk-in cooler
- D. Storing sealed containers of pasteurized milk on the same shelf as wrapped blocks of cheese

5. A cook is organizing the walk-in refrigerator. Raw chicken must be placed on a shelf. According to the vertical storage hierarchy, where must the raw chicken be positioned?

- A. On the top shelf, because raw chicken must be stored as far from the floor as possible
- B. On the middle shelf directly beside the ready-to-eat foods for convenient access during service
- C. On any available shelf, provided the container is sealed and clearly labelled with the date
- D. On the lowest shelf, because raw poultry requires the highest cooking temperature of all proteins

6. A cook is preparing a shrimp cocktail display for a buffet. The display will be set out 30 minutes before guests arrive. How should the shrimp be presented to maintain food safety?

- A. Place the shrimp directly on a room-temperature platter with garnish for an elegant presentation
- B. Present the shrimp on a bed of crushed ice to maintain a temperature of 4°C or below
- C. Cover the shrimp tightly with plastic wrap at room temperature to prevent airborne contamination

D. Place the shrimp under a heat lamp at 60°C since all cooked proteins must be held hot

7. A Safety Data Sheet (SDS) for a kitchen degreaser contains 16 standardized sections. In which section would a cook find information about what to do if the product splashes into someone's eyes?

A. Section 4: First-Aid Measures, which outlines emergency response procedures for exposure

B. Section 9: Physical and Chemical Properties, which lists the product's boiling point and pH

C. Section 7: Handling and Storage, which describes safe methods for using the product daily

D. Section 2: Hazard Identification, which lists the pictograms and signal words for the product

8. Which of the following practices violates the HACCP principle of maintaining accurate records and documentation?

A. Recording the internal temperature of each batch of cooked chicken in a daily log book

B. Documenting the corrective action taken when a cooler was found above 4°C during inspection

C. Discarding temperature logs after one week because the kitchen manager considers them unnecessary

D. Calibrating the kitchen thermometers every morning and recording the results in a calibration log

9. A cook is preparing food for a guest with a severe shellfish allergy. The guest orders a grilled vegetable platter. The cook prepares the vegetables on the same grill surface that was used moments ago for grilled shrimp skewers without cleaning it. What hazard has been created?

A. A physical hazard from metal fragments left on the grill surface by the shrimp skewers

B. A chemical hazard from cleaning agents absorbed into the grill surface during previous use

C. A biological hazard from Salmonella bacteria transferred from the raw shrimp to the vegetables

D. An allergen cross-contact hazard that could trigger a life-threatening anaphylactic reaction

10. A cook is about to use a commercial meat slicer. Before operating the machine, the cook should verify which of the following safety requirements?

- A. The blade is set to the maximum thickness setting for the fastest possible slicing speed
- B. The blade guard is in position, the food carriage is functional, and the blade is clean and sharp
- C. The machine is unplugged so the blade does not engage unexpectedly during preparation
- D. A second cook is standing nearby to catch the sliced product as it exits the machine

11. A cook is storing chemicals in the kitchen. Which storage practice is correct?

- A. Chemical products are stored in a separate, clearly designated area away from all food and food-contact surfaces
- B. Chemical products are stored on the highest shelf in the dry storage room above the canned goods
- C. Chemical products are transferred into unlabelled spray bottles for convenience during cleaning shifts
- D. Chemical products are stored beneath the three-compartment sink for easy access during dishwashing

12. A cook is using the PASS method to operate a fire extinguisher during a safety drill. What does the "A" in PASS stand for?

- A. Activate the alarm system before approaching the fire with the extinguisher in hand
- B. Assess the size of the fire to determine whether it can be safely managed with an extinguisher
- C. Aim the nozzle at the base of the fire, not at the top of the flames
- D. Apply even, steady pressure to the handle to maintain a consistent stream of extinguishing agent

13. A cook receives a delivery of vacuum-packed smoked salmon and notices that one package is bloated and puffy rather than tightly sealed against the fish. What should the cook do?

- A. Open the bloated package immediately to release the gas and inspect the salmon inside
- B. Reject the bloated package, as swelling in vacuum-packed products indicates potential bacterial gas production
- C. Accept the package and refrigerate it at 0°C, since smoked products naturally produce gas during aging
- D. Accept the package and cook the salmon to 74°C to destroy any pathogens before serving

14. A cook drops a chef's knife from the counter. The knife is falling blade-first toward the cook's foot. What is the correct response?

- A. Attempt to catch the knife by the handle before it reaches the floor to prevent blade damage
- B. Extend a foot forward to cushion the knife's landing and prevent it from bouncing sideways
- C. Try to deflect the knife away from the body using the back of the hand while stepping aside
- D. Step back and allow the knife to fall to the floor without attempting to catch or deflect it

15. A recipe for beef bourguignon yields 24 portions. A cook needs to produce 60 portions for a banquet. What is the conversion factor, and how much red wine is needed if the original recipe calls for 750 ml?

- A. Conversion factor of 2.5; 1,875 ml of red wine needed for the scaled recipe
- B. Conversion factor of 2.0; 1,500 ml of red wine needed for the scaled recipe
- C. Conversion factor of 3.0; 2,250 ml of red wine needed for the scaled recipe
- D. Conversion factor of 1.5; 1,125 ml of red wine needed for the scaled recipe

16. Which piece of kitchen equipment uses electromagnetic energy to heat cookware directly rather than heating a burner surface, and requires ferromagnetic pans to function?

- A. A gas range, which uses an open flame to heat the bottom of any type of cookware
- B. A flat-top range, which uses a solid heated surface to transfer radiant heat to cookware
- C. An induction cooktop, which generates a magnetic field that heats compatible cookware directly
- D. A convection oven, which uses a fan to circulate hot air around the cookware inside the cavity

17. A cook needs to hone a chef's knife before beginning prep work. What is the correct angle to hold the blade against the honing steel?

- A. A 45-degree angle, which is the standard sharpening angle for all professional kitchen knives
- B. Approximately a 20-degree angle, drawing the blade from heel to tip in a sweeping motion
- C. A 90-degree angle with the blade perpendicular to the steel for maximum edge contact
- D. A 5-degree angle with the blade nearly flat against the steel for the finest possible honing

18. A kitchen uses the FIFO stock rotation method. A delivery of dairy products arrives on Monday. The walk-in cooler already contains dairy products delivered the previous Thursday. How should the new delivery be stored?

- A. Place the new delivery in front of the existing stock for quicker access during busy service
- B. Remove all existing Thursday stock, place the new Monday delivery on the shelf, then put Thursday stock in front
- C. Store the new and old products on separate shelves regardless of which is in front or behind
- D. Place the new delivery behind or beneath the existing stock so the older Thursday products are used first

19. A cook weighs a 4 kg case of fresh asparagus costing \$48.00. After trimming the woody ends, the usable asparagus weighs 3.2 kg. What is the yield percentage?

- A. 75%, calculated by dividing the edible portion by the as-purchased weight and multiplying by 100
- B. 80%, calculated by dividing the edible portion by the as-purchased weight and multiplying by 100
- C. 90%, calculated by subtracting the trim weight from the total and dividing by the trim weight
- D. 64%, calculated by dividing the trim weight by the as-purchased weight and multiplying by 100

20. Using the asparagus data from the previous question (AP weight 4 kg, AP cost \$48.00, yield 80%), what is the edible portion cost per kilogram?

- A. \$12.00 per kilogram, which is the AP cost divided by the AP weight without yield adjustment
- B. \$15.00 per kilogram, which is the AP cost per kg divided by the yield percentage as a decimal
- C. \$48.00 per kilogram, which is the total case cost divided by the number of portions produced
- D. \$9.60 per kilogram, which is the AP cost multiplied by the yield percentage as a decimal

21. A guest informs the server that they follow a halal diet. Which of the following menu items must the cook verify before preparing the guest's meal?

- A. Whether the salad dressing contains any dairy products or lactose-based ingredients
- B. Whether the dessert contains tree nuts or peanuts that could cause an allergic reaction
- C. Whether the pasta contains eggs, as halal dietary laws prohibit all forms of egg consumption
- D. Whether any meat, stock, or cooking fat in the dish is sourced from pork or non-halal-slaughtered animals

22. A cook is operating a commercial planetary mixer with the whip attachment. While the mixer is running, the cook reaches into the bowl to scrape batter from the sides. Why is this action dangerous?

- A. The batter may splash out of the bowl and cause burns if the mixer speed is too high
- B. The mixer bowl may crack from the pressure of the spatula pressing against the sides
- C. The rotating whip attachment can catch the cook's hand, fingers, or utensil and cause severe injury
- D. Touching the bowl while mixing introduces bacteria from the cook's hands into the batter

23. An apprentice cook asks why professional kitchens weigh ingredients on a digital scale rather than measuring by volume with cups and spoons. What is the best explanation?

- A. Weighing is more accurate because ingredients pack differently by volume, while weight is consistent
- B. Digital scales are faster than measuring cups, which reduces the time needed for preparation
- C. Volume measurement is actually more accurate, but weight is used because scales are less expensive
- D. Health regulations in Canada require all commercial kitchens to weigh ingredients by law

24. A cook is assigned to clean and maintain a commercial meat slicer at the end of the shift. What is the first step before beginning any cleaning procedure?

- A. Rinse the blade under hot running water while it is still spinning to remove food residue quickly
- B. Set the blade to maximum thickness and wipe it with a sanitizer-soaked cloth from the centre outward
- C. Remove the blade guard and soak it in the three-compartment sink while cleaning the rest of the machine
- D. Turn the slicer off, unplug it, and set the thickness gauge to zero before beginning any cleaning

25. A cook is preparing glazed carrots using the classical glazing technique. The carrots are cut into tourné shapes and placed in a pan with stock, butter, and sugar. How does the glazing process work?

- A. The carrots are deep-fried in butter at high heat until caramelized on all sides
- B. The carrots are steamed in a covered pot and the sugar is sprinkled on top at service
- C. The carrots are boiled in a large pot of water with sugar dissolved in it until very soft
- D. The liquid reduces during cooking until a syrupy glaze forms that coats the carrots

26. A cook receives a case of winter butternut squash and a case of summer zucchini on the same delivery. How do the storage requirements differ?

- A. Butternut squash stores for weeks in cool dry storage; zucchini is perishable and must be refrigerated
- B. Both require identical storage at 4°C in the walk-in cooler with a shelf life of two to three days
- C. Zucchini stores for weeks at room temperature while butternut squash must be refrigerated immediately
- D. Both should be stored at room temperature, as all squash varieties have identical storage requirements

27. A cook is making a classic bouquet garni to flavour a batch of chicken stock. Which combination of herbs is correct?

- A. Basil leaves, cilantro stems, and lemongrass stalks tied with kitchen string
- B. Dried oregano, ground cumin, and smoked paprika wrapped in aluminum foil
- C. Thyme sprigs, parsley stems, and bay leaves tied together with kitchen string
- D. Rosemary needles, sage leaves, and dried chili flakes bundled in a paper towel

28. A cook is preparing a dish that requires onion cut into fine rings of leafy herb. The cook stacks fresh basil leaves, rolls them into a tight cigar shape, and slices crosswise into thin ribbons. What is this knife cut called?

- A. Julienne, which produces matchstick-shaped strips from firm vegetables and roots
- B. Chiffonade, which produces fine ribbons from leafy herbs and greens by rolling and slicing
- C. Brunoise, which produces tiny cubes by cross-cutting julienne strips into uniform dice
- D. Paysanne, which produces thin flat shapes of various geometries for soup garnishes

29. A cook is roasting a tray of Brussels sprouts at 220°C. After 15 minutes, the sprouts closest to the edge of the pan are deeply browned, while those in the centre are still pale and soft. What caused this uneven result?

- A. The Brussels sprouts were cut into unequal sizes, causing different cooking rates across the tray
- B. The oven temperature was too low to brown the vegetables evenly across the entire surface
- C. The pan was made of a material that conducts heat poorly, creating cold spots in the centre
- D. The sprouts were overcrowded on the pan, trapping steam in the centre and preventing browning

30. What is the primary difference between sautéing and sweating as applied to diced onions in a soup preparation?

- A. Sautéing uses high heat to develop browning; sweating uses low heat to soften without colour
- B. Sautéing uses water as the cooking medium; sweating uses butter or oil as the cooking medium
- C. Sautéing is performed at the end of cooking; sweating is always the first step in any preparation
- D. Sautéing produces a raw, crunchy texture; sweating produces a caramelized, deeply brown result

31. A cook needs to select a potato variety for a warm German-style potato salad where the potatoes must hold their shape after boiling, slicing, and tossing with warm vinaigrette. Which variety is best?

- A. Russet potatoes, because their high starch content produces firm slices that resist crumbling
- B. Sweet potatoes, because their dense flesh holds together well in warm salad preparations
- C. Waxy potatoes such as Red Bliss or fingerlings, because their low starch content holds shape after cooking
- D. Yukon Gold potatoes, because their yellow colour most closely resembles traditional German potato varieties

32. A cook discovers that a batch of fresh spinach was not washed before being added to a sauté pan. The cooked spinach now has a gritty, sandy texture. What step was missed during preparation?

- A. The spinach should have been blanched in boiling water before sautéing to remove the grit
- B. The spinach should have been washed thoroughly in cold water to remove soil and sand before cooking
- C. The spinach should have been dried in a salad spinner before sautéing to prevent a wet texture
- D. The spinach should have been soaked in warm vinegar water to dissolve the sand particles

33. A chef asks a cook to prepare a white mirepoix for a fish velouté. How does a white mirepoix differ from a standard mirepoix?

- A. A white mirepoix uses turnips, rutabaga, and celeriac instead of the standard three vegetables
- B. A white mirepoix uses the same vegetables but cuts them into brunoise instead of rough dice
- C. A white mirepoix is prepared by blanching the standard mirepoix vegetables to remove their colour
- D. A white mirepoix replaces the carrots with parsnips or additional onion to avoid adding orange colour

34. Which of the following vegetables is botanically a fruit because it develops from the flower of the plant and contains seeds, but is used as a vegetable in culinary practice?

- A. Eggplant, which is a member of the nightshade family and contains seeds within its flesh
- B. Celery, which is a stalk vegetable with fibrous ribs and a mild, aromatic flavour
- C. Potato, which is a tuber that grows underground as a swollen portion of the stem
- D. Broccoli, which is the immature flower head of a plant in the Brassica family

35. A cook receives a delivery of fresh herbs and notices that the flat-leaf parsley has yellowed leaves and a slimy texture at the base of the stems. What should the cook do?

- A. Accept the parsley and trim away the yellowed and slimy portions to use the remaining green leaves
- B. Accept the parsley and submerge the stems in warm water to revive the wilted and yellowed leaves
- C. Reject the parsley because yellowing and slime indicate deterioration beyond professional quality
- D. Accept the parsley and use it immediately in a stock, where appearance does not affect the final product

36. A cook is preparing fruit for a tropical fruit salad and includes fresh pineapple, mango, papaya, and kiwi. The cook plans to combine the fruit with a gelatin-based mousse. Which fruits must be cooked before being added to the gelatin preparation?

- A. Only the mango must be cooked, as it contains an enzyme that interferes with dairy stabilization
- B. The pineapple, papaya, and kiwi must be cooked, as they contain proteolytic enzymes that break down gelatin
- C. None of the fruits need to be cooked, as tropical fruits do not affect gelatin in any way
- D. All four fruits must be cooked, as all tropical fruits contain enzymes that prevent gelatin from setting

37. A cook is making a brown veal stock and has finished roasting the bones. Before transferring the bones to the stockpot, the cook adds red wine to the hot roasting pan and stirs to dissolve the dark residue stuck to the bottom. What is this technique and the residue called?

- A. Reducing the wine, and the residue is called a sachet, which dissolves into the wine for flavour
- B. Mounting the pan with wine, and the residue is called a liaison that thickens the stock base
- C. Clarifying the pan with wine, and the residue is called a raft that filters impurities from the liquid
- D. Deglazing the pan, and the residue is called fond — concentrated caramelized flavour from roasting

38. A cook notices that a batch of white chicken stock has become cloudy and grey rather than remaining pale and clear. Which of the following errors most likely caused this defect?

- A. The stock was brought to a vigorous rolling boil rather than maintained at a gentle simmer
- B. The chicken bones were blanched before being added to the stockpot with fresh cold water
- C. The mirepoix was cut too large for the simmering time, preventing full flavour extraction
- D. The stock was simmered for three hours, which is within the recommended time for chicken stock

39. A recipe calls for a remouillage. What does this term mean, and when is it used?

- A. A stock made exclusively from vegetable trimmings without any animal bones for vegan menus
- B. A second extraction produced by resimmering bones that were already used for a first stock
- C. A stock that has been clarified using a clearmeat and raft to produce a crystal-clear consommé
- D. A concentrated meat glaze reduced by 90% from brown stock until thick and syrupy

40. A cook prepares a bisque and the recipe states it should be "traditionally thickened." Which thickening agent is traditional in classical bisque production?

- A. A dark brown roux cooked for 15 minutes before the shellfish stock is gradually incorporated
- B. A liaison of egg yolks and cream stirred into the bisque just before service for enrichment
- C. Rice, which is cooked in the bisque and then puréed along with the shells and liquid
- D. Cornstarch dissolved in cold cream, added to the simmering bisque for a translucent finish

41. A cook is preparing a batch of French onion soup. The recipe requires the onions to be deeply caramelized before the stock is added. What technique and approximately how much time is needed?

- A. Blanch the sliced onions in boiling water for 5 minutes, then add stock immediately
- B. Sauté the sliced onions over high heat for 3 minutes until lightly golden, then add stock
- C. Deep-fry onion rings until dark brown, then drain and add them to the heated stock
- D. Cook the sliced onions slowly over medium-low heat for 30 to 45 minutes, stirring periodically until deep golden-brown

42. A cook has prepared a batch of cream of cauliflower soup and puréed it in the blender. The soup is slightly too thick. What is the correct method to adjust the consistency?

- A. Add warm stock gradually while stirring until the desired consistency is reached
- B. Add cold water directly to the soup and stir vigorously to thin it to the correct consistency
- C. Return the soup to the blender and process it at high speed for an additional three minutes
- D. Pass the soup through a chinois a second time, which will thin the liquid by removing solids

43. Which of the following soups would be classified as a "specialty" or "national" soup rather than as a standard clear or thick soup?

- A. Cream of mushroom soup, which is a classic thick cream soup thickened with roux and cream
- B. Gazpacho, a Spanish cold soup of raw puréed tomatoes, peppers, cucumbers, and garlic
- C. Chicken consommé, which is clarified chicken stock garnished with brunoise vegetables
- D. Split pea soup, which is a thick purée soup thickened by the natural starch of the legumes

44. A cook is preparing a large batch of minestrone soup and wants to add dried white beans. The beans have NOT been soaked. What problem will occur if the cook adds the unsoaked beans directly to the simmering soup?

- A. The unsoaked beans will absorb all the liquid in the soup and cause it to burn on the bottom
- B. The tomatoes and other acidic ingredients in the soup will prevent the beans from ever softening
- C. The beans will overcook too quickly and dissolve into the soup within the first 15 minutes
- D. Unsoaked beans will release a toxin into the soup that is only neutralized by overnight soaking

45. A cook is making a consommé and has assembled the clearmeat. After combining the cold clearmeat with cold stock and beginning to heat the mixture, the cook stirs gently. At what point should the cook stop stirring?

- A. When the raft begins to form and rise to the surface, then the liquid must be left undisturbed
- B. The cook should continue stirring throughout the entire clarification process without stopping
- C. When the stock reaches 50°C, approximately 10 minutes after the heat is first applied
- D. Immediately after combining the clearmeat and stock, as stirring at any point disrupts the raft

46. A cook wants to add body and richness to a pan sauce but has no demi-glace available. Which product can be used in small amounts to fortify the sauce with concentrated meaty flavour?

- A. Court-bouillon, which is a light aromatic poaching liquid suitable for enriching any sauce base
- B. Remouillage, which is a full-strength stock that provides maximum flavour and body to sauces
- C. Mirepoix, which can be added directly to the pan sauce for an immediate boost of flavour depth
- D. Glace de viande (meat glaze), a stock reduced by 90% that adds intense flavour in small quantities

47. A cook is preparing a seafood chowder and needs to select the appropriate liquid base. Which option is most appropriate for a chowder?

- A. Brown veal stock, which provides a rich, dark, meaty foundation for the shellfish and vegetables
- B. A combination of fish fumet and whole milk or cream, providing both seafood flavour and the creamy body expected
- C. Plain water seasoned with salt and white pepper, which allows the seafood flavour to stand alone
- D. A red wine reduction, which provides acidity and depth that complements the sweetness of the shellfish

48. A cook strains a batch of finished stock through a chinois lined with cheesecloth. After straining, the cook presses the solids firmly with a ladle to extract maximum liquid. Why is this technique incorrect?

- A. Pressing the solids forces cloudy particles, fat, and impurities through the strainer into the stock
- B. The cheesecloth will tear from the pressure and fall into the stock, creating a physical hazard
- C. The additional liquid extracted by pressing is flavourless and only dilutes the stock's concentration
- D. Pressing causes the bones to break into small fragments that pass through the cheesecloth

49. A cook is making a velouté sauce and has prepared a blond roux. After gradually adding hot chicken stock while whisking, the sauce must simmer for a specific minimum time. Why is this extended simmering necessary?

- A. To fully cook out the raw flour taste and allow the starch to reach maximum thickening capacity
- B. To evaporate the alcohol content of the wine used in the roux before finishing the sauce
- C. To reduce the sauce by half, which is required for all velouté sauces before they can be served
- D. To allow the egg yolks in the roux to set fully, which provides the sauce's thickening structure

50. A cook accidentally overheats a batch of hollandaise sauce and the egg yolks have begun to scramble, producing visible curds in the mixture. Can this sauce be rescued?

- A. Add additional clarified butter and whisk vigorously to melt the curds back into the emulsion
- B. Strain the sauce through a fine chinois to remove the curds and return the smooth liquid to service
- C. Discard the batch, as the scrambled egg yolks cannot be re-incorporated and the sauce is thin
- D. The sauce must be discarded and remade, as curdled hollandaise cannot be satisfactorily restored

51. A cook is building a pan sauce for seared duck breast. After removing the duck to rest, the cook pours off the excess fat and notices a dark, caramelized residue on the bottom of the pan. What should the cook do with this residue?

- A. Scrub the pan with steel wool to remove the burnt residue before beginning the sauce
- B. Deglaze the pan with wine or stock to dissolve this fond, which is concentrated flavour
- C. Cover the residue with cream to disguise its dark colour in the finished sauce
- D. Discard the pan and start the sauce in a clean one, as the residue indicates burning

52. Which of the following is the correct definition of nappé consistency as it relates to sauce preparation?

- A. The sauce is thin enough to pour freely from a ladle in a steady, continuous stream
- B. The sauce is thick enough to be sliced cleanly with a knife and hold its shape when cut
- C. The sauce coats the back of a spoon and holds a line drawn through it with a finger
- D. The sauce forms stiff peaks when a whisk is lifted from the surface, similar to whipped cream

53. A cook needs to prepare a large batch of mayonnaise. The recipe calls for egg yolks, Dijon mustard, white wine vinegar, salt, and oil. In what order must the oil be added to produce a stable emulsion?

- A. Very slowly at first in a thin stream, then slightly faster once the emulsion establishes and thickens
- B. All at once while the yolks are being whisked at maximum speed in the mixing bowl
- C. In three equal batches, whisking each batch fully before adding the next portion
- D. Alternating between oil and vinegar additions, one tablespoon at a time throughout the process

54. A cook finishes a red wine pan sauce by swirling in cold butter pieces off the heat. The sauce becomes glossy, velvety, and rich. However, the cook then places the saucepan back on the burner over high heat to keep it warm. What will happen?

- A. The sauce will develop an even richer flavour as the butter browns to beurre noisette stage
- B. The butter will infuse more deeply into the sauce base, producing a thicker, more stable result
- C. The additional heat will pasteurize the sauce, making it safe to hold for an extended period
- D. The emulsion will break and the butter will separate into pools of greasy fat on a thin liquid

55. Sauce Robert is a derivative of espagnole/demi-glace. What ingredients distinguish it from a basic demi-glace?

- A. Reduced red wine, shallots, and sliced bone marrow served classically with grilled steak
- B. Onions, white wine, and Dijon mustard, served classically with pork preparations
- C. Mushrooms, shallots, white wine, and tomato concassé served classically with chicken
- D. Tarragon vinegar, shallots, and fresh tarragon, served classically with grilled fish

56. A cook is thickening a fruit sauce for a dessert plate and wants a clear, glossy result. Which thickening agent would produce the most transparent finish?

- A. A white roux, which produces an opaque, creamy finish ideal for dairy-based sauces
- B. A beurre manié, which incorporates butter and flour for a rich, slightly cloudy texture
- C. Arrowroot starch slurry, which produces the clearest, most transparent thickened result
- D. A liaison of egg yolks and cream, which adds opacity, richness, and a pale yellow colour

57. A cook is preparing tomato sauce from scratch using fresh Roma tomatoes. After cooking and puréeing, the sauce tastes excessively acidic. What is the most appropriate corrective measure?

- A. Add a large quantity of heavy cream to neutralize the acid and produce a rosé-coloured sauce
- B. Strain the sauce through cheesecloth, which removes the acidic compounds from the liquid
- C. Add baking soda to the sauce, which chemically neutralizes the acid and eliminates the sharp taste
- D. Add a small pinch of sugar to balance the acidity, adjusting gradually until the flavour is balanced

58. Which mother sauce is an emulsion rather than a roux-thickened sauce, and what are its two primary components?

- A. Hollandaise, an emulsion of egg yolks and warm clarified butter, stabilized with acid
- B. Béchamel, an emulsion of milk and melted butter, thickened with egg whites and cream
- C. Velouté, an emulsion of white stock and olive oil, emulsified with mustard and lemon juice
- D. Espagnole, an emulsion of brown stock and rendered animal fat, enriched with tomato purée

59. A cook prepares a starch slurry to thicken a sauce. The slurry is made by dissolving cornstarch in cold water. If the cook had dissolved the cornstarch in hot water instead, what would happen?

- A. The cornstarch would dissolve more efficiently in hot water and produce a smoother slurry
- B. The hot water would activate the starch prematurely and the slurry would also dissolve more quickly
- C. The cornstarch would form lumps immediately in hot water, producing a clumpy, unusable paste
- D. Nothing different would occur, as cornstarch dissolves identically in water of any temperature

60. A cook makes a béchamel sauce and it has a persistent raw, starchy, floury aftertaste. What caused this defect?

- A. The milk was added too cold, which prevented the roux from incorporating properly into the sauce
- B. The sauce was not simmered long enough after thickening to cook out the raw flour taste
- C. Too much butter was used in the roux, creating an excessive fat content that the flour could not absorb
- D. The sauce was seasoned with white pepper instead of black pepper, which contributed the starchy flavour

61. A cook is preparing compound butter for a special event. The butter is flavoured with roasted garlic, fresh thyme, lemon zest, and cracked black pepper. After mixing, the butter is rolled into a cylinder in plastic wrap and chilled. At service, what is the correct method for using this compound butter?

- A. Melt the entire log of compound butter in a saucepan and ladle it over the plated protein
- B. Soften the compound butter to room temperature and spread it on each plate with a spatula
- C. Dice the compound butter into small cubes and stir it into the cooking liquid during braising
- D. Slice cold rounds from the log and place one on each hot grilled steak, allowing it to melt slowly at the table

62. A cook needs to whip cream for a dessert service. The cream is at room temperature after sitting on the prep counter for 30 minutes. What should the cook do before attempting to whip it?

- A. Chill the cream, the bowl, and the whisk in the refrigerator or freezer before whipping
- B. Add a tablespoon of cornstarch to the room-temperature cream to help it hold its peaks
- C. Whip the cream immediately at maximum speed to compensate for the warm temperature
- D. Heat the cream to 60°C briefly to activate the fat globules before chilling and whipping

63. A cook is making a soufflé and has whipped egg whites to stiff peaks. When folding the whites into the soufflé base, the cook stirs vigorously with a whisk. What error has been made?

- A. The whisk is the correct tool for folding, but the speed should be increased for efficiency
- B. The egg whites should have been whipped only to soft peaks for proper folding consistency
- C. Vigorous stirring deflates the air in the whipped whites, resulting in a dense, flat soufflé
- D. The whites should have been added to the base all at once rather than folded in gradually

64. A cook cracks open a fresh egg and notices a small red spot (blood spot) on the yolk. Is this egg safe to use?

- A. No, the blood spot indicates the egg is fertilized and is not safe for consumption in any form
- B. Yes, a blood spot is a minor cosmetic defect caused by a ruptured blood vessel and is harmless
- C. No, blood spots indicate bacterial contamination and the egg must be discarded immediately
- D. Yes, but only if the egg is cooked to well-done to destroy pathogens concentrated in the blood spot

65. A cook is preparing a crème brûlée and the recipe calls for a baked custard cooked in a bain-marie. What is the purpose of the water bath?

- A. The water bath adds humidity to the oven, which prevents the top surface from cracking
- B. The water bath sterilizes the exterior of the ramekins during baking for food safety purposes
- C. The water bath speeds up the baking time by conducting heat more efficiently than air alone
- D. The water bath provides gentle, even heat that prevents the custard from overcooking and curdling

66. A recipe calls for 500 ml of buttermilk, but the kitchen has none in stock. Which of the following is the most effective emergency substitution?

- A. Add 1 tablespoon of lemon juice or white vinegar to 500 ml of whole milk and let it stand for 10 minutes
- B. Combine 250 ml of heavy cream with 250 ml of water and whisk until blended smooth
- C. Dissolve 2 tablespoons of baking powder into 500 ml of skim milk and stir until combined
- D. Heat 500 ml of whole milk to 60°C and add 2 tablespoons of plain yogurt while stirring

67. A cook is preparing a classical French omelette and finds that the eggs develop brown colour on the bottom before the interior is set. What adjustment should be made?

- A. Increase the heat further and cook the omelette faster to set the interior before the bottom browns
- B. Add milk to the egg mixture, which delays browning by diluting the protein concentration
- C. Reduce the heat slightly and work the eggs more quickly so the interior sets before the bottom colours
- D. Use a larger pan so the egg mixture spreads thinner and cooks through more rapidly

68. Which type of tofu is most appropriate for making a smooth vegan chocolate mousse or a creamy salad dressing?

- A. Extra-firm tofu, which holds its shape and provides a dense, meaty texture in the mousse
- B. Silken tofu, which has a custard-like texture that blends to a smooth, creamy consistency
- C. Medium-firm tofu, which provides moderate body and a slightly grainy blended texture
- D. Dried tofu skin (yuba), which rehydrates into thin sheets suitable for wrapping fillings

69. A cook is poaching eggs and the whites are spreading into thin, wispy strands throughout the water instead of wrapping tightly around the yolk. What is the most likely cause?

- A. The eggs are old, with thin, watery whites that lack the viscosity to hold together during poaching
- B. The water temperature is too low, causing the whites to dissolve rather than coagulate quickly
- C. The cook added too much salt to the water, which interfered with the protein coagulation
- D. The pot is too small, which restricts water movement and prevents the whites from wrapping

70. Parmigiano-Reggiano is classified as a hard aged cheese. Why is this cheese not suitable for melting into a smooth, flowing sauce on its own?

- A. Hard cheeses contain a natural compound that prevents them from reaching a liquid state at any temperature
- B. The extremely low moisture content and dense protein structure cause the cheese to crumble and clump when heated
- C. Hard cheeses are pre-cooked during the aging process, which permanently sets their proteins against further melting
- D. Parmigiano-Reggiano contains a natural wax coating that prevents even heat distribution during melting

71. A cook needs to make a large quantity of egg wash for glazing bread before baking. What is the standard composition of an egg wash?

- A. Egg whites only, beaten with a tablespoon of water until frothy and slightly foamy
- B. A mixture of whole egg beaten with a small amount of water or cream until smooth and fluid
- C. Egg yolks only, beaten with a tablespoon of olive oil until thick and deeply golden in colour
- D. A combination of equal parts egg and melted butter, whisked until completely incorporated

72. A cook is preparing fresh pasta dough and the recipe calls for "00" flour. What does the "00" designation indicate about this flour?

- A. It is milled to an extremely fine texture, producing silky, tender pasta with a delicate consistency
- B. It has the highest protein content of any flour, producing the chewiest and most structured pasta
- C. It is a whole wheat flour that retains all bran and germ for maximum nutritional value
- D. It is a self-rising flour that contains built-in leavening for lighter, puffier pasta noodles

73. A cook is preparing risotto using Arborio rice. Unlike the standard pilaf or absorption method, risotto requires a specific cooking technique. Which statement correctly describes the risotto method?

- A. The rice is boiled in excess water, drained, and then mixed with butter and cheese at service
- B. All the stock is added at once to the sautéed rice, covered, and baked in the oven until absorbed
- C. Hot stock is added gradually in small ladles, stirring constantly, allowing each addition to absorb before adding more
- D. The rice is cooked in a pressure cooker with all the stock at once for rapid, hands-off preparation

74. A cook is cooking dried spaghetti and tastes a strand. The exterior is tender, but there is a thin line of slightly firm resistance at the very centre of the strand. What does this indicate?

- A. The pasta is significantly undercooked and needs at least five more minutes of boiling
- B. The pasta has a manufacturing defect and the centre will never cook through properly
- C. The pasta has been contaminated with excessive gluten that prevents the centre from softening
- D. The pasta has reached al dente — the ideal doneness for service, with a slight firmness at the core

75. A cook is making pierogies from scratch. After boiling the filled dumplings until they float, what is the traditional finishing step before service?

- A. Deep-frying the boiled pierogies at 175°C until the exterior is golden and crispy throughout
- B. Pan-frying the boiled pierogies in butter with caramelized onions until golden on both sides
- C. Steaming the boiled pierogies for an additional 10 minutes to ensure the filling is heated through
- D. Tossing the boiled pierogies in a cream sauce and baking them in the oven until the sauce bubbles

76. A cook is preparing rice noodles for a pad Thai. The dried rice noodles should be prepared by which method before being added to the wok?

- A. Soaking in warm water until pliable, then adding to the hot wok for stir-frying
- B. Boiling in rapidly boiling salted water for 8 to 10 minutes, then draining and rinsing
- C. Deep-frying directly from the package in hot oil, where they puff and crisp instantly
- D. Grinding into a powder and reconstituting with hot water into a smooth paste for the wok

77. A cook is making tortellini and needs to ensure the filled pasta pieces hold together during cooking. What technique should be used to seal the edges before cooking?

- A. Stapling the edges together with small metal clips that are removed after cooking is complete
- B. Pinching the edges firmly while the dough is still dry, relying on the flour to create adhesion
- C. Baking the tortellini in the oven for 5 minutes to set the seal before transferring to water
- D. Brushing the edges with water or egg wash before pressing firmly to create a secure bond

78. A cook has prepared a batch of fresh fettuccine and needs to prevent the noodles from sticking together before cooking. Which method is correct?

- A. Toss the noodles in olive oil and pile them into a deep container for later use
- B. Submerge the noodles in cold water to keep them hydrated and separated until cooking time
- C. Dust generously with semolina flour and spread on parchment-lined trays in loose nests
- D. Wrap individual portions tightly in plastic wrap and refrigerate for no longer than 10 minutes

79. A cook is preparing Japanese udon noodles from a package for a hot soup. Unlike most dried Asian noodles, udon is available in fresh, pre-cooked, vacuum-packed form. How should the pre-cooked udon be prepared?

- A. Briefly immersed in boiling water for 1 to 2 minutes to loosen and reheat, then added to the hot broth
- B. Soaked in cold water overnight to restore the original texture before adding to the simmering soup
- C. Deep-fried in oil for 30 seconds to develop a crispy exterior before being placed in the broth
- D. Microwaved in the sealed package for 3 minutes, then cut open and added directly to the bowl

80. A cook is making choux paste and has added the flour to the boiling butter-water mixture. After stirring vigorously, a smooth dough ball has formed and pulled away from the sides of the pot. What does this step accomplish?

- A. It proofs the yeast that was added to the water, causing the dough to begin rising in the pot
- B. Cooking the flour in the liquid gelatinizes the starch, allowing the paste to absorb the eggs that follow
- C. It creates a roux that will thicken the final choux paste and give it a sauce-like consistency
- D. The heat activates the baking powder in the flour, which begins the chemical leavening process

81. A cook is preparing a lasagna and needs to decide between using dried lasagna noodles and fresh pasta sheets. What is the main advantage of fresh pasta sheets in this application?

- A. Fresh sheets are thicker and sturdier, providing more structural support between the layers
- B. Fresh sheets require no pre-cooking and can be layered directly into the baking dish with the fillings
- C. Fresh sheets absorb more sauce during baking, resulting in a drier and firmer finished lasagna
- D. Fresh sheets produce a tougher, chewier texture that holds up better during extended baking

82. A cook is preparing steel-cut oats for a breakfast service. Compared to rolled oats, what is the primary difference in cooking time and texture?

- A. Steel-cut oats take 20 to 30 minutes and have a chewy, nutty texture; rolled oats cook in 5 to 10 minutes and are softer
- B. Steel-cut oats are instant and cook in 2 minutes; rolled oats require 30 minutes of simmering
- C. Both types cook in the same amount of time but produce different flavours due to the cutting method
- D. Steel-cut oats must be soaked for 24 hours before cooking; rolled oats require no soaking at all

83. A cook is preparing a three-bean salad and has cooked the kidney beans, chickpeas, and white beans separately. When should the vinaigrette dressing be added for optimal flavour absorption?

- A. After the beans have been refrigerated overnight, so the cold temperature firms the beans
- B. At the moment of service only, so the acid in the dressing does not break down the beans
- C. While the beans are still frozen, so the vinaigrette penetrates the ice crystals as they thaw
- D. While the beans are still warm, as warm beans absorb the vinaigrette more effectively than cold beans

84. A recipe calls for pearl barley in a beef and barley soup. The cook adds the dry barley directly to the simmering soup. After 45 minutes, the soup has become extremely thick and starchy. What happened?

- A. The barley was contaminated with wheat flour, which thickened the soup excessively
- B. The cook used too much barley relative to the liquid, and barley releases significant starch as it cooks
- C. Pearl barley should have been soaked overnight before adding to the soup, like dried beans
- D. The barley was old and had deteriorated, releasing an abnormal amount of starch during cooking

85. A cook is preparing a batch of falafel. What is the primary ingredient in traditional falafel, and what is the critical preparation method?

- A. Cooked red lentils, puréed smooth and formed into patties before pan-frying in olive oil
- B. Canned chickpeas, drained and mashed with a fork before shaping and baking in the oven
- C. Dried chickpeas, soaked but NOT cooked, then ground with herbs and spices before deep-frying
- D. Cooked white beans, mashed with breadcrumbs and egg, then rolled in sesame seeds and grilled

86. A cook is making a pilaf with basmati rice. After sautéing the rice in butter with diced onion, the cook adds hot chicken stock, brings it to a simmer, and covers the pot. Where should the covered pot be placed for the most even cooking?

- A. In a moderate oven at approximately 175°C, which provides the most uniform surrounding heat
- B. On the highest burner setting on the stovetop to boil the stock as quickly as possible
- C. In a cold oven that is then turned on, allowing the temperature to rise gradually with the rice
- D. On a wire rack above the stovetop burner for indirect heat and better air circulation

87. Which of the following plant-based protein sources provides the most complete amino acid profile on its own, without needing to be combined with a complementary food?

- A. White rice, which provides all essential amino acids in balanced proportions when eaten alone
- B. Quinoa, which is one of the rare plant foods that contains all nine essential amino acids
- C. Corn, which provides a complete protein when processed into masa for tortilla production
- D. Wheat, which contains all essential amino acids in its gluten protein fraction when eaten as bread

88. A cook is preparing a vegan "scramble" using extra-firm tofu. To mimic the yellow colour of scrambled eggs, which spice is most commonly added?

- A. Paprika, which provides a reddish-orange colour similar to the natural colour of egg yolks
- B. Saffron, which produces the most accurate egg-yolk colour when dissolved in warm liquid
- C. Ground ginger, which adds a pale yellow tint and a warm, spicy flavour to the tofu mixture
- D. Turmeric, which provides a vivid yellow colour and an earthy flavour at a very low cost

89. A cook is preparing a batch of dried black beans and has completed the overnight soak. After draining and rinsing the beans, the cook adds them to a pot of fresh water and begins simmering. After one hour, the cook adds diced tomatoes, salt, cumin, and lime juice. Two hours later, the beans are still hard. What went wrong?

- A. The beans were undersoaked and needed a full 24-hour soak to rehydrate sufficiently
- B. The cook should have added the beans to boiling water rather than cold water at the beginning
- C. The tomatoes and lime juice were added too early — acid prevents beans from softening properly
- D. The cooking temperature was too high, which caused the bean skins to seal shut and block hydration

90. Textured vegetable protein (TVP) is a dehydrated soy product commonly used as a ground meat substitute. How is TVP prepared before using it in a recipe?

- A. Rehydrated in hot water or broth until it absorbs the liquid and develops a ground-meat-like texture
- B. Deep-fried in oil at 175°C until crispy, then crumbled and added to the dish as a topping
- C. Baked in the oven at 200°C for 30 minutes to activate the soy protein before adding to recipes
- D. Ground in a food processor with eggs and breadcrumbs to form a paste before cooking

91. A cook is making a nut crust for pan-seared halibut using ground pecans, panko breadcrumbs, and fresh herbs. A guest at the table has a tree nut allergy. What must the cook do?

- A. Use the nut crust as prepared since pecans are technically a drupe, not a true tree nut
- B. Prepare the guest's halibut with an alternative crust that contains no tree nuts or nut-derived ingredients
- C. Remove the nut crust from the halibut after cooking, since the heat has denatured the allergen proteins
- D. Reduce the amount of pecans in the crust by half, which brings the allergen below the reaction threshold

92. A cook is preparing coconut rice using full-fat canned coconut milk as part of the cooking liquid. What cooking method should be used?

- A. Boil the rice in excess coconut milk, drain the excess, and fluff with a fork before serving
- B. Deep-fry the rice in coconut oil first, then add coconut milk and simmer uncovered until dry
- C. Combine coconut milk with water in the appropriate ratio and cook using the absorption method
- D. The absorption method with coconut milk combined with water in the correct ratio, simmering covered until absorbed

93. A cook is preparing a beef stew using cubes of chuck. After seasoning the cubes, the cook places all of them into the pot at once. The pot is crowded, and the meat begins to release liquid and turn grey rather than browning. What error occurred?

- A. The meat was not seasoned with enough salt, which is required to initiate the Maillard reaction
- B. The pot was preheated to too high a temperature, which caused the proteins to seize immediately
- C. The pot was overcrowded, which dropped the temperature and caused the meat to steam instead of sear
- D. The chuck cubes were too large and should have been sliced into thin strips for faster browning

94. A cook is preparing a rack of lamb and the chef asks for it to be "frenched." What does this mean?

- A. The rib bones are scraped clean of all meat, fat, and membrane for an elegant presentation
- B. The entire rack is deboned and the loin is rolled into a cylinder and tied with butcher's string
- C. The rack is butterflied by cutting between the ribs and opening the meat flat for grilling
- D. The fat cap is scored in a diamond pattern and rubbed with herbs before roasting at high heat

95. A cook removes a roasted pork loin from the oven. The internal temperature reads 68°C. The target temperature is 71°C. Should the cook return the loin to the oven?

- A. Yes, the loin must be returned because it has not reached the Health Canada minimum of 71°C
- B. No, carryover cooking of 3°C to 5°C during the rest period will bring the loin to 71°C or above
- C. Yes, because pork must reach 82°C for safety due to the historical risk of trichinosis
- D. No, because 68°C is already above the minimum safe temperature for all whole meat cuts

96. A cook is preparing duck confit and needs to render duck fat for the cooking process. What parts of the duck are the best source for rendering fat?

- A. The breast meat, which contains the most intramuscular fat available for rendering
- B. The wing tips, which are composed primarily of connective tissue that melts into liquid fat
- C. The leg and thigh bones, which release marrow fat when simmered in water for several hours
- D. The skin trimmings and the fat deposits from the cavity, which render efficiently over low heat

97. According to the Canadian beef grading system, what is the ONLY factor that differentiates Canada Prime from Canada AAA, Canada AA, and Canada A?

- A. The degree of marbling in the ribeye muscle, which ranges from trace (A) to slightly abundant (Prime)
- B. The age of the animal at slaughter, with Prime reserved for the youngest cattle under 12 months
- C. The breed of cattle, with Prime exclusively assigned to Wagyu and Angus crossbred animals
- D. The tenderness rating assessed by a mechanical probe inserted into the loin during grading

98. A cook is braising lamb shanks. After searing and adding the braising liquid, the cook brings the liquid to a vigorous boil, covers the pot, and places it in a 220°C oven. After three hours, the meat is tough and stringy despite the long cooking time. What went wrong?

- A. The braising liquid contained too much wine, which toughened the collagen during cooking
- B. The lamb shanks should have been butterflied and pounded before braising to reduce cooking time
- C. The temperature was too high — boiling toughens muscle fibres; braising requires a gentle simmer
- D. Three hours is insufficient for lamb shanks, which require a minimum of six hours of braising

99. A cook is grilling bone-in pork chops and uses the "hand test" to check doneness. When pressed with a finger, the chop feels firm with little give, similar to pressing the fleshy base of the thumb when the ring finger touches it. What doneness does this indicate?

- A. Rare, which would produce a cool, bright red centre and a very soft, yielding feel
- B. Medium-well, which produces a slightly pink centre with considerable firmness when pressed
- C. Medium-rare, which produces a warm red centre and a springy but still yielding feel
- D. Well-done, which produces a uniformly grey centre and an extremely firm, hard feel

100. A cook is preparing a game meat stew using cubed moose shoulder. Compared to a standard beef stew made from chuck, what adjustment should the cook make?

- A. Use a shorter braising time because game meat has less connective tissue than beef chuck
- B. Add more fat (larding or barding) because moose is significantly leaner than domestic beef
- C. Use a higher oven temperature to compensate for the denser muscle structure of wild game
- D. Add acid-based ingredients at the beginning to tenderize the naturally tougher game proteins

101. A cook needs to prepare schnitzel. The meat is sliced from the leg, pounded thin, and coated using the standard breading procedure. What is the correct three-step sequence for the standard breading procedure?

- A. Egg wash first, then flour, then breadcrumbs for maximum coating adhesion and crunch
- B. Breadcrumbs first, then egg wash, then flour for a reverse-order coating technique
- C. Flour first, then egg wash, then breadcrumbs — flour dries the surface, egg binds, crumbs crisp
- D. Egg wash first, then breadcrumbs, then a second egg wash for a double-coated extra-crispy finish

102. A cook is preparing beef tartare — a dish of raw, seasoned ground beef served as an appetizer. What is the most critical consideration when preparing raw meat for tartare?

- A. The beef must be marinated in citric acid for at least one hour to destroy surface pathogens
- B. Only pre-ground beef from a commercial supplier should be used, as it is pre-tested for safety
- C. The beef should be aged for a minimum of 30 days to ensure all parasites have been eliminated
- D. The beef must be of the highest quality, freshly ground from whole muscle in a sanitized grinder

103. A cook is roasting a whole turkey for a holiday banquet. The breast meat reaches 74°C before the thigh meat, which is still at 65°C. What technique could have been used to prevent this uneven cooking?

- A. Shielding the breast with aluminum foil partway through roasting to slow its cooking while the thighs catch up
- B. Removing the breast meat and serving it while returning the legs to the oven for continued roasting
- C. Increasing the oven temperature to 260°C so the thigh meat cooks faster and catches up to the breast
- D. Carving the turkey while partially cooked and finishing individual pieces under the broiler separately

104. A cook is preparing flank steak for fajitas. After grilling the steak to medium-rare and resting it, how should the meat be sliced?

- A. With the grain in thick slices to showcase the long muscle fibres and produce a chewy texture
- B. Against the grain in thin slices, which shortens the muscle fibres and produces tender pieces
- C. Into cubes of approximately 2 cm for uniform pieces that are easy to pick up with a fork
- D. Parallel to the surface in horizontal sheets, producing wide, flat pieces for wrapping in tortillas

105. A cook is preparing a blanquette de veau (white veal stew). Unlike most stews, the veal in a blanquette is NOT seared before simmering. Why?

- A. Veal is too tender to withstand the high heat of searing without falling apart completely
- B. Searing would develop allergens on the surface that are dangerous in reheated stew preparations
- C. Blanquette is a white stew — searing would develop brown colour that contradicts the dish's identity
- D. The liaison finish cannot adhere to seared meat, which would cause the sauce to slide off

106. A hunter brings wild boar meat to a restaurant kitchen. In addition to the standard 74°C minimum for game meats, what additional concern must the cook address when handling wild boar?

- A. Wild boar contains extremely high levels of cholesterol that must be reduced through boiling
- B. Wild boar has a strong gamey flavour that must be masked with heavy seasoning and marinades
- C. Wild boar cannot be served in Canadian restaurants due to federal wildlife protection regulations
- D. Wild boar carries a risk of trichinosis, reinforcing the requirement to cook to 74°C minimum

107. A cook is carving a rested standing rib roast (prime rib) for service. What is the first step in the carving process?

- A. Remove the rib bones from the roast by cutting along the bone line to free the boneless loin
- B. Slice the roast horizontally into thin layers starting from the top and working downward
- C. Cut the roast in half through the centre and slice each half into individual portions
- D. Score the fat cap in a diamond pattern and present the whole roast tableside before slicing

108. A cook is preparing chicken thighs for a Caribbean jerk preparation. The thighs are scored, marinated overnight in a spicy jerk paste, and then grilled over medium heat. Why are thighs preferred over breast meat for this preparation?

- A. Thighs are cheaper than breasts, making them the standard choice for cost-controlled preparations
- B. Thighs contain no bones, which makes them easier to grill and serve in casual dining settings
- C. Thigh meat is darker, fattier, and more forgiving of the long marinating and high-heat grilling without drying out
- D. Breast meat absorbs jerk spices more aggressively, producing an overwhelmingly spicy result

109. A cook is purchasing whole fish for a seafood feature and needs to select between fresh Atlantic salmon and fresh halibut. The salmon has bright, clear eyes, red moist gills, and a clean briny smell. The halibut has slightly cloudy eyes and a faint ammonia odour. Which fish should be accepted?

- A. Both fish should be accepted since minor cloudiness and faint odour are within normal limits
- B. Only the salmon should be accepted; the halibut's cloudy eyes and ammonia smell indicate deterioration
- C. Only the halibut should be accepted since flat fish naturally develop cloudy eyes during transport
- D. Neither fish should be accepted because all whole fish must be purchased frozen for food safety

110. A cook is searing sea scallops and they are not developing a golden-brown crust despite the pan being very hot. Instead, the scallops are releasing white liquid and steaming. What is the most likely problem?

- A. The pan is made of the wrong material and cannot achieve the temperature needed for searing
- B. The scallops were not seasoned before cooking, and salt is required to initiate the Maillard reaction
- C. The cook is using too much oil in the pan, which is flooding the scallops and preventing contact
- D. The scallops were not patted dry, or they are wet-packed (STP-treated) and releasing excess water

111. A cook is preparing a whole poached salmon for a cold buffet display. After poaching in court-bouillon, the salmon is cooled and the skin is carefully removed. What classical technique is used to give the salmon a glossy, jewel-like finish for presentation?

- A. Glazing with multiple thin coats of clear aspic, each allowed to set before the next is applied
- B. Brushing with a thick layer of mayonnaise that sets firm when refrigerated for 30 minutes
- C. Spraying with a commercial food-grade lacquer that produces a permanent high-gloss surface
- D. Dusting with powdered gelatin that dissolves on the moist surface and creates a shiny coating

112. A cook is making ceviche with fresh sea bass and lime juice. After 25 minutes in the lime juice, the fish flesh has turned from translucent to white and opaque. What has occurred?

- A. The lime juice has cooked the fish using thermal energy from the acid's exothermic reaction
- B. The fish has absorbed the lime juice and expanded, changing its opacity from the added liquid
- C. The citric acid has denatured the fish proteins, changing their structure in the same way heat does
- D. The lime juice has bleached the surface pigments of the fish without affecting the protein structure

113. A cook needs to boil a live 900-gram lobster for a lobster roll. Approximately how long should the lobster be cooked in rapidly boiling salted water?

- A. 3 to 4 minutes total, just until the shell begins to change from dark blue-green to reddish
- B. 14 to 16 minutes, calculated at approximately 8 to 10 minutes per 500 grams of lobster weight
- C. 30 to 35 minutes, because the dense claw meat requires extended cooking to reach safe temperature
- D. 45 to 50 minutes on a low simmer to prevent the tail meat from curling and becoming tough

114. A cook is fabricating a whole round fish and needs to remove the pin bones from the fillet. In which direction should the bones be pulled to minimize damage to the flesh?

- A. Straight upward at a 90-degree angle to the fillet surface for the cleanest possible extraction
- B. Toward the tail end, pulling opposite to the natural angle of the bones for a quick removal
- C. In a random direction, as pin bones have no consistent angle and each must be assessed individually
- D. Toward the head end, following the natural angle of the bones to avoid tearing the flesh

115. A cook orders a case of frozen shrimp labelled "16/20." What does this designation indicate?

- A. The shrimp were caught in fishing zone 16, area 20 of the Atlantic Ocean off the Canadian coast
- B. The shrimp are a blend of 16 cooked and 20 raw pieces in each package for convenience

- C. There are 16 to 20 individual shrimp per pound, indicating a relatively large shrimp size
- D. The shrimp weigh between 16 and 20 grams each, measured individually before freezing

116. A cook is preparing grilled swordfish steaks for dinner service. Why is swordfish well-suited to grilling, while sole is not?

- A. Swordfish has dense, firm flesh that holds together on the grill; sole is too delicate and fragile and would break apart
- B. Swordfish has a higher fat content than sole, which prevents it from sticking to the grill grate
- C. Swordfish has an edible skin that protects the flesh from the grill heat, while sole must be skinned
- D. Swordfish is always sold in thick steaks, while sole is only available in paper-thin fillets

117. A cook is cleaning fresh squid for a calamari appetizer. After pulling the head and tentacles from the body tube, what must be removed from inside the tube before cooking?

- A. The ink sac only, which is located near the head and would stain the finished dish black if left intact
- B. The transparent quill (internal shell), which is a thin, plastic-like structure running the length of the tube
- C. A hard, calcified external shell plate that must be cracked and peeled away before slicing the tube
- D. A cluster of small eggs attached to the inner wall of the tube that produce a bitter taste if cooked

118. A cook is preparing shrimp for a stir-fry and notices that several of the peeled shrimp have black spots (melanosis) on their shells and flesh. What does this indicate?

- A. The shrimp are contaminated with a marine parasite and must be discarded before cooking
- B. The black spots are a type of mould growth that indicates the shrimp have been stored too long

- C. The melanosis is a sign that the shrimp have been previously frozen and thawed multiple times
- D. Melanosis is a harmless enzymatic discolouration that indicates age but does not affect safety

119. A cook is preparing a seafood platter and includes raw oysters on the half shell. Which of the following is a correct food safety practice for raw oyster service?

- A. Oysters should be shucked in advance and left at room temperature for 2 hours to develop flavour
- B. All raw oysters must be cooked to 74°C before serving due to the risk of Vibrio bacteria
- C. Shucked oysters should be served immediately on a bed of crushed ice and kept below 4°C
- D. Oysters can be served at any temperature because their shells provide natural bacterial protection

120. A cook is en papillote cooking a fillet of halibut with asparagus, cherry tomatoes, white wine, and fresh herbs. After 12 minutes at 200°C, the parchment pouch has puffed up dramatically. Why has this occurred?

- A. The heat has caused the parchment paper itself to expand and inflate from its own internal gases
- B. The baking powder sprinkled on the fish before wrapping has reacted with the wine's acid
- C. The ingredients are releasing carbon dioxide gas from a fermentation reaction inside the pouch
- D. Steam generated from the wine, moisture in the fish, and vegetables has inflated the sealed pouch

121. A cook is purchasing fresh mussels for a large dinner service. Upon inspection, three mussels in the batch have open shells. The cook taps each open mussel firmly on the counter. Two close slowly; one remains open. What should be done?

- A. All three open mussels should be discarded regardless of whether they close when tapped
- B. All mussels with any shell gap should be returned to cold water for 30 minutes to recover

C. The two that closed when tapped are alive and safe; the one that remained open is dead and must be discarded

D. Discard the one that remained open; keep the two that closed; and inspect all remaining mussels

122. A cook is preparing a fish dish using the en papillote technique and the cuisson (shallow poaching) technique on separate tickets. What is the key difference between these two methods?

A. En papillote uses dry heat while cuisson uses moist heat for entirely different cooking results

B. Cuisson produces a poaching liquid that is reduced into a sauce; en papillote produces no recoverable sauce

C. En papillote requires a court-bouillon while cuisson uses only butter and aromatics without liquid

D. There is no meaningful difference — both terms describe the same technique of poaching in parchment

123. A cook receives a delivery of live crabs. Several crabs are motionless and do not respond when touched. What is the correct action?

A. Accept all crabs and cook them immediately, as motionless crabs are simply dormant from cold storage

B. Reject the motionless crabs, as live shellfish must be responsive and active when received

C. Place the motionless crabs in warm water for 10 minutes to revive them before cooking

D. Accept all crabs and sort them after cooking, discarding any that do not smell acceptable

124. A cook prepares a tuna salad (bound salad) for sandwich service. The finished salad will be held in the prep cooler and used throughout the lunch shift. At what temperature must the tuna salad be held?

A. Room temperature is acceptable for bound salads during a four-hour service window

B. At 60°C or above on a steam table, since tuna salad contains cooked fish protein

- C. At any temperature below 21°C, the upper limit of the dry storage temperature range
- D. At 4°C or below at all times, because mayonnaise-based bound salads are potentially hazardous foods

125. A cook is building a BLT sandwich. The bread has been toasted and the bacon is crispy. When the cook adds the sliced tomato, the bottom piece of toast becomes soggy within minutes. What step could have prevented this?

- A. Using thicker slices of tomato that release less juice onto the bread surface during assembly
- B. Applying mayonnaise to the toast before adding the tomato, creating a moisture barrier
- C. Refrigerating the assembled sandwich for 10 minutes to set the tomato juices before service
- D. Salting the tomato slices heavily to draw out excess moisture before placing them on the bread

126. A cook is preparing a classic Niçoise salad for a lunch entrée. Which of the following correctly describes the construction and presentation of this composed salad?

- A. All ingredients are tossed together in a large bowl with the vinaigrette and served family-style
- B. The ingredients are layered in a tall glass jar, pressed down, and inverted onto the plate for height
- C. Each ingredient is puréed separately and piped onto the plate in decorative dots and swirls
- D. Each ingredient (tuna, potatoes, green beans, eggs, olives, anchovies) is arranged separately on the plate

127. A cook is preparing a wrap sandwich using a large flour tortilla. After placing the filling in a line across the lower third of the tortilla, what is the correct folding and rolling technique?

- A. Fold the bottom edge up over the filling, fold both sides inward, and roll tightly into a cylinder
- B. Fold the tortilla in half like a taco and serve open-ended for the guest to hold and eat

- C. Roll the tortilla from left to right without folding the ends, creating an open-ended cylinder
- D. Fold all four edges toward the centre simultaneously, creating a sealed square envelope

128. A cook is making a warm spinach salad with bacon. The procedure calls for rendering bacon lardons until crispy, removing them, and then using the hot rendered bacon fat as part of the dressing. What effect does the warm dressing have on the spinach?

- A. The warm fat seals the spinach leaves, creating a crispy, chip-like texture on each leaf
- B. The warm dressing has no effect on the spinach and is used purely for its bacon flavour
- C. The warm dressing slightly wilts the spinach, creating a unique texture between raw and fully cooked
- D. The warm fat deep-fries the spinach leaves in the bowl, producing a crunchy tempura-like coating

129. A cook needs to select a bread for a pressed Cuban sandwich. Which type of bread is traditional for this preparation?

- A. Sliced whole wheat bread, which provides a hearty, nutty flavour for the roasted pork filling
- B. Cuban bread or a soft, white, slightly sweet roll with a thin, crispy crust that compresses well
- C. A dense pumpernickel rye, which provides structural integrity during the pressing process
- D. A thick-cut sourdough, which adds a tangy flavour that complements the mustard and pickles

130. A cook is preparing an aioli to serve with grilled vegetables. What is the traditional base ingredient that distinguishes aioli from standard mayonnaise?

- A. Anchovy paste, which gives aioli its distinctive salty, umami-rich flavour profile
- B. Roasted red peppers, which give aioli its characteristic red colour and smoky sweetness

- C. Olive oil and a neutral oil blend, which is the standard base for all mayonnaise variations
- D. Raw garlic, which is the defining ingredient — aioli is fundamentally a garlic mayonnaise

133. A cook is preparing a galantine of chicken. What is the first step in the production process?

- A. Grinding the chicken through a meat grinder twice using a fine die to create a smooth forcemeat
- B. Completely boning the whole chicken through the back, keeping the skin intact in one piece
- C. Brining the whole chicken in a salt-water solution for 24 hours to season and firm the flesh
- D. Roasting the chicken whole until golden brown, then cooling and slicing for the galantine assembly

134. A cook is making sausages and the recipe calls for natural hog casings. The casings have been packed in salt for preservation. Before stuffing, what must be done with the casings?

- A. Boil the casings in salted water for 10 minutes to sterilize and soften them before stuffing
- B. Freeze the casings for 24 hours to kill any pathogens before thawing and using them
- C. Use the casings directly from the salt pack without any preparation for maximum firmness
- D. Rinse thoroughly, soak in cold water for 30 minutes to soften, and flush with water before stuffing

135. A cook is preparing a hot-smoked trout. At what temperature range does hot smoking occur, and what effect does it have on the product?

- A. Below 30°C, which flavours the trout without cooking it and preserves a raw, silky texture
- B. At exactly 100°C, which is the boiling point of water and produces a fully steamed product
- C. Between 60°C and 85°C, which simultaneously infuses smoke flavour and partially or fully cooks the trout

D. Above 200°C, which chars the exterior of the trout for a blackened, crispy-skinned presentation

136. A cook is preparing a batch of chicken liver mousse. After sautéing the livers with shallots and deglazing with cognac, the mixture is puréed until smooth. What ingredient is added during puréeing to create the characteristic silky, rich texture?

A. Softened whole butter, which emulsifies into the warm liver purée for a velvety smooth consistency

B. Heavy cream mixed with egg whites, which lightens the mousse to a foam-like texture

C. Cornstarch dissolved in cold water, which thickens the mixture into a firm, sliceable pâté

D. Rendered pork lard, which adds body and helps the mousse set firmly when refrigerated

137. A cook is building a canapé for a cocktail reception. The base is a toasted round of brioche, the spread is herbed cream cheese, and the garnish is a slice of smoked salmon. What is the fourth and final component?

A. A second piece of bread placed on top to create a miniature closed sandwich for easier handling

B. A small décor element such as a sprig of dill and a dot of crème fraîche for visual finishing

C. A pool of sauce surrounding the canapé on the serving platter for guests to dip into

D. A skewer or toothpick inserted through the centre to hold all the components together

138. A cook is preparing a dry cure for gravlax (Scandinavian cured salmon). What are the essential curing ingredients?

A. Soy sauce, rice vinegar, and ginger, applied to the salmon surface and refrigerated for 24 hours

B. Buttermilk and hot sauce, in which the salmon is submerged and refrigerated for 48 hours

C. A mixture of salt, sugar, and fresh dill packed onto the salmon flesh and refrigerated for 24 to 72 hours

D. Liquid smoke and brown sugar, brushed onto the salmon and baked at 120°C for two hours

139. A cook is lining a terrine mould with caul fat before filling it with forcemeat. What is caul fat?

A. The thick layer of subcutaneous back fat trimmed from a pork loin during fabrication

B. A solid block of rendered and clarified beef tallow used for deep-frying in commercial kitchens

C. A thin sheet of pork belly that has been sliced on a deli slicer to paper-thin uniform thickness

D. The lace-like membrane of fat surrounding the stomach of a pig, used to wrap terrines and roasts

140. A cook is preparing an enzymatic marinade for beef using fresh papaya. What enzyme in papaya acts as a natural meat tenderizer?

A. Papain, a proteolytic enzyme that breaks down protein fibres on the surface of the meat

B. Bromelain, which is found exclusively in pineapple and is sometimes confused with papaya enzymes

C. Amylase, which breaks down starch and indirectly softens meat by degrading carbohydrate bonds

D. Lipase, which breaks down fat and releases free fatty acids that dissolve connective tissue

141. A baker is preparing a soufflé and has whipped the egg whites to stiff peaks. When folding the whites into the flavoured base, the baker stirs the first spoonful of whites vigorously into the base before gently folding in the remainder. Why is the first addition stirred rather than folded?

A. Stirring the first addition is an error — all additions should be folded gently from the start

B. The first vigorous stir lightens the heavy base, making it easier to fold in the remaining whites without deflating them

C. The first addition of whites is sacrificed to test the temperature of the base before committing the full batch

D. Vigorous stirring activates a chemical reaction between the whites and the base that stabilizes the final foam

142. A baker is making a classic pound cake using the creaming method. After creaming the butter and sugar for five minutes, the mixture appears pale, fluffy, and significantly increased in volume. What has been accomplished?

A. The sugar has completely dissolved into the butter, creating a smooth, liquid-like paste

B. The butter has melted from the friction, which is the desired state for creaming method cakes

C. Millions of tiny air bubbles have been incorporated into the fat, which serve as the primary leavening

D. The gluten in the butter has been activated by the mechanical action of the mixer paddle

143. A baker is making bread and the recipe calls for active dry yeast. The baker dissolves the yeast in water that is 65°C. After 10 minutes, there is no foaming or bubbling. What happened?

A. The water was too hot and killed the yeast, which is destroyed at temperatures above approximately 60°C

B. The yeast was expired and would not have activated regardless of the water temperature used

C. Active dry yeast does not foam when dissolved and the baker should proceed with the recipe

D. The water was too cold to activate the yeast, which requires a minimum temperature of 70°C

144. A baker is preparing puff pastry and the recipe states the dough must undergo six single turns. What do these turns accomplish?

A. The turns knead the dough to develop gluten, creating a chewy, bread-like texture in the pastry

- B. The turns incorporate air pockets into the dough that expand with baking powder during baking
- C. The turns mix the butter and flour together into a homogeneous dough similar to shortbread
- D. Each turn creates additional alternating layers of dough and butter, producing hundreds of flaky layers

145. A baker is making crème caramel and has prepared the caramel by cooking sugar until it reaches a deep amber colour. The baker pours the hot caramel into the ramekins. Why must extreme caution be exercised during this step?

- A. The caramel releases toxic fumes at high temperature that require ventilation and respiratory protection
- B. Caramelized sugar is extremely sticky and can cause a dangerous allergic reaction if it contacts skin
- C. Hot caramel is well above 160°C and causes severe, deep burns instantly upon skin contact
- D. The ramekins may crack from thermal shock if the caramel is poured too quickly into cold ceramic

146. A baker needs to produce a very moist, tender chocolate cake with a long shelf life. Which fat would produce the moistest result?

- A. Cold butter, cut into small cubes and incorporated using the rubbing-in method for flaky layers
- B. Vegetable oil, which coats flour proteins more thoroughly than solid fats, maximizing moisture and tenderness
- C. Shortening, which has the highest melting point and produces the crispiest, driest cake texture
- D. Lard, which is a traditional animal fat that produces a distinctly savoury flavour in chocolate cakes

147. A baker is making a Swiss meringue buttercream. The egg whites and sugar have been heated over a bain-marie to 71°C and are now being whipped in the stand mixer. At what point should the softened butter be added?

- A. After the meringue has been whipped to stiff, glossy peaks and cooled to approximately room temperature
- B. Immediately after removing the bowl from the bain-marie, while the meringue is still warm
- C. After the meringue is whipped but before it reaches stiff peaks, at the soft peak stage only
- D. After the meringue has been refrigerated for one hour and is completely cold and firm

148. A baker is blind-baking a tart shell for a fresh fruit tart. After removing the pie weights and parchment, the baker returns the shell to the oven for a few more minutes. What is the purpose of this additional baking time?

- A. To allow the pastry to absorb additional butter from the air in the oven for a richer flavour
- B. To activate the baking powder in the dough, which provides a final burst of rise for the shell
- C. To dry and colour the bottom of the shell, ensuring it is fully baked and crisp before filling
- D. To sterilize the interior surface of the shell so that the fruit filling does not spoil during display

149. A baker is making ganache and pours hot cream over finely chopped dark chocolate. After letting it sit for two minutes, the baker begins to stir. Why should the stirring begin from the centre and work outward?

- A. Starting from the centre and working outward creates a stable emulsion core that gradually incorporates all the chocolate
- B. Stirring from the centre pushes air bubbles to the edges where they can escape more easily
- C. Centre-first stirring prevents the ganache from overheating by keeping the hottest cream in the middle
- D. This technique is purely aesthetic and has no functional impact on the ganache's texture or stability

150. A baker is tempering white chocolate for moulding and needs to bring it to the correct working temperature. What is the working temperature for tempered white chocolate?

- A. 31°C to 32°C, the same working temperature used for dark chocolate in all applications
- B. 34°C to 36°C, which is higher than dark chocolate because white chocolate melts at a higher point
- C. The exact temperature does not matter for white chocolate since it contains no cocoa solids
- D. 27°C to 28°C, which is the lowest working temperature of all chocolate types due to its heat sensitivity

## Practice Exam 3: Answer Key and Explanations

1. A — Food-contact surfaces contaminated with raw meat juices require a two-step process: first clean to remove all visible soil and residue, then apply an approved sanitizer at the correct concentration with proper contact time. Sanitizer alone cannot penetrate food soil — cleaning must always precede sanitizing for the sanitizer to be effective.
2. D — FAT TOM is the acronym for the six conditions bacteria require to grow and multiply: Food, Acidity (pH 4.6–7.5), Temperature (4°C–60°C danger zone), Time (no more than 2 hours cumulative in the danger zone), Oxygen (aerobic or anaerobic depending on the species), and Moisture (water activity). Controlling any one factor can slow or stop bacterial growth.
3. C — The chili has dropped below 60°C into the danger zone but has been there for less than two hours (it was above 60°C until recently). The correct action is to reheat it rapidly to 74°C or above within two hours and return it to the steam table. If it cannot reach 74°C within two hours, it must be discarded.
4. B — Using the same unwashed knife and cutting board for raw chicken and then for slicing ready-to-eat tomatoes is the textbook definition of cross-contamination. Raw chicken harbours Salmonella and other pathogens that transfer directly to the tomatoes via the contaminated blade and board surface. The tomatoes will not be cooked, so the pathogens remain viable.
5. D — The vertical storage hierarchy places raw poultry on the lowest shelf because poultry requires the highest cooking temperature (74°C pieces, 82°C whole) of all commonly stored proteins. If it drips, the drip falls onto nothing or onto the floor — not onto other foods. Ready-to-eat items occupy the top shelf; all other proteins are arranged between by cooking temperature.
6. B — Cold shellfish and other cold foods displayed on a buffet must be maintained at 4°C or below. Presenting shrimp on a bed of crushed ice is the standard method for maintaining safe cold temperatures

during buffet service. Room temperature display would allow the shrimp to enter the danger zone within minutes.

7. A — Section 4 of the standardized 16-section Safety Data Sheet covers First-Aid Measures — the emergency response procedures for all routes of exposure including eye contact, skin contact, inhalation, and ingestion. This is where a cook would find specific instructions for treating a chemical splash to the eyes.

8. C — HACCP Principle 7 requires that all records be maintained and available for inspection. Discarding temperature logs after one week violates this principle — records must be retained for the period specified by the operation's HACCP plan and local health authority requirements. These records demonstrate due diligence and are essential evidence during inspections and investigations.

9. D — The guest has a severe shellfish allergy, and the cook prepared their vegetables on a grill surface contaminated with shellfish proteins from the shrimp skewers. This is allergen cross-contact — the transfer of an allergen from one food to another through a shared surface. Even trace amounts of shellfish protein can trigger life-threatening anaphylaxis.

10. B — Before operating a commercial meat slicer, the cook must verify that the blade guard is in its correct position, the food carriage (which feeds product across the blade) is functioning properly, and the blade is clean, sharp, and free of damage. The slicer is one of the most dangerous pieces of equipment in the kitchen and must be inspected before every use.

11. A — Chemical products must be stored in a completely separate, clearly designated area away from all food, food-contact surfaces, and food preparation zones. This prevents chemical contamination from spills, splashes, vapours, and mislabelling. Storing chemicals above food, in unlabelled containers, or beneath food preparation areas all violate food safety regulations.

12. C — The PASS method for fire extinguisher operation is: Pull the pin, Aim the nozzle at the base of the fire (not at the flames — aiming at the top is ineffective because it misses the fuel source), Squeeze the handle to discharge the agent, and Sweep from side to side across the base of the fire.

13. B — Bloating in vacuum-packed products indicates gas production inside the sealed package — a classic sign of bacterial activity, potentially including *Clostridium botulinum*, which produces gas as a byproduct of growth in anaerobic (oxygen-free) environments. The package must be rejected without opening. Cooking does not destroy botulinum toxin once it has formed.

14. D — The correct response to a falling knife is to step back and let it hit the floor. Never attempt to catch a falling knife — the instinctive grab almost always results in the hand closing around the blade, causing a severe laceration. A dropped knife can be cleaned and re-sharpened; a severed tendon cannot.

15. A — Conversion factor = desired yield  $\div$  original yield =  $60 \div 24 = 2.5$ . Red wine:  $750 \text{ ml} \times 2.5 = 1,875 \text{ ml}$ . Every ingredient in the recipe must be multiplied by the same conversion factor to maintain correct proportions at the new yield.

16. C — An induction cooktop uses electromagnetic energy to generate a magnetic field that heats ferromagnetic cookware (cast iron, magnetic stainless steel) directly. The cooktop surface itself does not get hot — only the pan heats. Induction provides instant, precise temperature control and generates minimal ambient heat, but it requires compatible cookware.

17. B — The correct honing angle is approximately 20 degrees between the blade and the steel. The blade is drawn from heel to tip in a smooth, sweeping motion, alternating sides for equal numbers of strokes. A 45-degree angle is too steep and would damage the edge; a 5-degree angle is too shallow to make contact with the edge effectively.

18. D — FIFO (First In, First Out) requires that older stock be used before newer stock. New deliveries are placed behind or beneath existing inventory so that the oldest products (Thursday's delivery) are positioned in front and used first. This prevents expiration, spoilage, and waste by ensuring products are consumed in the order they were received.

19. A — Yield percentage = EP weight  $\div$  AP weight  $\times 100$ . With an as-purchased weight of 4 kg and a trimmed edible portion of 3 kg, the calculation is  $3.0 \div 4.0 \times 100 = 75\%$ . This percentage is then used to calculate the true edible portion cost, which is always higher than the as-purchased cost per unit.

20. B — EP cost per kilogram = AP cost per kg  $\div$  yield percentage (as a decimal). AP cost per kg =  $\$48.00 \div 4 \text{ kg} = \$12.00/\text{kg}$ . With an 80% yield:  $\$12.00 \div 0.80 = \$15.00$  per kilogram of edible asparagus. The EP cost is always higher than the AP cost because you pay for the whole product but can only serve the usable portion.

21. D — Halal dietary laws prohibit the consumption of pork and pork-derived products (including lard, bacon, gelatin from pork, and pork-based stocks) and require that all meat be slaughtered according to Islamic procedures (dhabiha). The cook must verify that no meat, stock, fat, or other ingredient in any component of the dish originates from pork or from animals not slaughtered according to halal requirements.

22. C — Reaching into a running planetary mixer is extremely dangerous. The rotating attachment (whip, paddle, or hook) can catch the cook's hand, fingers, utensil, or clothing and pull them into the mechanism, causing severe crush injuries, fractures, or amputations. The mixer must always be turned off completely before reaching into the bowl for any reason.

23. A — Weighing ingredients on a digital scale produces more accurate and consistent results than measuring by volume. Ingredients like flour, sugar, and cocoa pack differently depending on how they are scooped, sifted, or settled — a cup of flour can vary by 20% or more depending on technique. Weight is objective and consistent regardless of how the ingredient is handled.

24. D — The first step before cleaning any powered equipment is to turn it off and unplug it (or lock it out) to prevent accidental activation during the cleaning process. The thickness gauge must be set to zero (closed/locked position) to protect the cleaner from the blade. Only after the machine is fully de-energized should any cleaning begin.

25. D — In the classical glazing technique, the carrots are placed in a single layer in a pan with a small amount of stock (or water), butter, sugar, and salt. As the liquid simmers and evaporates, it reduces to a syrupy glaze that coats the carrots with a shiny, sweet, richly flavoured finish. The butter emulsifies into the reducing liquid for body and sheen.

26. A — Winter squash (butternut, acorn, pumpkin) has a hard, thick skin that protects it during extended storage — it keeps for weeks to months in cool, dry storage (10°C–15°C). Summer squash (zucchini, yellow squash) has thin, tender skin and high moisture content, making it highly perishable — it must be refrigerated and used within days.

27. C — The classic bouquet garni consists of thyme sprigs, parsley stems (which have more concentrated flavour than the leaves), and bay leaves, tied together with kitchen string or wrapped in leek leaves. This bundle is added to stocks, soups, and braises during the final hour of cooking and removed before straining or service.

28. B — Chiffonade is the technique of cutting leafy herbs and greens into fine ribbons by stacking the leaves, rolling them tightly into a cigar shape, and slicing crosswise into thin strips. It is the standard cut for basil, mint, sage, lettuce, and spinach when fine ribbons are desired for garnish or incorporation into dishes.

29. D — Overcrowding the pan is the most common cause of uneven roasting. When vegetables are packed too tightly, the moisture they release during cooking has no space to evaporate — it becomes trapped as steam, which prevents browning in the centre. Vegetables must be spread in a single layer with space between pieces for hot air to circulate and promote caramelization.

30. A — Sautéing uses high heat and produces browning through the Maillard reaction and caramelization. Sweating uses low heat and fat to gently soften vegetables and release their moisture without developing any colour. Both techniques use fat and a pan, but the heat level and desired outcome are fundamentally different.

31. C — Waxy potatoes (Red Bliss, fingerlings, new potatoes) have low starch and high moisture content, which allows them to hold their shape after boiling, slicing, and tossing with dressing. Starchy potatoes (Russets) would crumble and disintegrate under the same treatment, producing a mushy, broken salad.

32. B — Fresh spinach grows in sandy soil and traps significant amounts of grit between its crinkled leaves. It must be washed thoroughly in cold water — immersed, agitated, and lifted out (not poured through a strainer) — and the process repeated until the water is completely clean. Skipping this step results in an unpleasant, gritty texture in the finished dish.

33. D — A white mirepoix replaces the standard carrots with parsnips or additional onion to avoid introducing orange colour into preparations where a light, pale appearance is desired. White mirepoix is used in white stocks, fish fumet, and light-coloured sauces and soups where carrot colour would be undesirable.

34. A — Eggplant is botanically classified as a fruit (specifically a berry) because it develops from the flower of the plant and contains seeds within its flesh. However, it is used exclusively as a vegetable in culinary practice. Other "fruit vegetables" include tomatoes, peppers, zucchini, and avocados — all of which are botanical fruits used as culinary vegetables.

35. C — Yellowed leaves and slimy texture at the base of the stems indicate bacterial breakdown and deterioration beyond professional quality standards. Fresh parsley should have bright green, crisp leaves and firm, clean stems. The delivery should be rejected and replaced with fresh product — trimming damaged herbs is not sufficient for professional use.

36. B — Fresh pineapple contains bromelain, papaya contains papain, and kiwi contains actinidin — all proteolytic enzymes that break down the protein structure of gelatin and prevent it from setting. These fruits must be cooked (which denatures the enzymes) before being incorporated into any gelatin-based preparation. Mango does not contain a gelatin-inhibiting enzyme.

37. D — Deglazing is the technique of adding liquid to a hot pan to dissolve the fond — the caramelized residue of proteins, sugars, and juices that adheres to the bottom of the pan during roasting or searing. This fond is concentrated flavour and must be captured by deglazing and incorporated into the stock. Discarding the fond wastes a significant flavour component.

38. A — A vigorous rolling boil agitates the stock violently, emulsifying the fat and impurities into the liquid rather than allowing them to rise to the surface where they can be skimmed. The result is a permanently cloudy, greasy stock. White stock requires a gentle simmer with regular skimming — never a rolling boil.

39. B — Remouillage (French for "rewetting") is a second extraction produced by simmering bones that have already been used for a first stock in fresh water. The result is a weaker stock that can be used in place of water when making the next batch of full-strength stock, effectively concentrating flavour over successive batches. It is an economical practice that maximizes value from bones.

40. C — Classical bisque is traditionally thickened with rice. The rice is cooked in the shellfish-infused liquid and then puréed along with the roasted shells and cooking liquid, producing the characteristic smooth, thick body. In modern practice, roux is sometimes substituted, but rice remains the traditional thickening agent.

41. D — Deep caramelization of onions for French onion soup requires 30 to 45 minutes of slow cooking over medium-low heat with periodic stirring. The natural sugars in the onions gradually caramelize through the Maillard reaction, producing the deep golden-brown colour and intensely sweet, complex flavour that defines the soup.

42. A — When a puréed soup is too thick, the correct adjustment is to add warm stock gradually while stirring until the desired consistency is reached. Stock adds flavour along with liquid, unlike water, which dilutes flavour. Adding stock in small increments allows the cook to reach the exact consistency without overshooting.

43. B — Gazpacho is a Spanish cold soup made from raw puréed tomatoes, peppers, cucumbers, garlic, olive oil, and vinegar, served chilled. It does not fit the standard clear or thick soup classifications because it is uncooked, served cold, and does not follow the cooking procedures of traditional hot soups. It is classified as a specialty or national soup.

44. B — Adding unsoaked dried beans to a minestrone that already contains tomatoes creates a double problem: the beans are unhydrated (requiring much longer to cook), and the acidic tomatoes prevent the bean cell walls from softening. The combination means the beans may never become tender regardless of how long the soup simmers.

45. A — During consommé production, the cook stirs the cold clearmeat-stock mixture gently as it heats to ensure even distribution and prevent the clearmeat from settling and burning on the bottom. Once the raft begins to form and rise to the surface (typically around 70°C–80°C), stirring must stop completely. The raft must remain undisturbed to function as a filter.

46. D — Glace de viande (meat glaze) is stock that has been reduced by 80%–90% to a thick, syrupy concentrate that sets to a rubbery solid when cooled. A tablespoon or two added to a pan sauce provides an intense boost of meaty flavour and body. It is the most effective way to fortify a sauce when demi-glace is unavailable.

47. B — A seafood chowder requires both the delicate flavour of the sea (provided by fish fumet) and the rich, creamy body that defines chowder (provided by whole milk or cream). Brown veal stock would overpower the seafood, plain water would lack flavour, and red wine would clash with the cream and shellfish.

48. A — Pressing the solids against the strainer forces cloudy particles, fat droplets, and impurities through the cheesecloth into the stock, producing a cloudy, murky result. The straining process must be gentle — the stock should be ladled carefully through the lined chinois and the solids left undisturbed. Maximum clarity requires patience, not pressure.

49. A — After adding the stock to the roux and bringing the velouté to a simmer, it must continue simmering for a minimum of 20 to 30 minutes. This extended simmering fully cooks out the raw, starchy, floury taste of the uncooked flour in the roux and allows the starch to gelatinize completely, achieving maximum thickening and a clean, smooth flavour.

50. C — Hollandaise that has broken badly with visible scrambled egg curds is generally beyond rescue. The egg yolk proteins have coagulated irreversibly into solid fragments that cannot be re-emulsified into a smooth sauce. Minor breaking (slight separation without curds) can sometimes be rescued by whisking in a small amount of hot water, but full curdling requires starting over.

51. B — The dark residue on the bottom of the pan after searing is fond — concentrated caramelized meat juices, proteins, and sugars. This is not burnt material; it is the most flavourful component available for sauce building. Deglazing with wine or stock dissolves the fond and incorporates its intense flavour into the pan sauce.

52. C — Nappé consistency means the sauce is thick enough to coat the back of a spoon evenly, and when a finger is drawn through the coating, it holds a clean line without the sauce running back together. This is the standard consistency test for cream sauces, velouté, crème anglaise, and other medium-bodied sauces.

53. A — When making mayonnaise, the oil must be added very slowly at first — a thin, steady stream or even drop by drop — while whisking vigorously. This allows the lecithin in the egg yolks to coat each microscopic oil droplet before the next is added. Once the emulsion is established and the mixture begins to thicken, the oil can be added slightly faster.

54. D — Returning a butter-mounted sauce to high heat breaks the emulsion. The butter, which was suspended in the sauce as an emulsion, separates back into liquid fat that floats on top of a thin, broken liquid. A mounted sauce must be served immediately and held only at a warm, gentle temperature — never boiled or placed over high heat.

55. B — Sauce Robert is a derivative of espagnole/demi-glace distinguished by onions, white wine, and Dijon mustard. It is served classically with pork. Adding julienned cornichons to sauce Robert transforms it into sauce charcutière — another derivative in the brown sauce family.

56. C — Arrowroot starch produces the clearest, most transparent thickened result of all common starches, making it ideal for fruit sauces, glazes, and other preparations where visual clarity is important. Cornstarch produces a slightly translucent result; roux and beurre manié produce opaque results; and a liaison adds opacity from the cream and egg yolks.

57. D — A small pinch of sugar is the most appropriate corrective for excessively acidic tomato sauce. The sugar balances the perception of acidity without masking the tomato flavour. It should be added

gradually — a pinch at a time — tasting after each addition until the flavour is balanced. Baking soda is sometimes suggested but can produce a chemical, soapy taste if overused.

58. A — Hollandaise is the only mother sauce that is an emulsion rather than a roux-thickened liquid. Its two primary components are egg yolks (the emulsifier) and warm clarified butter (the fat being emulsified), stabilized with a small amount of acid (lemon juice or vinegar). The other four mother sauces all use roux (or reduction, in some modern tomato preparations) as their thickening mechanism.

59. C — Cornstarch forms lumps instantly when it contacts hot water because the heat causes the surface starch to gelatinize immediately, forming a barrier that prevents the interior from dissolving. A slurry must always be made with cold liquid first, producing a smooth, lump-free suspension that can then be stirred into the hot liquid without clumping.

60. B — A raw, starchy, floury aftertaste in béchamel indicates that the sauce was not simmered long enough after thickening. After the roux and milk are combined and the sauce thickens, it must simmer gently for at least 20 to 30 minutes to fully cook out the raw flour taste and develop a clean, smooth flavour.

61. D — Compound butter is sliced into cold rounds directly from the refrigerator and placed on the hot protein at the moment of plating. The heat of the steak gradually melts the butter, creating a rich, flavourful sauce directly on the plate. Melting the entire log in a saucepan defeats the purpose of the compound butter presentation.

62. A — Cream whips best when it is very cold — the fat globules are firmer and more effectively trap air when the cream is at 4°C or below. Warming cream causes the fat to soften and reduces its ability to hold air, resulting in a loose, unstable foam. Chilling the bowl and whisk further improves results by preventing the cream from warming during the whipping process.

63. C — Vigorous stirring with a whisk deflates the air that was carefully incorporated into the whipped egg whites. The air bubbles are the leavening that will cause the soufflé to rise — destroying them produces a dense, flat result. Whipped whites must be folded gently with a large spatula using a circular lift-and-fold motion that preserves maximum air volume.

64. B — A blood spot on an egg yolk is a minor cosmetic defect caused by a small blood vessel rupturing during the egg's formation inside the hen. It is completely harmless and does not indicate

fertilization, contamination, or spoilage. The egg is safe to eat in any preparation. In professional settings, the spot may be removed with the tip of a knife for visual appeal.

65. D — The bain-marie (water bath) provides gentle, even heat that surrounds the custard with a temperature that cannot exceed 100°C (the boiling point of water). This prevents the outer edges of the custard from overcooking and curdling while the centre gradually reaches the correct set temperature. Without the water bath, the direct oven heat would overcook the exterior.

66. A — Adding 1 tablespoon of lemon juice or white vinegar to 500 ml of whole milk and letting it stand for 10 minutes creates a functional buttermilk substitute. The acid curdles the milk slightly and lowers its pH, mimicking the acidic environment of cultured buttermilk. This substitute works effectively in baking where buttermilk's acidity is needed to react with baking soda.

67. C — A classic French omelette should have a pale yellow exterior with no browning. If browning occurs before the interior sets, the heat is too high. Reducing the heat slightly and working the eggs more quickly (stirring initially to create small curds, then letting a thin skin form) allows the interior to set before the bottom develops colour.

68. B — Silken tofu has the highest moisture content and smoothest, most custard-like texture of all tofu varieties. When blended, it produces an exceptionally smooth, creamy consistency that is ideal for mousses, dressings, smoothies, and dessert creams. Extra-firm tofu would produce a grainy, dense result; silken is the correct choice for creamy blended applications.

69. A — The most likely cause of spreading, wispy egg whites during poaching is old eggs. As eggs age, the thick albumen (the viscous portion of the white that holds together tightly around the yolk) breaks down and becomes thin and watery. Fresh eggs have a thick, cohesive white that wraps neatly around the yolk during poaching. Always use the freshest eggs available for poaching.

70. B — Parmigiano-Reggiano has an extremely low moisture content from its extended aging (12–36 months), and its protein structure has become dense and crystalline. When heated, it crumbles and clumps rather than flowing into a smooth, melted consistency. It is best used grated — for smooth melting in sauces, combine it with a higher-moisture cheese like Gruyère.

71. B — Standard egg wash is a mixture of whole beaten egg with a small amount of water or cream, whisked until smooth and fluid. The egg provides protein that coagulates during baking to produce a

golden-brown, glossy crust. Whole egg gives a moderate golden sheen; yolk alone gives a deeper colour; white alone gives a lighter, shinier finish.

72. A — The "00" designation is an Italian flour classification indicating an extremely fine grind — the finest available. This fine texture produces silky, tender fresh pasta and delicate pastries. The "00" does not indicate protein content (which varies by wheat type) — it refers exclusively to the particle size of the milled flour.

73. C — The risotto method requires hot stock to be added gradually — one ladle at a time — while the cook stirs constantly. Each addition of stock is allowed to be absorbed by the rice before the next is added. This gradual addition and constant stirring coax the amylopectin starch from the surface of the rice grains, producing the characteristic creamy consistency.

74. D — A thin line of slight firmness at the very centre of the pasta strand indicates al dente — the ideal doneness for dried pasta. The pasta is tender throughout with just a hint of resistance at the core. Al dente pasta continues to absorb sauce and finishes cooking to perfect tenderness when tossed with the hot sauce in the final step.

75. B — After boiling pierogies until they float (indicating they are cooked through), the traditional finishing step is pan-frying them in butter with caramelized onions until the exterior develops a golden-brown crust on both sides. This combination of boiled-then-fried texture — soft interior with a crispy, buttery exterior — is the hallmark of properly finished pierogies.

76. A — Dried rice noodles for pad Thai are soaked in warm water until pliable and flexible (typically 20–30 minutes) rather than boiled. The softened noodles are then drained and added to the hot wok where they finish cooking in the stir-fry sauce. Boiling rice noodles would make them too soft and mushy for stir-frying.

77. D — The edges of stuffed pasta must be moistened with water or egg wash before pressing firmly to create a reliable seal. Dry dough does not adhere to itself securely enough to withstand the agitation of simmering water. The moisture activates the surface starch and protein, creating a bond that, when pressed firmly, holds the filling inside during cooking.

78. C — Fresh fettuccine should be dusted generously with semolina flour (which absorbs surface moisture without becoming pasty) and arranged in loose nests on parchment-lined sheet pans. This

prevents sticking while allowing air circulation. Oil would coat the pasta and prevent sauce from adhering later; submerging in water would turn the fresh pasta to mush.

79. A — Pre-cooked, vacuum-packed udon noodles simply need to be loosened and reheated. Briefly immersing them in boiling water for 1 to 2 minutes separates the strands, warms them through, and restores their characteristic soft, chewy texture. They are then drained and added to the hot broth or stir-fry.

80. B — When flour is added to the boiling butter-water mixture and stirred vigorously, the starch in the flour gelatinizes (absorbs water and swells) in the hot liquid. This cooked starch paste can then absorb a large quantity of eggs in the next step — far more than raw flour could hold. This pre-cooking of the starch is what gives choux paste its unique ability to expand dramatically from steam during baking.

81. B — Fresh pasta sheets are thin and tender enough to soften and cook through during the baking process by absorbing moisture from the sauce and filling. They can be layered directly into the baking dish without pre-boiling, saving time and producing a more delicate, integrated texture. Dried lasagna noodles typically require pre-boiling or the use of extra sauce.

82. A — Steel-cut oats are whole oat groats that have been chopped into pieces with a steel blade, retaining their dense structure. They require 20–30 minutes of simmering and produce a chewy, nutty, toothsome porridge. Rolled oats have been steamed and flattened, which pre-cooks them partially, reducing their cooking time to 5–10 minutes and producing a softer, smoother result.

83. D — Warm beans absorb vinaigrette more effectively than cold beans because their pores are more open and the surface proteins are more receptive to the liquid. Dressing beans while still warm from cooking allows the oil, acid, and seasonings to penetrate the surface and infuse the interior. Beans dressed cold develop only surface flavour.

84. B — Pearl barley releases significant starch as it cooks, thickening the surrounding liquid. If the ratio of barley to liquid is too high, the soup becomes extremely thick and pasty. The cook used too much barley relative to the liquid volume. Barley should be added in moderate quantities, and additional stock should be available to thin the soup as needed.

85. C — Traditional falafel is made from dried chickpeas that have been soaked overnight but NOT cooked. The raw soaked chickpeas are ground with herbs (parsley, cilantro), spices (cumin, coriander),

garlic, and onion, then shaped into balls or patties and deep-fried. Using cooked or canned chickpeas produces a mushy, dense falafel that falls apart during frying.

86. A — Placing the covered pilaf pot in a moderate oven (approximately 175°C) provides the most even, surrounding heat — the oven heats from all sides simultaneously, eliminating the hot spots that can occur on a stovetop burner. This produces perfectly even cooking with no scorched bottom or undercooked centre, which is why the pilaf method traditionally finishes in the oven.

87. B — Quinoa is one of the rare plant foods that contains all nine essential amino acids in adequate proportions, making it a complete protein on its own. This distinguishes it from most grains and legumes, which are typically deficient in one or more essential amino acids and require complementary pairing (like rice and beans) to form a complete protein.

88. D — Turmeric is the standard spice used to give tofu scrambles their characteristic yellow colour, mimicking the appearance of scrambled eggs. It provides a vivid golden-yellow hue at a very low cost, along with a mild, earthy flavour that blends well with other seasonings. Saffron would produce a similar colour but at a prohibitively high cost for this application.

89. C — The tomatoes and lime juice were added too early. Acid prevents the cell walls of dried beans from softening by interfering with the breakdown of pectin in the cell structure. Once acid is added to beans that are not yet fully tender, the beans may remain hard indefinitely regardless of continued cooking time. Salt and acid must be added only after the beans are nearly tender.

90. A — TVP (textured vegetable protein) is a dehydrated soy product that must be rehydrated before use. Hot water or flavoured broth is added to the dry granules, which absorb the liquid and swell to approximately double their volume, developing a texture that resembles cooked ground meat. The rehydrated TVP is then used in chili, tacos, pasta sauces, and other ground-meat applications.

91. B — Tree nut allergies can cause life-threatening anaphylaxis, and pecans are classified as tree nuts under Health Canada's priority allergen list. The guest's halibut must be prepared with an alternative crust that contains no tree nuts, no nut-derived oils, and no risk of cross-contact. Removing the crust after cooking does not eliminate the allergen — protein traces remain on the fish surface.

92. C — Coconut rice is prepared using the absorption method: coconut milk is combined with water in the correct ratio to replace the standard cooking liquid, the mixture is brought to a simmer with the rice,

covered, and cooked until all liquid is absorbed. The coconut milk infuses the rice with a rich, creamy flavour and a subtle sweetness.

93. C — Overcrowding the pot is the most common searing error. When too much meat is placed in the pan at once, the temperature drops dramatically and the moisture released by the meat cannot evaporate quickly enough. Instead of searing (dry-heat browning), the meat steams in its own liquid, producing grey, un-browned cubes. Meat must be seared in small batches with space between pieces.

94. A — Frenching a rack of lamb means scraping the rib bones completely clean of all meat, fat, and connective tissue, exposing the bare bone for an elegant presentation. The clean white bones protruding from the roasted rack create a dramatic visual effect and serve as natural handles for guests eating individual chops.

95. B — Carryover cooking will raise the pork loin's internal temperature by approximately 3°C to 5°C during the rest period as residual heat from the hotter exterior migrates inward. A loin removed at 68°C will reach 71°C–73°C during resting, meeting the Health Canada minimum of 71°C for whole pork cuts without overcooking the meat.

96. D — The skin trimmings and the fat deposits from the cavity of the duck are the best sources for rendering duck fat. These pure fat deposits render efficiently and cleanly over low heat, producing large quantities of clear, golden duck fat. The breast meat contains intramuscular fat but is valuable as a protein; the bones contain marrow but not readily rendered fat.

97. A — The degree of marbling in the ribeye muscle is the ONLY factor that differentiates the four high-quality Canadian beef grades. All other quality criteria — youthful carcass under 30 months, firm bright red ribeye, minimum 2 mm fat cover, white and firm external fat — are identical across all four grades. Marbling ranges from trace (A) through slight (AA), small (AAA), to slightly abundant (Prime).

98. C — The temperature was too high. Braising requires a gentle simmer — lazy bubbles breaking the surface occasionally. A vigorous boil and a 220°C oven cause the muscle fibres to tighten and squeeze out moisture aggressively, producing tough, stringy, dry meat despite the long cooking time. The correct braising temperature is 160°C to 175°C in a covered pot.

99. B — The hand test correlates finger-to-thumb positions with meat doneness. Touching the ring finger to the thumb and pressing the fleshy base of the thumb produces a firmness similar to medium-

well meat. Open hand = rare (very soft), index finger = medium-rare (slightly firm), middle finger = medium (moderately firm), ring finger = medium-well (firm), pinky = well-done (very firm).

100. D — Moose (and all game meats) is significantly leaner than domestic beef due to the animal's wild diet and active lifestyle. The lack of intramuscular fat means the meat dries out quickly if overcooked. Adding fat through larding (threading strips of fat through the meat), barding (wrapping with bacon), or incorporating additional cooking fat compensates for the lean composition.

101. C — The standard breading procedure (*paner à l'anglaise*) follows three sequential steps: (1) flour, which dries the surface and creates a base for adhesion; (2) egg wash, which acts as glue that binds the final coating to the floured surface; (3) breadcrumbs, which provide the crispy outer layer. Reversing any step produces poor adhesion and an uneven, falling-off coating.

102. D — Raw meat preparations like tartare require the highest quality, freshest beef available. The meat must be ground from whole muscle cuts (tenderloin or strip) in a thoroughly sanitized grinder immediately before serving, never from pre-ground commercial product. Temperature control is critical — all ingredients and equipment must be kept ice-cold throughout preparation.

103. A — Shielding the breast with aluminum foil partway through roasting slows the cooking of the breast meat (by reflecting radiant heat) while allowing the thighs and legs to continue cooking and catch up. This is a standard technique for managing the inherent challenge of whole-bird roasting, where the leaner breast cooks faster than the fattier, denser thigh.

104. B — Flank steak has long, prominent muscle fibres that run the length of the cut. Slicing against (perpendicular to) these fibres produces short fibre segments in each slice, resulting in tender, easy-to-chew pieces. Slicing with the grain leaves the long fibres intact, producing chewy, stringy strips that are difficult to eat.

105. C — *Blanquette de veau* is defined as a white stew — the veal is not seared because browning would develop the dark Maillard colour that contradicts the dish's identity as a pale, white, elegant preparation. The unseared veal is simmered directly in white stock, and the stew is finished with a *liaison* of egg yolks and cream that would curdle against a dark, seared base.

106. D — Wild boar, like all wild suids, carries a risk of *Trichinella spiralis* infection — a parasitic roundworm that causes trichinosis in humans. This reinforces the Health Canada requirement to cook all game meats to a minimum of 74°C (165°F), which destroys *Trichinella* larvae. Domestic pork in Canada

carries negligible trichinosis risk due to controlled farming, but wild boar does not benefit from these controls.

107. A — The first step in carving a standing rib roast is to remove the rib bones by cutting along the bone line to free the boneless loin. This produces a boneless cylinder of meat that can then be sliced evenly into uniform portions of the desired thickness. The bones are often served separately as a chef's treat or used for stock.

108. C — Chicken thigh meat is darker, fattier, and contains more connective tissue than breast meat, making it significantly more forgiving of the long marinating time (overnight) and the intense direct heat of the grill. Breast meat would dry out and become tough under the same conditions. The fat in the thighs bastes the meat internally, keeping it moist and juicy.

109. B — Only the salmon should be accepted. It exhibits all indicators of freshness: bright clear eyes, red moist gills, and a clean briny smell. The halibut's slightly cloudy eyes and faint ammonia odour are definitive signs of deterioration. The ammonia smell — even faint — indicates bacterial decomposition and is immediate grounds for rejection.

110. D — The scallops are releasing water and steaming rather than searing because their surface is too wet. Either the scallops were not patted thoroughly dry before cooking, or they are wet-packed (STP-treated) scallops that have absorbed chemical water during processing. Dry-packed scallops that are patted dry will sear to a deep golden crust in a properly heated pan.

111. A — Glazing with aspic is the classical technique for giving cold poached fish (and other cold buffet items) a glossy, jewel-like finish. The liquid aspic is cooled to near its setting point and spooned in thin, even layers over the fish, each coat set in the refrigerator before the next is applied. The result is a crystal-clear, elegant, glistening presentation.

112. C — The citric acid in the lime juice denatures (unwinds and reconfigures) the fish proteins in the same way that heat does — transforming the flesh from translucent and soft to opaque and firm. This is a chemical process, not a thermal one. It changes the texture and appearance of the fish but does not sterilize it.

113. B — A 900-gram lobster requires approximately 14 to 16 minutes of boiling, calculated at approximately 8 to 10 minutes per 500 grams. The lobster is done when the shell is uniformly bright red,

the antennae pull away easily, and the tail meat is opaque and firm when checked. Undercooking leaves translucent, gelatinous meat in the claws and tail.

114. D — Pin bones in fish fillets are angled toward the head end of the fillet. Pulling them toward the head end (in the direction of their natural angle) slides each bone out cleanly with minimal tearing of the surrounding flesh. Pulling in the opposite direction (toward the tail) works against the bone's angle and tears the flesh.

115. C — The "16/20" designation on a case of shrimp indicates that there are 16 to 20 individual shrimp per pound. Lower numbers mean larger shrimp (fewer pieces needed to make a pound); higher numbers mean smaller shrimp. This count-per-pound system is the universal standard for sizing shrimp in the commercial seafood trade.

116. A — Swordfish has dense, firm, steak-like flesh that holds together on the grill without falling apart — it can be handled, flipped, and marked just like a beef steak. Sole, by contrast, has extremely delicate, thin, fragile flesh that would break apart, stick to the grate, and fall through the bars. Sole requires gentler methods like sautéing, poaching, or baking.

117. B — Inside the body tube of a squid is the quill (gladius) — a transparent, plastic-like internal shell that runs the full length of the tube. It must be pulled out and discarded during cleaning. The quill is inedible and would create an unpleasant crunchy, plastic-like texture if left in the tube during cooking.

118. D — Melanosis (black spots) on shrimp is a harmless enzymatic discolouration — a cosmetic defect caused by oxidation of naturally occurring compounds in the shell and flesh. It is not a sign of spoilage, mould, parasites, or safety concern. It does indicate that the shrimp are not at peak freshness, but they remain safe to cook and consume.

119. C — Raw oysters must be shucked fresh, served immediately on a bed of crushed ice, and maintained at 4°C or below throughout service. Raw shellfish is one of the highest-risk food items due to the potential presence of *Vibrio* bacteria and other pathogens. Proper temperature control is the primary safety measure for raw oyster service.

120. D — The parchment pouch has puffed up because steam generated from the wine, the natural moisture in the fish, and the moisture in the vegetables has expanded inside the sealed pouch. This steam gently poaches the fish while infusing it with the aromatics. The dramatic puffing is the visual hallmark of properly executed en papillote cooking.

121. C — Live mussels should have tightly closed shells. If a shell is slightly open, tapping it firmly should cause a live mussel to close — the closing response indicates the mussel is alive and safe. A mussel that remains open after tapping is dead and must be discarded. The two that closed are alive; the one that stayed open is dead.

122. B — The key difference is that *cuisson* (shallow poaching) produces a poaching liquid that is reduced into a sauce after the fish is removed — the cooking and sauce production happen in one operation. *En papillote* seals the fish inside parchment with aromatics; the steam cooks the fish, but there is no recoverable liquid to reduce into a separate sauce.

123. B — Live crabs must be responsive and active when received — moving their legs and claws when touched or handled. Motionless crabs that do not respond to contact may be dead, and dead shellfish deteriorate rapidly and can harbour dangerous levels of bacteria. Non-responsive crabs must be rejected at receiving.

124. D — Tuna salad bound with mayonnaise is a potentially hazardous food that must be maintained at 4°C or below at all times. The combination of protein (tuna), moisture, and a near-neutral pH provides ideal conditions for bacterial growth in the temperature danger zone. Mayonnaise-based salads left above 4°C for more than two hours must be discarded.

125. B — Applying mayonnaise to the toast before adding the tomato creates a fat-based moisture barrier between the wet tomato and the absorbent bread surface. The mayonnaise prevents the tomato juice from soaking directly into the bread, maintaining the toast's crispness for a significantly longer period. This is the same principle used in all sandwich spread application.

126. D — A Niçoise is a composed salad — each ingredient (seared or canned tuna, boiled potatoes, blanched green beans, quartered hard-cooked eggs, tomatoes, Niçoise olives, and anchovies) is arranged separately and deliberately on the plate. The components are not tossed together. Dressing is drizzled over or alongside the arrangement.

127. A — The correct wrap technique is: fold the bottom edge of the tortilla up over the filling, fold both sides inward to close the ends, and then roll the entire assembly tightly from bottom to top into a sealed cylinder. This three-fold technique creates a closed wrap that holds its contents securely and can be cut in half for service.

128. C — The warm bacon dressing poured over the spinach leaves creates a gentle wilting effect — the heat softens the leaves slightly, reducing their volume and creating a unique texture that is between raw and fully cooked. This partial wilting is the defining characteristic of a warm spinach salad and distinguishes it from a standard cold salad.

129. B — The traditional Cuban sandwich uses Cuban bread or a similar soft, white roll with a thin, crispy crust. The bread must be soft enough to compress effectively in the press while developing a crispy, golden exterior. The filling of roasted pork, ham, Swiss cheese, pickles, and yellow mustard is the classic combination.

130. D — Aioli is fundamentally a garlic mayonnaise — garlic is the defining ingredient that distinguishes it from standard mayonnaise. Traditional aioli is made by pounding raw garlic into a paste and then emulsifying it with olive oil and egg yolks. The garlic provides the distinctive sharp, pungent flavour that defines the condiment.

131. C — A galantine begins with completely boning a whole chicken through the back while keeping the skin intact as a single, unbroken piece. The skin serves as the outer wrapping for the forcemeat filling. After boning, the skin is laid flat, spread with forcemeat and garnishes, rolled into a cylinder, wrapped tightly in cheesecloth, and poached.

132. A — The primary concern with fresh chicken liver mousse is achieving the characteristic silky, rich texture. After sautéing the livers with shallots and deglazing with cognac, the mixture is puréed until smooth. Softened whole butter is added during puréeing, emulsifying into the warm liver purée and creating the velvety, spreadable consistency that defines a properly made mousse.

133. B — Boning the whole chicken through the back while keeping the skin completely intact is the essential first step of galantine production. The intact skin becomes the outer casing that wraps around the forcemeat filling. If the skin tears or is removed, it cannot serve this function and the galantine cannot be properly assembled.

134. D — Natural hog casings packed in salt must be rinsed thoroughly under running water to remove the excess salt, then soaked in cold water for approximately 30 minutes to soften and become pliable. Before stuffing, each casing is flushed by running water through the interior to check for holes and to ensure the casing slides easily onto the stuffer nozzle.

135. C — Hot smoking occurs at temperatures between 60°C and 85°C (140°F to 185°F), which is high enough to partially or fully cook the product while simultaneously infusing it with smoke flavour and colour. This distinguishes it from cold smoking (below 30°C), which flavours without cooking. Hot-smoked trout has a flaky, cooked texture and a rich, smoky flavour.

136. A — Chicken liver mousse achieves its characteristic silky, rich texture from the addition of softened whole butter during the puréeing stage. The warm liver purée and the soft butter emulsify together, producing a smooth, spreadable, luxuriously rich consistency. The mousse is then passed through a fine sieve for absolute smoothness and chilled until set.

137. B — The fourth and final component of a canapé is the décor — a small, purely visual and flavour finishing element placed on top. A sprig of fresh dill and a dot of crème fraîche provide colour contrast, textural interest, and a complementary flavour accent that elevates the canapé from simple to elegant. The four components in order: base, spread, garnish, décor.

138. C — Gravlax is cured with a mixture of salt, sugar, and fresh dill, packed directly onto the salmon flesh. The salmon is tightly wrapped and weighted in the refrigerator for 24 to 72 hours while the salt and sugar draw moisture from the flesh through osmosis, simultaneously firming the texture, seasoning the fish, and preserving it through dehydration.

139. D — Caul fat (also called lace fat or crépinette) is the thin, web-like membrane of fat that surrounds the stomach of a pig. Its lace-like structure bastes the forcemeat during cooking, holds it together, and melts into a nearly invisible layer on the surface. It is used to line terrine moulds, wrap patties, and encase roasts.

140. A — Papain is the proteolytic (protein-breaking) enzyme found in papaya. It breaks down muscle fibre proteins on the surface of the meat, producing a more tender exterior. Bromelain (from pineapple) and actinidin (from kiwi) are different enzymes that serve the same function. All enzymatic tenderizers must be used briefly to avoid creating a mushy surface.

141. B — The first spoonful of whipped whites is deliberately stirred vigorously into the heavier soufflé base to lighten its consistency. This "sacrificial" portion loosens the dense base, reducing the density difference between the base and the remaining whipped whites. The lightened base then allows the remaining whites to be folded in gently with minimal deflation.

142. C — Creaming butter and sugar for five minutes incorporates millions of tiny air bubbles into the fat. These air bubbles serve as the primary leavening mechanism in creaming-method cakes — they expand when heated in the oven, causing the batter to rise. Chemical leaveners (baking powder) provide a secondary boost, but the air from creaming is the foundation of the cake's structure.

143. A — Active dry yeast is a living organism that is killed at temperatures above approximately 60°C (140°F). Water at 65°C exceeds this threshold, destroying the yeast cells before they can begin fermenting. The correct activation temperature for active dry yeast is 38°C to 43°C (100°F to 110°F) — warm to the touch but not hot.

144. D — Each turn (fold) in puff pastry production creates additional alternating layers of dough and butter. After six single turns, the dough contains approximately 729 distinct layers. During baking, the water content of the butter layers turns to steam, pushing the dough layers apart and creating the hundreds of delicate, flaky layers that define puff pastry.

145. C — Caramelized sugar reaches temperatures of 160°C to 180°C (320°F to 356°F) — well above the boiling point of water and extremely dangerous on contact with skin. Hot caramel is also extremely sticky and adheres to skin on contact, causing deep, severe burns that continue to damage tissue as long as the sugar remains in contact. Extreme caution and a nearby bowl of ice water are essential safety precautions.

146. B — Vegetable oil produces the moistest cakes because liquid oil coats flour proteins more thoroughly and uniformly than solid fats, inhibiting gluten development very effectively and trapping moisture in the crumb. Oil-based cakes (carrot cake, many chocolate cakes) are exceptionally moist with a tender crumb and maintain their moisture for days longer than butter-based cakes.

147. A — The softened butter should be added to Swiss meringue buttercream only after the meringue has been whipped to stiff, glossy peaks and has cooled to approximately room temperature (around 25°C–30°C). If the butter is added while the meringue is warm, it melts rather than emulsifying, producing a loose, soupy mixture instead of a stable, fluffy buttercream.

148. C — After removing the pie weights and parchment liner, the bottom of the tart shell is still pale and slightly underdone. Returning it to the oven for a few additional minutes allows the bottom to dry fully, develop a light golden colour, and become completely crisp. This ensures the shell can support a moist filling (fresh fruit, custard) without becoming soggy.

149. A — Starting from the centre and working outward when stirring ganache creates a small, stable emulsion core in the centre of the bowl first. As stirring expands outward, more chocolate and cream are gradually incorporated into this stable core. This methodical approach produces a smooth, glossy, perfectly emulsified ganache. Stirring randomly from the edges often produces a grainy, broken result.

150. D — White chocolate has the lowest working temperature of all chocolate types: 27°C to 28°C (80°F to 82°F). This is because white chocolate contains no cocoa solids — only cocoa butter, sugar, and milk solids — making it more heat-sensitive than dark (31°C–32°C) or milk (29°C–30°C) chocolate. Exceeding this temperature destabilizes the cocoa butter crystals and requires re-tempering.