PRACTICE EXAM 7: RED SEAL COOK SIMULATION (150 QUESTIONS)

1. A cook checks a chicken thigh on the grill and the thermometer reads 72°C. The Health Canada minimum for poultry pieces is 74°C. The cook removes it, assuming carryover cooking will finish it. Is this reasoning safe for a thin piece like a chicken thigh?

A. Yes, because all proteins gain at least 5°C from carryover cooking regardless of size or thickness

B. No, because carryover cooking in thin pieces is minimal — the cook should grill to 74°C before removing

C. Yes, because the 2°C difference is negligible and Health Canada allows a ±3°C tolerance

D. No, because the minimum temperature for all poultry is actually 82°C, not 74°C

2. A cook cools a large batch of chili by transferring it to shallow pans in the walk-in. At 2:00 PM it is 62°C. At 3:30 PM it reads 19°C. At 5:45 PM it reads 3°C. Was the two-stage cooling timeline met?

A. No, because all cooling must be completed within 4 hours total regardless of the stage breakdown

B. No, because the first stage allows only 1 hour to reach 20°C, and 1.5 hours exceeds this limit

C. Yes, but only if the chili contained no dairy, as dairy products have a stricter cooling timeline

D. Yes — it reached below 20°C within 2 hours (Stage 1) and below 4°C within 6 total hours (Stage 2)

3. A server informs the kitchen that a guest has a severe sesame allergy. The guest ordered a stir-fry that the kitchen normally prepares with sesame oil. What must the cook do?

A. Prepare the dish with a non-sesame oil and verify that no other component contains sesame

B. Use half the usual amount of sesame oil, which reduces the allergen to a safe level

C. Inform the guest that refined sesame oil is allergen-free and prepare the dish as usual

D. Decline the order because stir-fries cannot be prepared without sesame-based ingredients

4. A cook has worn the same gloves for 40 minutes while handling raw burgers, touching equipment, wiping their face, and now reaching for toasted buns. What is the food safety concern?

A. Gloves protect against all contamination and do not need to be changed between tasks

B. The only concern is that wiping sweat is unsanitary, but the gloves are otherwise acceptable

C. The gloves have become a cross-contamination vehicle transferring raw meat pathogens to ready-to-eat food

D. The concern is that gloves lose their puncture resistance after 30 minutes and should be replaced for durability

5. A restaurant's chemical storage cabinet in the hallway is locked but has no workplace label listing its contents. Individual containers inside are also missing labels. A health inspector cites this as a violation. Why?

A. Locked cabinets are exempt from WHMIS 2015 labelling because the lock prevents unauthorized access

B. All chemical containers must be properly labelled, and the storage area must identify its contents — locks do not replace labels

C. The violation is only for the individual containers; the cabinet itself does not require any identification

D. The inspector is incorrect because cleaning chemicals used in kitchens are exempt from WHMIS regulations

6. A cook prepares tuna salad sandwiches at 9:00 AM for box lunches served at 1:00 PM with no refrigeration available at the venue. Under the time-as-a-control method, is this plan acceptable?

A. No, because tuna salad must remain refrigerated at all times without exception

B. Yes, but only if the tuna salad is heated to 60°C before assembly to destroy existing bacteria

C. No, because time-as-a-control allows a maximum of 2 hours for seafood-based preparations

D. Yes, provided the sandwiches start at 4°C or below, are monitored, and discarded after 4 hours total

7. A mandoline's blade guard is missing. A cook decides to proceed carefully by hand. A supervisor stops the cook. Why is the supervisor correct?

A. The supervisor is being overly cautious — experienced cooks can safely operate a mandoline without the guard

B. The blade guard only affects the consistency of the cut thickness and has no safety function

C. Operating a mandoline without the hand guard creates an extreme laceration hazard and must be prohibited

D. The supervisor should have simply reminded the cook to be careful rather than stopping production

8. A walk-in cooler thermometer reads 2°C. A cook asks whether this is a problem. What is the correct assessment?

A. No problem — 2°C is within the safe refrigeration range and indicates the cooler is working properly

B. The temperature should be raised to exactly 4°C because colder temperatures damage all food products

C. The cooler should be turned off because sub-zero temperatures will freeze and ruin delicate items

D. The reading is likely inaccurate because walk-in coolers cannot physically reach temperatures below 3°C

9. A cook needs to thaw 10 kg of frozen shrimp quickly for service in 30 minutes. Which method is both fast and food-safe?

A. Place the shrimp on the counter at room temperature for rapid thawing in the open kitchen air

B. Thaw under cold running water (below 21°C) in a clean sink, which is both fast and compliant

C. Submerge in a basin of hot water at 65°C, which thaws the shrimp within 10 minutes safely

D. Microwave the entire 10 kg block on defrost until fully thawed and pliable throughout

10. A health inspector asks a cook to define cleaning versus sanitizing. The cook says: "Cleaning kills bacteria; sanitizing removes dirt." Is this correct?

A. Yes, the cook's definitions are accurate and demonstrate proper understanding of both concepts

B. The answer is partially correct — cleaning does address bacteria, but the definitions need refinement

C. The cook's answer is acceptable because the two terms are interchangeable in food service

D. No — the definitions are reversed: cleaning removes visible soil, sanitizing reduces bacteria to safe levels

11. An unlabelled bottle of white powder is found on a prep station next to the salt. The cook recognizes it from memory as baking soda. Can the cook use it?

A. No — unlabelled containers must not be used; the product must be formally identified and labelled before use

B. Yes, because the cook's personal memory is sufficient identification for common kitchen ingredients

C. Yes, if the cook tastes a small amount to confirm the identity before adding it to the recipe

D. No, but the cook can pour the contents into a labelled baking soda container and use it immediately

12. Which biological hazard is most commonly associated with anaerobic environments inside improperly processed, low-acid canned foods?

A. Staphylococcus aureus, which grows on foods handled by carriers and produces heat-stable toxins

B. Norovirus, which spreads through the fecal-oral route and causes acute gastroenteritis outbreaks

C. Clostridium botulinum, which thrives in oxygen-free environments and produces a potentially fatal neurotoxin

D. E. coli O157:H7, which is commonly associated with undercooked ground beef and raw sprouts

13. A cook sustains a second-degree burn on their forearm from hot oil. After cooling under running water and applying a sterile dressing, what must happen before the cook can return to handling food?

A. Return immediately because burns are physical injuries that do not create a contamination risk

B. Wait until the burn is fully healed and new skin has grown before returning to any kitchen work

C. Apply antibiotic ointment and return without any covering since the ointment prevents infection

D. Cover the dressed burn with a waterproof barrier and protective sleeve or glove to prevent contamination

14. A cook fires a table's order — two salmon, one chicken, one steak medium — simultaneously. The salmon and chicken finish 4 minutes before the steak. What should the cook have done?

A. Cooked everything at higher heat so all proteins would finish at the same time regardless of thickness

B. Staggered the start times — fired the steak first, then chicken, then salmon — so all finish together

C. Held the salmon and chicken under a heat lamp for 4 minutes while the steak finished cooking

D. Served the salmon and chicken immediately and delivered the steak as a separate course later

15. A tomato bisque recipe yields 8 litres and requires 500 g of tomato paste. The cook needs 20 litres. What is the conversion factor and how much tomato paste is needed?

A. Factor of 2.5; the cook needs 1,250 g of tomato paste for the scaled recipe

B. Factor of 2.0; the cook needs 1,000 g of tomato paste for the scaled recipe

C. Factor of 3.5; the cook needs 1,750 g of tomato paste for the scaled recipe

D. Factor of 4.0; the cook needs 2,000 g of tomato paste for the scaled recipe

16. A restaurant targets a 28% food cost. A new pasta entrée has a portion cost of $3.92. What is the minimum menu selling price?

A. $10.98, calculated by multiplying the portion cost by 2.8 for the standard markup factor

B. $11.76, calculated by dividing the portion cost by 0.333 for the inverse of one-third

C. $14.00, calculated by dividing the portion cost by the target food cost percentage (0.28)

D. $3.92, because the menu price should equal the food cost for maximum customer value

17. A product has an AP cost of $8.50/kg and a yield of 85%. What is the EP cost per kilogram?

A. $7.23/kg, calculated by multiplying the AP cost by the yield percentage as a decimal

B. $8.50/kg, because the yield percentage does not change the per-unit cost of the product

C. $9.50/kg, calculated by adding a flat $1.00 per kilogram to cover standard trim waste

D. $10.00/kg, calculated by dividing the AP cost ($8.50) by the yield percentage (0.85)

18. A pan of oil on the sauté station ignites during service. The cook has a tight-fitting lid within reach. What is the correct immediate response?

A. Slide the lid over the pan to smother the flame by cutting off its oxygen supply, then turn off the heat

B. Throw a handful of flour over the flames, as flour is the standard fire suppressant for oil fires

C. Spray the pan with water from the nearest faucet to lower the oil's temperature below ignition

D. Carry the flaming pan to the back door to move the fire away from the kitchen and other cooks

19. A tilting skillet is used to caramelize a large batch of onions. What advantage does it offer over a stockpot on the range?

A. The tilting skillet rotates automatically, tossing the onions without any manual stirring required

B. Its large, flat cooking surface distributes heat evenly and allows a thin layer of onions to brown efficiently

C. The tilting skillet operates at a single fixed temperature that prevents burning under all conditions

D. The skillet's vertical orientation uses gravity to separate caramelized onions from raw ones during cooking

20. A chef asks a cook to create a standardized recipe card for a new dish. Which element would NOT typically appear on this card?

A. The recipe name, total yield, portion size, and complete ingredient list with precise measurements

B. Step-by-step cooking instructions, temperatures, times, and plating/garnishing directions

C. The personal dietary restrictions and food preferences of the chef who developed the recipe

D. A photograph of the finished plated dish showing the correct visual standard for the line cooks

21. A cook is scaling a recipe from 12 to 72 portions (factor of 6). The original calls for 5 g of cayenne pepper. Should the cook multiply directly to 30 g?

A. Yes, all ingredients including strong seasonings must be multiplied by the exact conversion factor

B. Yes, because cayenne is a dried spice that scales linearly and consistently at any multiplication

C. No, because the recipe should be converted to metric before any multiplication is performed

D. No — strong seasonings like cayenne should be scaled conservatively (50–70% of the calculated amount) and adjusted by tasting

22. A cook needs 2 kg of diced carrots (EP). Carrots have a 78% yield. How many kilograms of whole carrots must be purchased?

A. 2.56 kg, calculated by dividing the required EP weight (2 kg) by the yield percentage (0.78)

B. 1.56 kg, calculated by multiplying the required EP weight by the yield percentage

C. 3.00 kg, calculated by adding a standard 1 kg buffer to the required weight for waste coverage

D. 2.00 kg, because the cook should purchase exactly the EP weight and minimize trim through skill

23. A cook explains the difference between sharpening and honing a knife. Which statement is correct?

A. Sharpening and honing are identical processes that use different names for the same maintenance step

B. Sharpening removes metal to create a new edge on a whetstone; honing realigns the existing edge on a steel

C. Honing removes metal to establish a new edge; sharpening merely realigns the edge between services

D. Only professional services can sharpen knives; honing is impossible for cooks to perform in-house

24. A cook receives a seafood delivery including fresh whole salmon, live mussels, and frozen shrimp. What temperatures should the fresh salmon and frozen shrimp be at upon receiving?

A. Salmon at 10°C or below; frozen shrimp at -10°C with moderate ice crystal formation on the packaging

B. Salmon at room temperature; frozen shrimp at 0°C, which is the standard freezing point threshold

C. Salmon at 4°C or below; frozen shrimp solidly frozen at -18°C or below with no evidence of thawing

D. Salmon at 8°C or below; frozen shrimp at any temperature below 4°C, identical to fresh product

25. A cook needs carrot sticks measuring 6 mm × 6 mm × 6 cm for a crudité platter. What is this cut?

A. Julienne — fine matchstick measuring 3 mm × 3 mm × 5–6 cm used for stir-fries and garnishes

B. Brunoise — tiny cube measuring 3 mm × 3 mm × 3 mm produced by cross-cutting julienne

C. Paysanne — thin flat piece measuring approximately 12 mm × 12 mm × 3 mm for rustic soups

D. Bâtonnet — thick stick measuring 6 mm × 6 mm × 6 cm used for crudités and thick vegetable sticks

26. A cook cuts a blood orange and finds deep crimson flesh. An apprentice claims it is spoiled. Is the apprentice correct?

A. No — blood oranges naturally have crimson flesh from anthocyanin pigments, indicating proper ripeness

B. Yes — the red colour indicates contamination with beetroot dye from adjacent storage in the walk-in

C. Yes — crimson flesh indicates an advanced stage of citrus mould that produces red pigmentation

D. No — but the red indicates the orange was frozen and thawed, which is safe but reduces quality

27. A cook is selecting potatoes for a warm German-style potato salad where the cubes must hold shape after boiling and tossing with vinaigrette. The kitchen has Russets, Yukon Golds, and red-skinned new potatoes. Which is best?

A. Russet potatoes, because their high starch content produces the firmest cubes after boiling

B. Red-skinned new potatoes, because their waxy, low-starch flesh holds its shape after cooking

C. Yukon Gold potatoes, because their buttery colour is more important than structural integrity

D. Any variety works identically because all potatoes behave the same when boiled and dressed

28. A cook grills asparagus of varying thickness simultaneously. After 3 minutes, thin spears are charred and limp while thick spears are raw in the centre. What should have been done?

A. Only thick spears should be grilled; thin asparagus is never suitable for grilling under any condition

B. All spears should have been blanched first to equalize their internal temperature before grilling

C. The grill temperature should have been lowered to ensure even cooking of all thicknesses at once

D. Spears should have been sorted by thickness and grilled in separate batches with adjusted timing

29. A cook is making a root vegetable purée from carrots, parsnips, and celery root. After boiling tender and draining, what should be added during processing for a smooth, velvety result?

A. Warm butter and cream, added gradually while processing, to create a rich, emulsified purée

B. Cold water and ice cubes, which thin the purée while simultaneously cooling it for safe storage

C. Raw egg whites, which lighten the purée to a foam-like consistency when processed at high speed

D. Cornstarch slurry, which firms the purée into a dense, sliceable consistency for elegant plating

30. A cook substitutes sweet Italian basil for Thai basil in a green curry. How do these herbs differ?

A. They are identical and can be exchanged without any noticeable difference in the finished dish

B. Thai basil is milder than Italian basil, requiring larger quantities when substituted in recipes

C. Thai basil has an anise-licorice note and better heat tolerance; Italian basil is sweeter and more delicate

D. Italian basil has a stronger flavour than Thai basil and should be reduced when used as a substitute

31. A cook blanches green beans to crisp-tender for a compound salad. After blanching, the beans are shocked in ice water. What specific doneness should the beans reach?

A. Crisp-tender — bright green, cooked through but retaining a slight firmness when bitten

B. Completely soft and yielding with no resistance, identical to the texture of canned green beans

C. Raw in the centre with a cooked exterior shell, similar to pasta cooked to al dente doneness

D. Blackened and charred on the outside from extended blanching, with a smoky flavour from the water

32. A cook is making vegetable stock from accumulated prep trimmings: onion skins, carrot peels, celery leaves, potato peels, and beet trimmings. Which trimmings should be excluded?

A. Onion skins, because they produce a harsh, astringent bitterness that overwhelms the stock

B. Celery leaves, because they dissolve into a slimy residue that clouds and thickens the stock

C. Carrot peels, because they harbour concentrated pesticide residues that concentrate during simmering

D. Beet trimmings, because they stain the stock a deep red-purple colour that limits its versatility

33. A cook needs to select lettuce for a classic Caesar salad. Which variety is always used?

A. Butter lettuce, which has soft leaves that absorb the heavy dressing for maximum flavour

B. Romaine lettuce, which has crisp, sturdy leaves with a firm rib that holds the heavy dressing

C. Arugula, which has peppery leaves that complement the anchovy and garlic in the dressing

D. Iceberg lettuce, which has the crunchiest texture and most neutral flavour for this classic salad

34. A cook is preparing a mushroom risotto using dried porcini. How should the dried mushrooms be prepared before use?

A. Add them directly to the risotto without rehydration so they slowly absorb the stock during cooking

B. Grind them to a powder and stir the dust into the finished risotto for concentrated flavour

C. Rehydrate in warm water for 20–30 minutes, chop, and reserve the soaking liquid to add to the risotto

D. Sauté them dry in butter at high heat until they crisp, then fold them into the finished risotto

35. A cook prepares crudités for a 2-hour buffet and wants maximum crispness. What technique extends their presentation life?

A. Cut, soak in ice water to crisp, drain thoroughly, and display on a tray over crushed ice

B. Cut and coat in olive oil to prevent moisture loss and oxidation during the display period

C. Cut the night before, freeze, then thaw 30 minutes before the event for a refreshed appearance

D. Cut and toss in lemon juice, which preserves colour and crispness for all vegetable varieties

36. A cook prepares whole beets for a roasted beet salad. After washing, what is the standard preparation before roasting?

A. Peel with a vegetable peeler and cut into cubes before roasting for faster, more even cooking

B. Blanch in boiling water for 20 minutes, then shock and slice before finishing in the oven

C. Slice into thin rounds on a mandoline and roast flat on a sheet pan for crispy beet chips

D. Wrap individually in foil with oil and salt, roast whole until tender — the skin peels off easily after cooking

37. A brown veal stock simmered for 8 hours has good flavour but lacks body — it stays thin and watery when cooled instead of gelling. What is the most likely cause?

A. The mirepoix was added too late and failed to release sufficient flavour into the liquid

B. The stock lacked enough collagen-rich bones (knuckles, joints, feet) — meaty bones alone do not produce gelatin

C. The simmering temperature was too low to extract flavour from the bones and aromatics

D. The stock was not strained through cheesecloth, allowing residual solids to thin the liquid body

38. A cook makes corn chowder with fresh ears. After cutting kernels off the cobs, the cook scrapes the bare cobs with the back of a knife over the pot. What does this extract?

A. Corn silk fibres that thicken the chowder naturally after 30 minutes of simmering in the liquid

B. Residual pesticides from the cob surface that must be discarded before the chowder is served

C. The milky starch and sweet corn juice, which adds natural body, sweetness, and corn flavour

D. Small fragments of cob that dissolve during simmering and contribute a woody, smoky flavour

39. A cook adds miso paste to a Japanese miso soup. At what stage should the paste be incorporated, and why?

A. At the very beginning of cooking so it simmers for 30 minutes to develop maximum depth of flavour

B. Halfway through simmering, giving the miso 15 minutes to dissolve fully and integrate with the dashi

C. Immediately after straining and clarifying the base, as a finishing paste for colour and seasoning

D. At the very end, off the heat — boiling destroys miso's beneficial cultures and dulls its complex flavour

40. A cook repeatedly experiences curdling when adding hot cream to tomato soup. What technique prevents this?

A. Temper the cream gradually into the tomato base, or add a roux-thickened béchamel instead of raw cream to stabilize the mixture

B. Boil the cream separately for 5 minutes to pasteurize it before combining with the acidic tomato base

C. Add the cream while the tomato base is at a vigorous rolling boil for the fastest possible incorporation

D. Replace the cream entirely with cold water, which never curdles regardless of the acidity level

41. A Scotch broth is a traditional hearty soup. Which description correctly characterizes this preparation?

A. A cream-based soup of potatoes and leeks, puréed smooth and served cold with chive garnish

B. A clear fish broth with smoked haddock, potatoes, and cream from Scotland's coastal tradition

C. A chunky soup of lamb or mutton, barley, and root vegetables simmered in a rich, hearty broth

D. A thick chowder of haggis, turnips, and potatoes served in a creamy, whisky-enriched base

42. A cook passes simmered lobster shells through a food mill while making bisque. What does this accomplish?

A. The food mill separates usable liquid from waste shells, which are discarded after processing

B. The food mill extracts remaining flavour, colour, and body from the shells while straining out hard fragments

C. The food mill grinds shells into a fine powder that dissolves into the bisque as a natural thickener

D. The food mill releases calcium from the shells that gives bisque its characteristic chalky mineral body

43. A cook makes a French lentil soup and wants it partially puréed — some lentils intact and some blended smooth. What technique achieves this?

A. Cook all lentils, strain them out, purée everything, then return the smooth purée to the empty pot

B. Remove half the lentils, purée them separately, return the purée, and combine with the intact half

C. Add cornstarch to the pot, which coats half the lentils while leaving the other half unaffected

D. Use an immersion blender directly in the pot for 10–15 seconds, puréeing approximately one-third while leaving the rest intact

44. Vegetable stock tastes watery and thin. The cook suspects insufficient simmering time. What is the recommended simmering time for vegetable stock?

A. 30 to 45 minutes — vegetables release flavour quickly and extended simmering produces bitterness from overextraction

B. 6 to 8 hours, identical to the simmering time required for a full-bodied brown veal stock

C. 24 hours in a slow cooker for the deepest, most complex vegetable extraction possible

D. 3 to 5 minutes, because vegetables are so flavourful that brief hot water contact is sufficient

45. A cook's chicken broth for wonton soup is slightly cloudy. Without making a full consommé, how can the cook improve its clarity?

A. Add raw ground chicken to the broth and stir vigorously for 15 minutes, then skim the surface

B. Freeze the broth in ice cube trays and serve the cubes directly as a frozen broth garnish

C. Strain through several layers of cheesecloth, which removes fine suspended particles and improves clarity

D. Boil vigorously for 10 minutes, which causes all impurities to evaporate along with the steam

46. A cook purées potato-leek soup with an immersion blender and it becomes gluey, sticky, and unpleasant. What caused this defect?

A. The leeks were overcooked and released a gummy compound that produced the sticky consistency

B. Over-processing ruptured the potato starch cells, releasing excess starch that created a wallpaper-paste texture

C. The potatoes were undercooked before puréeing, and the raw starch produced the gluey consistency

D. The immersion blender was too powerful — a standard whisk would have produced a smoother result

47. A cook needs maximum gelatin for making aspic. Which bone combination produces the most gelatin?

A. Veal knuckle bones and calves' feet, both extremely rich in collagen that converts to gelatin during simmering

B. Chicken breast bones and wing tips, which contain the highest gelatin of any poultry bone

C. Pork ribs and pork loin bones, which produce the most gelatinous stock of all animal species

D. Beef tenderloin trimmings and fat cap, which dissolve into a natural gelatin when simmered in water

48. A cook adds a sachet d'épices at the 5-hour mark of an 8-hour stock — 3 hours before the end. An experienced cook says it should have been added at the 7-hour mark. Why?

A. The sachet has no effect until the final hour because the herbs need to absorb stock flavour first

B. Early addition is preferred because it gives the herbs maximum time to release their flavour compounds

C. Adding the sachet too early is not an issue — herbs can simmer indefinitely without any negative effects

D. Three hours of simmering over-extracts the herbs, producing bitter, medicinal notes — 45 to 60 minutes is ideal

49. A velouté simmered for 25 minutes still has a faint starchy, floury taste. What should the cook do?

A. Add additional butter to mask the floury taste and add richness to the finished sauce

B. Strain through a chinois to remove the starch particles responsible for the floury flavour

C. Continue simmering for another 10–15 minutes to fully cook out the remaining raw flour taste

D. Add lemon juice to neutralize the starchy taste through an acid-base chemical reaction

50. A cook mounts a pan sauce with cold butter and it emulsifies beautifully. Ten minutes later on the steam table, the sauce has broken. What happened?

A. The steam table's heat exceeded the emulsion's stability threshold, causing the butter to melt out and separate

B. The butter was inferior quality and could not sustain an emulsion beyond the initial 5-minute window

C. The sauceboat material transferred a metallic ion that catalyzed the separation of the fat phase

D. All mounted sauces break after exactly 10 minutes regardless of holding temperature or method

51. Traditional Italian pesto is made by grinding ingredients in a mortar rather than a food processor. What advantage does the mortar provide?

A. The mortar produces a smoother, more uniform purée than any food processor blade can achieve

B. The mortar crushes rather than shears the basil cells, producing brighter colour and fresher flavour through less oxidation

C. The mortar is faster than a processor and handles larger batches more efficiently for restaurant volume

D. There is no practical difference — the mortar is used for tradition and presentation only

52. A cook accidentally adds stock instead of milk to a roux, producing a savoury sauce rather than a creamy milk-based one. What sauce has the cook inadvertently created?

A. Hollandaise, because stock transforms the roux-based sauce into an egg-yolk-emulsified preparation

B. Espagnole, because any stock combined with any roux automatically produces this specific mother sauce

C. Tomato sauce, because the stock changes the roux colour from white to the red-orange tomato spectrum

D. Velouté, because a velouté is defined as roux combined with stock rather than milk

53. A cook makes compound butter with Roquefort, walnuts, and port reduction for grilled steak. How thick should each service round be sliced from the chilled log?

A. Approximately 1 cm thick — enough to melt into a pool of flavoured butter sauce on the hot steak

B. Paper-thin slices of 1 mm that melt instantly and disappear before the plate reaches the guest

C. Rounds 3 cm thick that provide a substantial block of butter that does not fully melt during service

D. The entire log served tableside for guests to slice their own preferred portion and thickness

54. Sauce chasseur (hunter's sauce) is a derivative of demi-glace. Which ingredients define it?

A. Red wine, shallots, and bone marrow — the signature components of bordelaise served with steak

B. Dijon mustard and onions — the classic combination of sauce Robert served with pork preparations

C. Mushrooms, shallots, white wine, tomato concassé, and tarragon — served with chicken or veal

D. Green peppercorns, brandy, and cream — the defining elements of sauce au poivre for steak

55. A cook reduces 500 ml of heavy cream by half. What happens to the cream's consistency?

A. It becomes thinner because the fat melts and the proteins break down during the extended heating

B. It remains at the same consistency because reduction does not affect cream's thickness or body

C. It becomes watery because the lactose dissolves and liquefies the fat phase of the cream

D. It thickens because evaporation concentrated the fat and protein, increasing the viscosity

56. A hollandaise tastes flat despite the correct yolk-to-butter ratio. What ingredient is most likely insufficient?

A. Sugar, which is the standard sweetener added to all classical hollandaise preparations

B. Acid — lemon juice or the initial vinegar reduction — which provides the brightness that lifts and balances the rich butter

C. Ground nutmeg, which is the defining spice of hollandaise and gives it its characteristic warmth

D. Chopped tarragon, which is a mandatory finishing herb in all classical hollandaise preparations

57. Of roux, cornstarch slurry, beurre manié, and arrowroot slurry, which produces the most transparent thickened result?

A. Arrowroot slurry, which produces the clearest, most transparent finish of all common thickeners

B. Roux cooked to the blond stage, which produces a nearly translucent result in light-coloured sauces

C. Beurre manié, which clarifies through the butter's fat that acts like a natural filtering agent

D. Cornstarch slurry, which is completely invisible and has zero visual impact on any liquid it thickens

58. Sauce béarnaise uses a vinegar reduction rather than wine. Why is vinegar chosen over wine?

A. Vinegar is cheaper than wine and produces an identical flavour after the same reduction process

B. Vinegar contains more alcohol than wine, which is needed for the emulsion's structural stability

C. Vinegar provides more concentrated acidity that gives béarnaise its characteristic sharp, tangy backbone

D. Vinegar has a higher sugar content that caramelizes during reduction and provides natural sweetness

59. A cook simmers shrimp shells in cream for 15 minutes to infuse a seafood sauce. After straining, what colour has the cream become?

A. The cream has turned green from the chlorophyll released by the shrimp shell membrane

B. The cream has turned orange-pink from the astaxanthin pigment released by the heated shells

C. The cream has remained pure white because shrimp shells transfer no colour to liquids

D. The cream has turned brown from the Maillard reaction between the shell protein and cream sugars

60. A cook makes gravy from turkey drippings using a roux. After thickening and straining through a chinois, a few tiny lumps remain. What final step achieves a perfectly smooth consistency?

A. Add more stock to dilute the sauce until the lumps dissolve naturally at the thinner consistency

B. Boil vigorously while whisking for 15 minutes to break the remaining lumps apart mechanically

C. Serve as-is, since tiny lumps after straining are acceptable in professional gravy preparation

D. Pass through a finer strainer lined with damp cheesecloth, or briefly blend to eliminate remaining lumps

61. A cook finishes a cream sauce with one tablespoon of cold butter off the heat. What does this small addition accomplish?

A. Even a tablespoon adds a subtle gloss, silkiness, and round richness that polishes the finished sauce

B. One tablespoon has zero perceptible impact and is a wasted step that adds nothing to a full batch

C. The cold butter thickens the sauce significantly, potentially making it too heavy for the dish

D. The cold butter causes the sauce to seize into a grainy, broken texture from the temperature difference

62. A cook selects a semi-soft washed-rind cheese for a cheese board. Which cheese fits this category?

A. Parmigiano-Reggiano — a hard, crystalline cheese aged a minimum of 12 months in large wheels

B. Fresh mozzarella — a soft, unaged cheese stored in liquid whey and consumed within days

C. Aged cheddar — a firm, semi-hard cheese that ranges from mild to extra-sharp based on aging time

D. Époisses or Taleggio — semi-soft cheeses with orange-red rinds washed in brine during aging

63. A quiche Lorraine custard uses 4 eggs per 500 ml cream and is baked in a water bath. What indicates proper doneness?

A. The entire surface is completely firm and dry with zero movement when the pan is gently shaken

B. The whole quiche jiggles uniformly like liquid when moved, indicating the custard is still fully raw

C. The edges are set but the centre has a slight, gentle jiggle — carryover heat will finish setting it during cooling

D. The top has developed a dark brown crust and the interior has separated into a liquid and solid layer

64. Clarified butter is preferred over whole butter for French omelettes. Why?

A. Clarified butter has a lower smoke point than whole butter, which limits the maximum pan temperature

B. Clarified butter has a higher smoke point because the easily burned milk solids have been removed

C. Clarified butter adds a more intense flavour than whole butter due to concentrated fat content

D. There is no functional difference — clarified butter is selected purely for its golden presentation colour

65. A cook makes a vegan "buttermilk" for pancakes. What is the standard method?

A. Add 1 tablespoon of lemon juice or vinegar to 250 ml of soy milk; let stand 10 minutes until slightly curdled

B. Blend raw cashews with water and strain through cheesecloth to produce a thick, tangy liquid

C. Combine coconut cream with baking soda and heat until the mixture bubbles and becomes acidic

D. Ferment oat milk at room temperature for 48 hours until natural lactic acid bacteria develop

66. A cook adds pre-shredded bagged cheddar to a hot béchamel for mac and cheese. The cheese clumps and becomes gritty. The technique was correct (gradual addition, below boiling). What is the most likely cause?

A. Cheddar cheese is fundamentally incapable of melting smoothly in any sauce under any conditions

B. The cheese was too cold when added, and the thermal shock caused the proteins to seize and clump

C. The béchamel was too thick, creating excessive friction that sheared the cheese proteins apart

D. Pre-shredded cheese is coated with anti-caking agents (cellulose or starch) that prevent smooth melting

67. A Swiss meringue buttercream turns soupy and curdled after the cook adds butter to a still-warm meringue. What should the cook do?

A. Discard the batch immediately because a curdled buttercream cannot be recovered under any circumstances

B. Continue whipping — the mixture will eventually come together as the meringue cools to room temperature

C. Add more egg whites to the bowl to re-stabilize the broken emulsion and restore the buttercream

D. Melt the entire mixture in a saucepan and re-whip it from scratch as a ganache-style preparation

68. French-style soft scrambled eggs are finished by adding what element to stop cooking and enrich texture?

A. A splash of white wine vinegar to chemically halt the protein coagulation process immediately

B. A tablespoon of cornstarch slurry to thicken the eggs to a firm, sliceable custard consistency

C. A knob of cold butter or splash of cold cream, which drops the temperature and adds silky richness

D. A handful of grated cheese that melts and creates a stretchy, fondue-like consistency in the curds

69. A crème anglaise base for ice cream has been cooked to 83°C, strained, and ice-bathed. What is the next step before churning?

A. Mature the base under refrigeration for at least 4 hours (ideally overnight) for fat crystallization and flavour development

B. Churn immediately while the base is still warm for the smoothest possible ice cream texture

C. Freeze the base solid in a sheet pan, then break into chunks before loading into the ice cream machine

D. Heat the base a second time to 95°C for a complete pasteurization cycle before cooling and churning

70. A warm sabayon (zabaglione) made from egg yolks, sugar, and Marsala is whisked over a bain-marie. What indicates it is done?

A. The mixture becomes thin and watery, falling from the whisk in a continuous honey-like stream

B. The yolks scramble into visible curds, indicating the proteins have set for stable foam structure

C. The mixture separates into a clear wine layer on top and a dense egg layer settled on the bottom

D. The mixture has tripled in volume, holds a ribbon that stays visible for seconds, and is warm and foamy

71. A cook presses extra-firm tofu under weights for 30 minutes before stir-frying. What does pressing accomplish?

A. Pressing activates the soy proteins inside the tofu, making it firmer and chewier throughout its structure

B. Pressing flavours the tofu by pushing the moisture from the surrounding towels into the tofu block

C. Pressing removes excess water, which allows the surface to develop a golden sear in the hot pan

D. Pressing is purely aesthetic — it reshapes the tofu block into a thinner, more visually appealing rectangle

72. Fresh egg pasta uses approximately 100 g of "00" flour per large egg. A cook making a batch with 6 eggs should start with how much flour?

A. Approximately 600 g, using the standard 100 g per egg ratio and adjusting by feel during kneading

B. Exactly 300 g, using half the standard ratio for a wetter, more delicate dough texture

C. Exactly 1,000 g, using excess flour that is gradually worked in until the dough stops being sticky

D. The flour amount is irrelevant — the cook should keep adding flour until the dough feels dry to the touch

73. Pappardelle are wide ribbon noodles (2.5 cm). They pair traditionally with which type of sauce?

A. A light olive oil and garlic sauce that pools in the wide grooves of the flat noodle surface

B. A smooth vinaigrette dressing that distributes evenly across the broad, flat pasta surface

C. A delicate clear broth with finely diced vegetables for a clean, refined consommé-style presentation

D. Rich, hearty meat ragùs (wild boar, duck, lamb) whose chunky textures are caught and held by the wide ribbons

74. Several filled tortellini burst open during boiling. Inspection reveals air pockets were trapped during assembly. How should this be prevented?

A. Boil at a more vigorous rolling boil so the turbulence forces air out of each piece during cooking

B. Press out all air from each piece during assembly before sealing, ensuring no pockets remain

C. Puncture each tortellini with a needle before cooking to create a vent for the trapped air to escape

D. Freeze all tortellini solid before boiling, as the expansion of ice during freezing compresses the air

75. Spätzle are pushed through a perforated device into simmering water. How does the cook know they are done?

A. They sink to the bottom and remain there, growing heavier as they absorb the simmering water

B. They turn from pale yellow to deep golden brown during the simmering process, indicating doneness

C. They float to the surface, which indicates the batter has cooked through and expanded slightly

D. The cook must remove one, cut it in half, and check that the interior is no longer white and raw

76. A cook makes macaroni and cheese and the recipe says to cook the pasta to "just under al dente" before baking. Why?

A. The pasta continues to absorb liquid and cook in the oven — starting at al dente would make it overcooked after baking

B. Slightly undercooked pasta absorbs less cheese sauce, producing a more pasta-forward final flavour

C. Undercooked pasta gives a crunchy texture after baking that provides contrast with the creamy sauce

D. Starting under al dente produces a more attractive visual appearance when the dish is served to guests

77. After boiling Chinese egg noodles for lo mein, the cook drains and tosses them with sesame oil before adding to the wok. What does the oil accomplish?

A. The oil pre-cooks the noodles further through residual heat from its high contact temperature

B. The oil provides a subtle sesame flavour that blends into the background of the finished lo mein dish

C. The oil creates a barrier that prevents the noodles from absorbing the stir-fry sauce during cooking

D. The oil coats the noodles and prevents them from sticking together while waiting to enter the wok

78. Squid ink pasta gets its colour from cuttlefish or squid ink. At what stage is the ink incorporated?

A. Painted onto finished, rolled pasta sheets with a brush before cutting into the desired shapes

B. Added to the eggs before combining with flour, producing a uniformly black-coloured dough

C. Stirred into the boiling pasta cooking water, which dyes the noodles as they cook and hydrate

D. Mixed into the sauce rather than the dough itself, keeping the pasta white while the sauce is black

79. A cook layers raw, unboiled fresh pasta sheets into a lasagna with béchamel and Bolognese. Will this technique work?

A. Yes — fresh sheets are thin enough to cook through during baking by absorbing moisture from the sauces

B. No — all fresh pasta must be boiled before layering or it will remain raw and chalky in the centre

C. Yes — but only if the pasta is frozen before assembly, which pre-hydrates it through crystallization

D. No — only dried no-boil lasagna sheets can be used without pre-cooking in assembled lasagna

80. A cook prepares Korean japchae using dried sweet potato glass noodles. How are the noodles prepared before stir-frying?

A. Added directly from the package to the hot wok without any pre-cooking or soaking required

B. Deep-fried in oil at 175°C until puffed into a crispy nest, then topped with the stir-fry components

C. Boiled for 6–8 minutes until tender, drained, rinsed, and cut into shorter lengths before stir-frying

D. Ground into a powder, reconstituted with hot water into a paste, and spread as a pancake in the wok

81. A cook prepares gyoza (Japanese pan-fried dumplings). After pan-frying the flat side to golden, water is added and the pan is covered. What does the steam from the water accomplish?

A. The steam cools the pan temperature to prevent the crispy bottoms from becoming too dark

B. The water boils the dumplings entirely, converting them from a fried to a fully boiled preparation

C. The steam dissolves surface starch on the wrappers, creating a transparent, glass-like skin effect

D. The steam simultaneously cooks the filling and the top wrapper while the bottom retains its crispy crust

82. A cook making a fattoush salad needs toasted flatbread pieces. Which bread is traditional, and when should it be added?

A. Naan, added at the start of mixing so it fully absorbs the dressing and becomes completely soft

B. Pita bread, toasted or fried until crispy, added just before service to maintain its crunch

C. Flour tortilla, sliced and deep-fried until golden for a fusion-style crispy salad topping

D. Focaccia, cubed and dried, folded into the salad overnight so the dressing fully softens it

83. A cook simmers basmati rice using the absorption method with the lid on. Halfway through, the cook lifts the lid to check progress. Why is this a problem?

A. Lifting the lid releases the trapped steam that is essential for finishing the top layer of rice in the absorption method

B. Lifting the lid has no impact because the water provides all cooking heat regardless of steam

C. Lifting the lid accelerates water absorption, causing the rice to overcook and become mushy

D. Lifting the lid is recommended every 5 minutes to stir the rice for even cooking throughout

84. Pearled farro has had its bran removed. How does this affect cooking time compared to regular farro?

A. Pearled farro takes the same time as regular farro because the bran has no effect on water penetration

B. Pearled farro takes longer because the exposed starch swells slowly without the bran's protective layer

C. Pearled farro cooks faster because removing the bran allows water to penetrate the grain more quickly

D. Pearled farro cannot be boiled and must be steamed in a covered pot to prevent it from dissolving

85. A vegan chili needs a protein with a chewy, ground-beef-like texture. Which product best achieves this?

A. Silken tofu, which has a soft custard consistency that mimics the creamy texture of melted cheese

B. Crumbled tempeh, which is browned and produces a chunky texture but is distinctly not beef-like

C. Sliced seitan, which has a firm steak-like texture better suited for grilling than crumbling into chili

D. Rehydrated TVP (textured vegetable protein), which absorbs the chili liquid and closely mimics ground beef

86. A cook makes hummus and processes tahini, lemon, garlic, and cumin first before adding chickpeas. Why this order?

A. Processing liquids first prevents chickpeas from jamming the processor blade during operation

B. Processing tahini and garlic into a smooth base first produces a creamier finished hummus than adding everything at once

C. The lemon must chemically react with the tahini first to activate a compound that produces the classic texture

D. Garlic cannot be puréed to a smooth consistency once chickpeas are present in the processor bowl

87. A warm grain salad features cooked farro dressed while still warm. Why dress warm grains rather than cold?

A. Warm grains are visually more appealing because the steam creates a dramatic presentation effect

B. Dressing warm grains is purely a time-saving technique that eliminates the waiting period for cooling

C. Warm grains absorb vinaigrette more effectively than cold grains, producing a more flavourful salad

D. Warm farro must be dressed immediately to prevent the grains from fusing into an unusable solid block

88. A guest is allergic to tree nuts AND peanuts but can eat seeds safely. The recipe calls for a nut garnish. What substitution is safe?

A. Toasted pumpkin seeds or sunflower seeds, which are seeds and not classified as tree nuts or peanuts

B. Toasted macadamia nuts, which despite being classified as tree nuts are safe for most nut-allergic guests

C. Toasted coconut flakes, which are considered seeds under Canadian allergen classification regulations

D. Pine nuts, which despite the name are actually seeds from pine trees and safe for all nut-allergic guests

89. A traditional Indian dal is finished with a "tadka" (tempering). What does this involve?

A. A liaison of egg yolks and cream stirred into the simmering dal for richness and thickening

B. A cornstarch slurry whisked into the dal to bring it to the desired thick, sauce-like consistency

C. A handful of raw lentils scattered on top of the cooked dal for visual contrast and raw crunch

D. Hot ghee infused with whole spices (cumin seeds, mustard seeds, dried chilies) poured sizzling over the dal

90. Black bean burger patties crumble on the grill. The mixture contains beans, rice, breadcrumbs, onion, garlic, cumin, and egg. What adjustment would help?

A. Add more rice to provide additional starch that binds the patty more effectively during cooking

B. Refrigerate the formed patties for 30 minutes to firm them, and ensure the bean mixture was processed to the correct consistency — not too wet or too dry

C. Increase the grill temperature to sear the outside instantly before the patty has time to fall apart

D. Remove the egg from the recipe, as the egg creates a weaker bond than the starch from the beans alone

93. A cook sears cubes of beef chuck for stew and the meat turns grey and releases liquid instead of browning. What error occurred?

A. The meat was not seasoned with enough salt, which is required to initiate the Maillard reaction

B. The pan temperature was too high, causing the surface proteins to seize and lock in the moisture

C. The beef cubes were cut too small, reducing the thermal mass needed for proper browning

D. The pan was overcrowded — too much meat lowered the temperature and caused steaming instead of searing

94. A cook is grilling lamb loin chops to medium doneness. What internal temperature range should be targeted?

A. 52°C to 54°C, which produces a cool red centre characteristic of rare lamb loin chops

B. 63°C to 66°C, which produces a warm pink centre with moderate firmness for medium doneness

C. 71°C to 74°C, which produces a well-done centre with no pink remaining in the chop

D. 82°C to 85°C, which is the minimum required temperature for all lamb cuts under Health Canada

95. A bone-in standing rib roast is removed from the walk-in 1 hour before roasting to "temper." What is the purpose?

A. Approaching room temperature reduces the temperature differential from edge to centre, producing more even cooking

B. Tempering activates natural enzymes that break down collagen for significantly improved tenderness

C. The hour at room temperature allows surface bacteria to die naturally from ambient air exposure

D. Tempering is unnecessary and based on outdated kitchen tradition with no measurable effect on cooking

96. A cook prepares chicken suprême — a boneless breast with the first wing joint attached. What is the most traditional cooking method?

A. Deep-frying in heavy beer batter at 175°C until the exterior is golden and crunchy throughout

B. Braising in red wine and root vegetables for 3 hours until the breast falls apart and shreds easily

C. Sautéing in clarified butter and finishing in the oven, served with a pan sauce or cream-based sauce

D. Grilling over direct high heat with the wing bone charring over the flames for a smoky presentation

97. A cook sears a beef brisket for braising. Halfway through, the fond on the bottom of the pot turns from brown to black. What should the cook do?

A. Continue searing all remaining pieces because the braising liquid will dissolve and mellow the black fond

B. Stop searing, clean the burnt fond from the pot, and restart the searing process in a clean or freshly wiped pot

C. Deglaze immediately with wine to dissolve the black fond and incorporate its smoky intensity

D. Add raw vegetables to the pot to absorb the burnt flavour while the remaining meat continues searing

98. Health Canada's minimum internal temperature for all game meats (venison, elk, moose, bison, bear) is higher than for domestic beef. What is the required minimum?

A. 63°C, identical to the requirement for domestic beef steaks and whole roasts

B. 71°C, the same temperature required for ground beef and whole pork cuts

C. 82°C, the same temperature required for whole roasted poultry and game birds

D. 74°C, which addresses the increased risk of parasites and pathogens in wild species

99. A cook marinates flank steak in soy sauce, lime juice, garlic, and ginger for 48 hours. After grilling, the exterior is mushy while the interior is properly textured. What went wrong?

A. The prolonged acid exposure from the lime juice over-denatured the surface proteins, making the exterior mushy

B. The soy sauce penetrated too deeply and chemically broke down the internal muscle fibres

C. The ginger contains a proteolytic enzyme that dissolved the connective tissue during the 48-hour soak

D. The sesame oil in the marinade created anaerobic conditions that caused bacterial softening of the meat

100. A cook makes a beef Wellington. The seared tenderloin is wrapped in mushroom duxelles and puff pastry. Why is searing the beef an essential first step?

A. Searing sterilizes the raw beef surface, eliminating all pathogens before encasing it in pastry

B. Searing partially cooks the interior so it reaches medium-rare before the pastry browns and burns

C. Searing develops a Maillard-browned crust for flavour and creates a barrier that limits moisture transfer to the pastry

D. Searing is optional and provides no functional benefit beyond a minor visual improvement on the surface

101. A cook braises a beef chuck roast at 170°C for 3 hours. A probe inserted meets resistance — the meat is not yet fork-tender. What should be done?

A. Remove and slice thinly, as slicing compensates for any remaining toughness in the braised meat

B. Increase the oven to 250°C to accelerate the remaining collagen breakdown in the shortest time

C. Add ice water to the pot to shock the collagen loose from the muscle fibres through thermal contrast

D. Continue braising at the same temperature for another 30–60 minutes until the collagen has fully converted to gelatin

102. A cook carves a smoked brisket. When slicing the flat (lean section), what direction should the knife cut?

A. Parallel to the grain for long, elegant slices that showcase the smoke ring and bark exterior

B. Against the grain (perpendicular to the fibres), which shortens the fibres and produces tender, easy-to-chew slices

C. At a random 45-degree angle, which splits the difference between tenderness and visual appeal

D. The direction does not matter for smoked brisket because 14 hours of smoking tenderizes all fibres completely

103. A cook threads pork back fat strips through the interior of a venison loin using a special needle. What technique is this?

A. Barding — wrapping the exterior of the loin with bacon or fat slices for surface basting during roasting

B. Trussing — tying the loin with butcher's string to maintain its cylindrical shape during cooking

C. Larding — inserting strips of fat through the interior to baste the lean meat from the inside during cooking

D. Dredging — coating the loin's surface in flour before searing to create a crust that holds fat against the meat

104. A cook prepares chicken liver pâté and the recipe says to sauté livers until still pink in the centre. Why is a pink centre critical?

A. Overcooking liver produces a dry, grainy, bitter product — the pink centre ensures a smooth, creamy pâté

B. Liver is safer to consume raw than cooked because cooking activates dormant pathogens in the tissue

C. The pink indicates the liver has reached exactly 74°C, confirming it is safe for poultry preparations

D. Pink is purely aesthetic and has no impact on the texture or flavour of the finished liver pâté

105. Osso buco is traditionally garnished with gremolata. What is gremolata?

A. A rich brown gravy made from the braising liquid, thickened with roux, and enriched with cream

B. A fresh mixture of finely chopped lemon zest, garlic, and flat-leaf parsley sprinkled over the dish

C. A béchamel sauce infused with saffron and grated Parmesan, spooned over the braised shanks

D. A dense mushroom ragù of porcini and cremini braised in the osso buco's cooking liquid

106. A cook holds a commercially pre-cooked ham on a steam table for a buffet. What minimum temperature must be maintained?

A. 74°C, because all foods on a buffet must be held at the reheating temperature throughout service

B. 54°C, which is the minimum holding temperature for pre-cooked products that require no reheating

C. 82°C, the same temperature required for whole poultry, which applies to all hot-held proteins

D. 60°C, the standard minimum hot-holding temperature for all hot foods on a buffet service line

107. Bison is significantly leaner than beef. How should a cook adjust grilling technique for a bison ribeye?

A. Increase grill temperature and cooking time to render the additional fat present in the bison steak

B. Cook identically to a beef ribeye — there is no meaningful difference between the two species

C. Use a lower grill temperature and shorter cooking time to prevent the lean bison from drying out

D. Marinate in acid for 24 hours before grilling to chemically tenderize the naturally tough bison meat

108. A cook prepares sweetbreads for a sautéed appetizer. After soaking overnight, blanching, and pressing under weights, what additional step is required before breading and sautéing?

A. Marinate the pressed sweetbreads in citric acid for 4 hours to dissolve the remaining connective tissue

B. Peel away the thin outer membrane while the sweetbreads are still warm from the blanching step

C. Freeze the sweetbreads solid and slice on a deli slicer while frozen for perfectly uniform thickness

D. Deep-fry the pressed sweetbreads briefly at 175°C to set the exterior before applying the breading

109. A halibut fillet sticks to the pan despite using oil. What technique prevents sticking when pan-searing delicate fish?

A. Ensure the pan and oil are very hot before adding the fish, and do not move the fillet until a crust forms and releases naturally

B. Always use non-stick pans for all fish preparations because stainless steel inevitably causes sticking

C. Place fish in cold oil in a cold pan and raise the temperature gradually for a gentle, non-stick release

D. Dredge the fillet in a thick layer of flour, which prevents any direct contact between the fish and the pan

110. A cook receives frozen shrimp for tomorrow's cocktail display. What is the correct thawing method?

A. Leave the shrimp on the counter at room temperature overnight for convenience and full thawing

B. Place in hot water at 60°C for 30 minutes for the fastest possible safe thawing method

C. Microwave on defrost for 20 minutes, rotating every 5 minutes for even thawing throughout

D. Thaw under cold running water (below 21°C) or overnight in the refrigerator at 4°C

111. A cook fillets a whole Dover sole (flat fish). How many fillets will be produced?

A. Two — one from each side of the backbone, identical to the yield from a round fish species

B. One large fillet from the top side only; the thin bottom side is discarded as waste in flat fish

C. Four — two from the dark top side and two from the lighter bottom side of the flat fish body

D. Three — two lateral fillets and one central fillet that includes the backbone as an edible component

112. A cook buys fresh sardines, which are small and oily. How quickly must they be used?

A. Within 7 to 10 days, the same shelf life as all other fresh fish stored at proper refrigeration temperatures

B. Within 30 days if vacuum-sealed and stored at 4°C in the walk-in cooler for maximum preservation

C. Within 1 to 2 days maximum — small oily fish deteriorate much faster than larger, leaner species

D. Fresh sardines are shelf-stable and require no refrigeration for up to 2 weeks after purchase

113. A cook prepares raw tuna tartare. The chef requires the tuna to have been previously frozen to specific low temperatures. What is the food safety purpose of this freezing requirement?

A. Freezing to prescribed temperatures destroys parasites (such as Anisakis) that may be present in raw fish

B. Freezing concentrates the tuna's flavour through sublimation and moisture removal from the flesh

C. Freezing firms the texture to make thin slicing easier and is purely for preparation convenience

D. Freezing sterilizes the fish completely, destroying all bacteria, viruses, and toxins in the flesh

114. A cook steams mussels in white wine. After opening, liquid collects in the pot from wine and mussel juices. What is this liquid's value in classical cuisine?

A. It is waste liquid that should be discarded because it contains sand and impurities from the shells

B. It is used exclusively to clean the empty mussel shells for decorative plating purposes only

C. It serves no culinary purpose and is poured down the drain after the mussels are removed

D. It is the cooking liquor (jus de moules) — strained and served as the broth, or used as a sauce base

115. Pin bones in a salmon fillet extend from the head area to approximately what point?

A. The very tail end only, in the last 5 cm of flesh where the fillet tapers to its thinnest point

B. Two-thirds of the way toward the tail, running through the thickest portion of the fillet

C. The entire length from head to tail without any interruption along the full length of the fillet

D. Only the belly flap section; the main loin portion of the fillet contains no pin bones at all

116. A seafood paella recipe adds shrimp and squid in the final 3 minutes. Why are they added last?

A. They are the most expensive ingredients and adding them last minimizes the risk of waste

B. Shrimp and squid are the lightest and would float away if added when the broth is still deep

C. Shrimp and squid cook in 2–3 minutes and become tough and rubbery if cooked any longer

D. They must be placed on top for visual presentation and would be hidden if added with the rice

117. A cook poaches a whole salmon starting in cold court-bouillon rather than placing it into simmering liquid. Why?

A. Starting in cold liquid allows the salmon to heat gradually, promoting even cooking and preventing the exterior from overcooking while the centre remains raw

B. Starting in cold liquid is incorrect — all fish must be placed into actively simmering liquid immediately

C. Cold liquid extracts maximum flavour from the salmon for a richer, more flavourful court-bouillon

D. Cold liquid prevents the skin from splitting, which would compromise the whole fish presentation

118. A cook needs to check fryer oil temperature but the built-in thermometer is broken. Without a separate thermometer, what kitchen test provides an approximate reading?

A. Hold a hand over the oil surface — perceptible heat within 5 seconds confirms approximately 175°C

B. Drop a small bread cube into the oil — if it sizzles, browns in about 60 seconds, and floats, the oil is near 175°C

C. Add a cup of water to the oil — vigorous boiling confirms the correct frying temperature has been reached

D. Touch the oil surface with a wet finger — immediate sizzling on contact confirms the correct temperature

119. A cook cures salmon with salt, sugar, and dill for gravlax. The recipe instructs the cook to weight the fillets. What does the weight accomplish?

A. The weight prevents the salmon from shifting position, which would disrupt even distribution of the cure

B. The weight heats the salmon through pressure friction, partially cooking the flesh during the curing period

C. The weight is purely traditional and decorative with no functional impact on the finished gravlax

D. The weight compresses the salmon, accelerating osmosis that draws moisture from the flesh and firms the texture

120. Canned tuna comes as "solid white albacore" and "chunk light." What is the primary difference?

A. Both are identical products with different marketing labels; there is no species or quality difference

B. Solid white is packed in oil; chunk light is packed in water — the only difference is packing medium

C. Solid white uses albacore (milder, firmer, lighter); chunk light uses skipjack (stronger, darker, softer)

D. Chunk light is premium bluefin tuna; solid white is lower-grade yellowfin packed as large flakes

121. A cook builds a chicken Caesar wrap on a flour tortilla with grilled chicken, romaine, dressing, and Parmesan. What is the correct rolling technique?

A. Place filling on the lower third, fold the bottom up over filling, fold both sides inward, then roll tightly into a sealed cylinder

B. Roll from left to right without folding the sides, creating an open-ended cylinder

C. Fold the tortilla in half like a taco and pierce through the centre with a toothpick to hold it closed

D. Roll into a cone shape like an ice cream cone with the filling exposed at the wide open top

122. A wedge salad is a classic steakhouse presentation. What defines it?

A. Mixed baby greens arranged in a dome shape with artful dressing drizzled around the plate's edge

B. Shredded iceberg tossed with blue cheese dressing and served in a small individual salad bowl

C. A whole grilled romaine heart split lengthwise and served with a smoky vinaigrette dressing

D. A quarter-head wedge of iceberg lettuce served intact, topped with blue cheese dressing, bacon, tomato, and chives

123. A pressed Italian muffuletta is filled, wrapped tightly, and weighted for hours before slicing. What does pressing accomplish?

A. Pressing pasteurizes the sandwich through the heat generated by compression of the ingredients

B. Pressing compresses the layers, melds flavours, and allows the olive salad's oil to permeate the bread

C. Pressing is purely aesthetic and produces the characteristic flat, round shape for visual presentation

D. Pressing dries the bread to a toast-like consistency that can be sliced cleanly without any tearing

124. A classic Niçoise salad features individually arranged components. Which description is correct?

A. All ingredients tossed together in a bowl with vinaigrette and served family-style for sharing

B. Ingredients stacked vertically in a tall glass jar, pressed down, and inverted onto the plate for height

C. Each ingredient (tuna, potatoes, green beans, eggs, olives, anchovies) arranged separately and deliberately on the plate

D. All ingredients puréed together with the dressing and served as a chilled soup in an elegant bowl

125. A croque monsieur is a classic French hot sandwich. What distinguishes it from a standard grilled ham and cheese?

A. It is topped with béchamel sauce and additional grated Gruyère, then broiled until golden and bubbly

B. It replaces the ham with smoked salmon for a more refined and quintessentially French presentation

C. It uses a croissant instead of sliced bread as its base, making it a French pastry-sandwich hybrid

D. It is served cold with unmelted cheese, distinguishing it from the always-hot grilled ham and cheese

126. A New England-style lobster roll features what preparation and presentation?

A. Hot lobster dipped in batter, deep-fried, and served on a crusty baguette with tartar sauce

B. Chunks of cold poached lobster lightly dressed with mayonnaise in a warm, buttered split-top bun

C. Lobster puréed into a smooth mousse, piped into a pita pocket, and topped with microgreens

D. Raw lobster served on crushed ice inside a bread bowl with drawn butter for dipping

127. A Caprese panini turns out extremely soggy after pressing. What should the cook have done?

A. Used thicker tomato slices that release less juice during the pressing and grilling process

B. Toasted the bread before assembly so it absorbs less moisture from the fillings during pressing

C. Pressed at a lower temperature for longer to gradually evaporate the moisture during cooking

D. Patted the mozzarella and tomato dry before assembly and used less balsamic to reduce moisture

128. A Mexican-style esquites (street corn salad) features charred corn off the cob. What components make up the classic dressing?

A. Olive oil, balsamic vinegar, and dried Italian herbs tossed with the warm charred corn kernels

B. Soy sauce, sesame oil, rice vinegar, and ginger for an Asian-Mexican fusion corn preparation

C. Mayonnaise or crema, cotija cheese, lime juice, chili powder, and cilantro mixed with the charred corn

D. Yellow mustard, ketchup, and relish in a classic American trio combined with the charred corn

129. A bound chicken salad needs textural contrast. What addition provides the best crunch?

A. Additional mayonnaise, which adds creaminess but no textural variation to the bound salad

B. Toasted sliced almonds or diced celery root, which provide a crunchy element in every bite

C. Shredded iceberg lettuce, which wilts immediately when mixed into the mayonnaise-based salad

D. Diced avocado, which adds a creamy, buttery quality but no crunch or textural contrast

130. A cook makes ranch dressing from scratch. What are the base ingredients?

A. Mayonnaise and buttermilk blended with garlic, dill, chives, and parsley for the classic ranch flavour

B. Olive oil and balsamic vinegar whisked with Dijon mustard and honey for a vinaigrette-style ranch

C. Tahini, lemon juice, and garlic puréed with cold water for a Middle Eastern-inspired ranch variation

D. Sour cream and blue cheese crumbles blended with lemon juice for a chunky, tangy ranch style

131. A cook omits curing salt (sodium nitrite) from a pork terrine recipe. What changes will occur?

A. The terrine will taste more salty because curing salt normally dilutes the salt flavour in the forcemeat

B. No changes will occur because curing salt serves no functional purpose in forcemeat preparations

C. The cooked meat will turn grey instead of pink, and the terrine will lack the distinctive cured flavour

D. The terrine will develop a firmer, denser texture because curing salt normally softens the protein structure

132. A duck breast is dry-cured with salt, sugar, pepper, and herbs for 24 hours. What is the next step to make duck prosciutto?

A. Slice the cured duck immediately and serve raw, similar to beef carpaccio or crudo presentations

B. Roast the cured duck breast at 200°C until the internal temperature reaches 74°C for safe service

C. Smoke the cured duck at 85°C for 6 hours to fully cook and preserve it through the heat and smoke

D. Rinse the cure, pat dry, wrap in cheesecloth, and hang in a cool controlled environment to air-dry for 1–3 weeks

133. A cook makes fresh sausages and notices a large air bubble trapped inside the casing. Why must it be eliminated?

A. The air bubble causes the sausage to float during poaching, preventing even heat distribution

B. Air pockets expand during cooking and cause the casing to burst, and create voids where bacteria can grow

C. The trapped air changes the pH of the surrounding meat, accelerating spoilage during storage

D. Air bubbles dissolve into the forcemeat and produce a carbonated, fizzy texture when bitten

134. A cook prepares confit garlic — whole cloves slow-cooked in olive oil at low temperature. What food safety concern is associated with this preparation?

A. Garlic in oil creates an anaerobic environment ideal for Clostridium botulinum — it must be refrigerated and used within days

B. Garlic naturally contains Salmonella that survives the low cooking temperature of the confit method

C. The olive oil becomes rancid within hours when heated with garlic due to a reactive chemical compound

D. Cooked garlic produces a toxic compound in oil that cannot be neutralized by any preservation method

135. A cook applies aspic to a chilled poached salmon for a cold buffet. The aspic is very warm and fluid — it runs off without adhering. What is the problem?

A. The aspic lacks sufficient gelatin and will never set regardless of the temperature at which it is applied

B. The salmon was not chilled enough, and the warm surface prevents the aspic from setting on contact

C. The aspic must be cooled to near its setting point (syrupy, barely liquid) before application so it clings and sets on contact with the cold surface

D. Aspic cannot adhere to fish skin and must be applied only to surfaces that have been coated with cream

136. A pâté en croûte is baked with a foil chimney inserted through the pastry lid. After baking and complete cooling, liquid aspic is poured through the chimney. Why must the pâté be fully cooled first?

A. Warm forcemeat would melt the aspic and prevent it from ever setting inside the pastry crust

B. Hot aspic would overcook the forcemeat and change its texture from smooth to grainy and crumbly

C. Pouring liquid into a warm pâté would generate steam that could explosively crack the pastry crust

D. The aspic needs a cold internal surface to gel against — warm forcemeat would keep the aspic permanently liquid

137. Merguez sausage is a spicy North African preparation. What distinguishes it from European pork sausages?

A. Merguez uses the same pork-based forcemeat as European sausages with different spice blends

B. Merguez uses lamb or lamb-and-beef with harissa, cumin, and paprika — never pork — reflecting its Islamic culinary origins

C. Merguez is identical to Italian sausage but uses a different type of animal casing for the same filling

D. Merguez uses pork as its primary meat with lamb added as a minor secondary flavouring ingredient

138. A cook makes rillettes by slow-cooking pork shoulder in rendered fat until falling apart, then shredding and mixing with the cooking fat. What is the correct finished texture?

A. A perfectly smooth mousse achieved by puréeing for 5 minutes in a food processor until homogeneous

B. A firm, sliceable loaf similar to cold-cut deli meat that can be machine-sliced for sandwich service

C. A coarse, rustic, spreadable paste with visible shredded fibres and streaks of fat — not a smooth purée

D. A dry, crumbly texture similar to jerky that is designed to be sprinkled over salads as a garnish

139. A cook prepares duck confit and wants to store the finished legs for up to 3 months. What preservation step allows this?

A. The cooked legs are fully submerged in rendered duck fat, which solidifies into an airtight seal excluding oxygen and bacteria

B. The legs are sealed in a vinegar bath that creates an acidic preservation environment indefinitely

C. The legs are dehydrated in a low oven for 12 hours to remove all moisture before vacuum-sealing

D. The legs are coated in a thick layer of coarse salt that draws remaining moisture and preserves through desiccation

140. Hot smoking occurs at what temperature range, and what effect does it have on the product?

A. Below 30°C — flavours without cooking, requiring prior curing for safety in the danger zone

B. Above 200°C — rapidly chars the exterior for a blackened, crispy finish on the smoked product

C. At exactly 100°C — steams the product inside the smoker chamber using water vapour from wood chips

D. Between 60°C and 85°C — simultaneously infuses smoke flavour while partially or fully cooking the product

141. A chocolate lava cake has a firm exterior and molten centre when properly baked. What produces this signature liquid interior?

A. A pocket of liquid ganache piped into the centre of the batter before the mould enters the oven

B. The cake is intentionally underbaked — the high ratio of chocolate and butter to flour means the edges set while the centre stays liquid

C. A chemical reaction between the chocolate and the baking powder generates a liquid centre during baking

D. The flour dissolves on contact with the melting chocolate, liquefying the centre of the cake during baking

142. A New York cheesecake develops a large crack across the top after baking. What is the most likely cause?

A. The cream cheese was not at room temperature, which caused unmixed lumps in the batter

B. The sour cream in the recipe was expired and curdled during the baking process in the oven

C. The eggs were added too slowly, incorporating excessive air that expanded and fractured the surface

D. The cheesecake was overbaked or cooled too rapidly, causing the top surface to contract and crack

143. French macarons are piped onto trays and rested at room temperature before baking. What does this resting accomplish?

A. Resting activates yeast compounds in the egg whites that provide the macarons' characteristic rise

B. Resting allows ambient kitchen flavours to absorb into the macarons for a more complex taste

C. Resting forms a dry skin on the surface that creates the smooth top and ruffled "feet" during baking

D. Resting is unnecessary and is only performed for quality inspection before the trays enter the oven

144. A muffin-method banana bread is mixed for 4 minutes at high speed until perfectly smooth. What defect will appear?

A. A tough, dense crumb with tunnels caused by excessive gluten development from over-mixing

B. An extremely light, airy crumb that crumbles when sliced, similar to angel food cake texture

C. A bright green colour from a chemical reaction between the banana and the activated baking soda

D. An undercooked, gooey centre that never sets regardless of how long the bread remains in the oven

145. A Swiss roll sponge is rolled into a cylinder (with a towel inside) immediately after leaving the oven. After cooling, it is unrolled, filled with cream, and re-rolled. Why is the initial warm roll necessary?

A. Rolling warm steams the interior for a moister cake when the cream filling is added later

B. Rolling while warm trains the cake to hold the curved shape, preventing cracking when re-rolled with filling

C. The initial roll is unnecessary — the baker should wait until the cake is completely cool before the first roll

D. Rolling warm permanently sets the sponge into its curved shape through a heat-activated Maillard reaction

146. Pain au chocolat uses two batons of chocolate placed on laminated dough before rolling. What type of chocolate should the batons be?

A. White chocolate, which melts at a lower temperature and provides a sweet, visible filling

B. Milk chocolate chips, which maintain their shape as distinct pieces inside the baked pastry

C. High-quality couverture dark chocolate, which melts to a fluid, rich pool inside the baked pastry

D. Cocoa powder pressed with butter into bars, which dissolve and produce a thin chocolate paste

147. A dacquoise disc (meringue with ground nuts) is baked for a layered cake. What is its characteristic texture?

A. Completely soft and spongy throughout, identical to a standard génoise sponge cake layer

B. Hard and brittle like a cracker, shattering into fragments when sliced through with any knife

C. Dense and fudgy like a brownie, with a moist, heavy texture that anchors the buttercream

D. Crisp and dry on the outside with a slightly chewy, soft almond-flavoured interior

148. White chocolate has the narrowest tempering range. What is the working temperature for properly tempered white chocolate?

A. 27°C to 28°C — the lowest working temperature of any chocolate type due to its heat sensitivity

B. 29°C to 30°C — the working temperature for milk chocolate, often confused with white chocolate

C. 31°C to 32°C — the same working temperature used for dark chocolate in all standard applications

D. 34°C to 36°C — higher than dark chocolate because white chocolate requires more heat to remain fluid

149. A panna cotta sets too firmly — rubbery and bouncy instead of silky and trembling. What caused this?

A. The cream was overheated, which degraded the gelatin's setting capacity and paradoxically firmed it

B. The moulds were too small, concentrating the gelatin per unit volume for a denser, firmer set

C. Too much gelatin was used relative to the liquid volume, producing an overly firm set

D. Extended refrigeration caused over-setting — panna cotta must be served within 30 minutes of chilling

150. A chocolate fondant (lava cake) bakes for exactly 12 minutes at 200°C — firm exterior, molten centre. What happens if the next cake bakes for 15 minutes?

A. No change — 3 extra minutes has zero effect on the cake's interior consistency or structure

B. The entire cake including the centre would set, eliminating the signature molten chocolate flow

C. The exterior would become crunchier while the centre remains equally liquid and molten

D. The cake would collapse entirely because the extra heat destabilizes the structure beyond recovery

Practice Exam 7: Answer Key and Explanations

1. B — Carryover cooking in thin pieces like chicken thighs is minimal — typically only 1°C to 2°C — because the small thermal mass dissipates heat rapidly. Unlike a thick roast that may gain 5°C to 8°C during resting, a chicken thigh removed at 72°C will likely not reach 74°C. The cook must continue grilling until the thermometer reads 74°C before removing.

2. D — The two-stage cooling rule requires food to cool from 60°C to 20°C within 2 hours (Stage 1), then from 20°C to 4°C within an additional 4 hours (Stage 2), for a maximum total of 6 hours. The soup reached 19°C by 3:30 PM (1.5 hours — within the 2-hour Stage 1 limit) and 3°C by 5:45 PM (3.75 hours total — well within the 6-hour maximum).

3. A — Sesame is a Health Canada priority allergen that can trigger life-threatening anaphylaxis. The cook must prepare the stir-fry with a non-sesame cooking oil and verify that every other component — sauces, garnishes, marinades — contains no sesame in any form. Even trace amounts from shared equipment can cause a reaction.

4. C — Gloves worn continuously across multiple tasks become cross-contamination vehicles. Raw hamburger pathogens are transferred to equipment, the cook's face, and then to the ready-to-eat buns through the same contaminated gloves. Gloves must be changed and hands washed between handling raw meat and touching ready-to-eat food.

5. B — WHMIS 2015 requires that all chemical containers bear proper labels — both supplier labels on original containers and workplace labels on any secondary containers. A locked cabinet does not replace labelling because workers who access the cabinet must be able to identify the contents and understand the hazards before handling any product.

6. D — The time-as-a-control method permits TCS food to be held without temperature control for a maximum of 4 hours, provided the food started at 4°C or below when removed from refrigeration, was monitored during the holding period, and is discarded at the end of the 4-hour window. This method is specifically designed for situations like box lunches where refrigeration is unavailable.

7. C — A mandoline blade is razor-sharp and designed to cut through dense vegetables with minimal pressure. Without the hand guard, the cook's fingers are directly in the path of the blade with nothing between flesh and the cutting edge. Mandoline injuries are among the most severe kitchen lacerations — deep, clean cuts that require medical attention.

8. A — A walk-in cooler reading of 2°C is within the safe refrigeration range (0°C to 4°C) and indicates the unit is functioning properly. There is no requirement to maintain the cooler at exactly 4°C — any temperature at or below 4°C is compliant. Most walk-in coolers operate between 1°C and 3°C for optimal food preservation.

9. B — Thawing under cold running water (below 21°C) is the fastest safe thawing method for large quantities of frozen seafood. The constant flow of cold water maintains the shrimp's surface temperature below the danger zone while rapidly conducting heat into the frozen product. Room-temperature and hot-water thawing both create danger-zone conditions on the surface.

10. D — The cook's definitions are reversed. Cleaning is the physical removal of visible soil, food residue, and grease from a surface using soap, water, and mechanical action. Sanitizing is the chemical or thermal reduction of microorganisms on an already-clean surface to safe levels. Cleaning must always precede sanitizing for the sanitizer to be effective.

11. A — Unlabelled containers pose a serious safety risk — the contents could be a chemical, an allergen, or a substance that looks identical to a food ingredient but is not. No one should use an unlabelled product based on memory or visual identification alone. The container must be formally identified through proper channels and labelled before any use.

12. C — Clostridium botulinum is an anaerobic bacterium that thrives in the oxygen-free environment inside sealed cans, vacuum-packed foods, and oil-submerged preparations. It produces botulinum toxin — one of the most potent neurotoxins known — which causes botulism, a potentially fatal illness. Swollen cans are a classic indicator of C. botulinum activity.

13. D — Burns create an open wound that can both introduce contaminants to food and become infected through exposure to food-contact environments. The dressed burn must be covered with a waterproof barrier and a protective sleeve or disposable glove to prevent any contact between the wound, its dressing, and food or food-contact surfaces.

14. B — The cook should have staggered the firing times based on each protein's cooking time. The steak (thickest, longest cook time) should be started first, followed by the chicken, and finally the salmon (thinnest, fastest). This timing ensures all four proteins reach their target doneness simultaneously and arrive at the pass together for plating.

15. A — Conversion factor = desired yield ÷ original yield = 20 litres ÷ 8 litres = 2.5. Tomato paste needed = 500 g × 2.5 = 1,250 g. Every ingredient in the recipe must be multiplied by the same conversion factor to maintain correct proportions at the new yield.

16. C — Selling price = portion cost ÷ target food cost percentage = $3.92 ÷ 0.28 = $14.00. This calculation ensures that the food cost ($3.92) represents exactly 28% of the menu price, leaving 72% to cover labour, overhead, and profit. This is the fundamental food cost pricing formula tested on the Red Seal exam.

17. D — EP cost = AP cost ÷ yield percentage (as a decimal) = $8.50 ÷ 0.85 = $10.00/kg. The EP cost is always higher than the AP cost because the cook pays for the entire raw product but can only serve the

usable portion. The 15% waste means each kilogram of usable product actually costs more than the per-kilogram purchase price.

18. A — A tight-fitting lid slid over a flaming pan is the correct first response for a small grease fire. The lid cuts off the oxygen supply and smothers the flame. The heat should then be turned off immediately. Water must never be used on a grease fire (it causes explosive spattering), and flour is combustible and can worsen the fire.

19. B — A tilting skillet has a large, flat cooking surface (typically 60 cm × 60 cm or larger) with evenly distributed heat from a steam jacket or electric element beneath. This allows onions to be spread in a thin, even layer for maximum surface contact and efficient caramelization, unlike a stockpot where onions pile deep and steam in their own moisture.

20. C — A standardized recipe card includes the recipe name, yield, portions, complete ingredient list with weights, step-by-step method, temperatures, times, plating instructions, and often a photograph. The personal dietary preferences of the chef who created the recipe are irrelevant to the recipe's standardization and reproducibility.

21. D — Strong seasonings like cayenne pepper do not scale linearly. The perception of heat intensifies disproportionately as quantity increases — multiplying cayenne by exactly 6 often produces an overwhelmingly spicy result. The conservative approach is to scale to approximately 50–70% of the calculated amount and adjust by tasting the finished product.

22. A — AP weight = EP weight ÷ yield percentage = 2.0 kg ÷ 0.78 = 2.56 kg. The cook must purchase 2.56 kg of whole, unpeeled carrots to yield 2.0 kg of peeled, trimmed, diced carrots after accounting for the 22% waste from peeling and trimming. This yield-adjusted purchasing calculation is essential for accurate food costing.

23. B — Sharpening uses a whetstone (or grinding wheel) to physically remove metal from the blade, creating a new cutting edge with a fresh bevel. Honing uses a honing steel to realign the existing edge — the thin metal at the cutting edge bends during use, and the steel straightens it back into alignment without removing material. Both are necessary maintenance steps.

24. C — Fresh fish must be received at 4°C or below (ideally on ice at 0°C–2°C). Frozen products must be received solidly frozen at -18°C or below with no evidence of thawing and refreezing (such as ice

crystal formation, liquid pooling, or misshapen packaging). Any deviation from these standards is grounds for rejection at receiving.

25. D — A bâtonnet measures 6 mm × 6 mm × 6 cm (¼ inch × ¼ inch × 2½ inches) — a thick stick cut used for crudités, French fries, and vegetable sides. When a bâtonnet is cross-cut at 6 mm intervals, it produces a small dice (6 mm cube). The julienne is thinner (3 mm), and the brunoise is a tiny cube (3 mm).

26. A — Blood oranges naturally have deep crimson flesh due to the presence of anthocyanin pigments — the same compounds that colour blueberries, red cabbage, and cherries. The colour is a varietal characteristic, not a defect. Blood oranges are prized for their complex, berry-like flavour and striking visual impact in salads and desserts.

27. B — Red-skinned new potatoes (and other waxy varieties like fingerlings) have a low starch and high moisture content that allows them to hold their shape after boiling, slicing, and tossing with dressing. Starchy Russets would crumble and disintegrate under the same treatment, producing a mushy, broken salad.

28. D — Asparagus spears of different thicknesses cook at different rates. Thin spears cook in 2–3 minutes while thick spears may need 5–7 minutes. The cook should sort spears by thickness and grill in separate batches, adjusting the timing for each group so all reach proper doneness without the thin spears overcooking.

29. A — Warm butter and cream added gradually during processing create a smooth, emulsified purée with rich flavour and a velvety, silky consistency. The fat coats the starch molecules, adds richness and body, and the warmth keeps the mixture fluid for smooth processing. Cold additions would produce a dense, lumpy result.

30. C — Thai basil has a distinctive anise-licorice flavour note and holds up well to the heat of cooking (its flavour does not disappear quickly). Italian sweet basil has a sweeter, more delicate, clove-like flavour that wilts and loses its character rapidly when heated. While Italian basil can substitute in a pinch, the flavour profile of the curry will be noticeably different.

31. A — Crisp-tender means the green beans are cooked through (no raw crunch at the centre), bright green in colour, and retain a pleasant slight firmness when bitten — not soft, not raw, but perfectly in

between. This doneness is achieved by blanching briefly in rapidly boiling salted water, then shocking immediately in ice water to arrest the cooking.

32. D — Beet trimmings will stain the entire stock a deep red-purple colour, severely limiting its versatility. A red-tinted stock cannot be used for a white cream soup, a light velouté, or any preparation where neutral colour is important. Beet trimmings are better reserved for beet-specific preparations like borscht.

33. B — Romaine lettuce is the only correct choice for a classic Caesar salad. Its crisp, sturdy leaves with firm central ribs hold the weight of the thick, creamy dressing without wilting, and its mild, slightly sweet flavour complements the bold anchovy-garlic-Parmesan dressing. Butter lettuce would wilt; arugula and iceberg are not traditional.

34. C — Dried porcini mushrooms should be rehydrated in warm water for 20–30 minutes until softened and pliable. After rehydrating, the mushrooms are lifted out, chopped, and added to the risotto. The soaking liquid — which is intensely flavoured with concentrated mushroom essence — is strained through cheesecloth and added to the stock for additional depth.

35. A — Soaking cut vegetables in ice water crisps them by causing the cells to absorb water and become turgid (firm and snappy). After draining thoroughly, displaying the crudités on a tray over crushed ice maintains their cold temperature and crisp texture throughout the 2-hour buffet window. This is the standard technique for high-quality vegetable displays.

36. D — Whole beets are roasted unpeeled, wrapped individually in foil with a drizzle of oil and salt. Roasting whole and unpeeled preserves their colour, moisture, and nutrients during the long cooking time. After roasting until a knife slides in easily, the skin slips off effortlessly by rubbing with a towel — far easier than trying to peel raw beets.

37. B — Body (gelatin content) in stock comes from collagen — a connective tissue protein concentrated in joints, knuckles, feet, and other cartilaginous structures. Meaty bones (such as leg bones cut from the shaft) provide flavour but contain relatively little collagen. Without collagen-rich bones, the stock will taste good but remain thin and will not gel when cooled.

38. C — Scraping the bare corn cobs extracts the milky starch and sweet corn juice that remains in the cob after the kernels are cut away. This "corn milk" contains concentrated natural sugars and starch that

add body, sweetness, and an intense corn flavour to the chowder — a professional technique that maximizes the value of every ear.

39. D — Miso paste should be added at the very end of preparation, off the heat, just before service. Boiling miso kills its beneficial probiotic cultures (Lactobacillus), destroys volatile aromatic compounds, and dulls the complex, nuanced flavour that defines quality miso. The paste is dissolved in a ladle of warm broth first, then stirred into the pot.

40. A — The acidity of the tomatoes causes the milk proteins in the cream to coagulate (curdle) when exposed to high heat. Two prevention techniques work: gradually tempering the cream into the acid base (slowly raising its temperature to prevent shock), or adding a starch-stabilized béchamel to the tomato base instead of raw cream — the starch shields the proteins.

41. C — Scotch broth is a hearty, chunky traditional Scottish soup made from lamb or mutton, pearl barley, and a variety of root vegetables (turnips, carrots, onions, leeks) simmered in a rich meat broth. It is a meal-in-a-bowl preparation that showcases the rugged, warming character of Scottish Highland cooking.

42. B — The food mill crushes the simmered shells against its perforated plate, extracting the remaining flavour, colour (astaxanthin pigment), and body (gelatin and shell juices) from inside the fragments while holding back the hard, inedible shell pieces. This step maximizes the extraction of every bit of shellfish essence for the most intensely flavoured bisque.

43. D — Using an immersion blender directly in the pot for a brief pulse (10–15 seconds) purées approximately one-third of the lentils and vegetables into the surrounding liquid, thickening it and adding creamy body, while leaving the remaining two-thirds as intact, identifiable lentils with texture. This creates the desired rustic, dual-texture consistency.

44. A — Vegetable stock should simmer for only 30 to 45 minutes. Unlike meat stocks that require hours to extract collagen and break down connective tissue, vegetables release their flavour compounds quickly. Extended simmering beyond 45 minutes begins to over-extract, producing bitter, muddy, sulphurous off-flavours, particularly from cruciferous vegetables and onion skins.

45. C — Straining through multiple layers of fine cheesecloth catches the suspended particles, protein fragments, and fat droplets that cause cloudiness. While this method does not produce the crystal clarity

of a full consommé clarification, it significantly improves the visual quality of the broth with minimal effort and no additional ingredients.

46. B — Over-processing potatoes in a blender ruptures the starch cells, releasing their amylose and amylopectin into the liquid. This free starch creates a gluey, wallpaper-paste-like consistency that is one of the most unpleasant texture defects in soup making. A food mill or ricer processes potatoes more gently; alternatively, reduce the blending time significantly.

47. A — Veal knuckle bones and calves' feet contain the highest concentration of collagen of any commonly available bones. Collagen converts to gelatin during simmering, and these two sources produce a stock so rich in gelatin that it sets to a firm, rubbery solid when refrigerated — ideal for aspic production, which requires a very strong gel.

48. D — Herbs release their pleasant, volatile flavour compounds quickly — within the first 30 to 45 minutes of simmering. Beyond that, continued extraction pulls out tannins, chlorophyll breakdown products, and other compounds that produce bitter, medicinal, vegetal off-flavours. The sachet should be added during the final 45 to 60 minutes only.

49. C — A faint floury taste after 25 minutes indicates the raw flour in the roux has not been fully cooked out. The sauce needs an additional 10 to 15 minutes of gentle simmering to complete starch gelatinization and eliminate the residual raw flour flavour. Total simmering time after thickening should be 30 to 40 minutes minimum.

50. A — A butter-mounted sauce is a fragile emulsion that cannot withstand the sustained high temperature of a steam table. The heat causes the emulsified butter to melt out of suspension and separate into pools of liquid fat floating on a thin, broken liquid. Mounted sauces must be held at a warm (not hot) temperature and served promptly.

51. B — A mortar and pestle crushes the basil leaves rather than shearing them with a spinning blade. Shearing (in a food processor) ruptures more cell walls and exposes more chlorophyll and aromatic oils to oxidation, producing a darker, less vibrant pesto. Crushing preserves more intact cells, resulting in a brighter green colour and a fresher, more aromatic flavour.

52. D — A velouté is defined as a roux-thickened sauce made with stock as the liquid component. By accidentally using stock instead of milk, the cook has created the textbook definition of a velouté rather

than a béchamel. The only difference between the two sauces is the liquid: béchamel = milk + roux; velouté = stock + roux.

53. A — Compound butter rounds should be sliced approximately 1 cm thick — enough to provide a generous portion that melts slowly on the hot steak, creating a pool of intensely flavoured butter sauce on the plate. Paper-thin slices disappear too quickly; 3 cm blocks do not melt completely and leave an unattractive lump of solid butter.

54. C — Sauce chasseur (hunter's sauce) is defined by mushrooms, shallots, white wine, tomato concassé, and tarragon, built on a demi-glace foundation and served classically with chicken or veal. Bordelaise features red wine, shallots, and bone marrow; Robert features mustard and onions; au poivre features green peppercorns, brandy, and cream.

55. D — Reducing cream by half evaporates approximately 50% of its water content, concentrating the fat, protein, and lactose that remain. This concentration increases the viscosity dramatically, producing a thick, rich, sauce-like consistency. Reduced cream is the base for many classical cream sauces and is significantly richer than unreduced cream.

56. B — Acid is the component that lifts and brightens hollandaise. Without sufficient lemon juice (or the initial vinegar-shallot-peppercorn reduction), hollandaise tastes flat, heavy, and one-dimensional — all butter richness with no counterbalancing brightness. A squeeze of lemon added just before service transforms the sauce from dull to vibrant.

57. A — Arrowroot produces the clearest, most transparent thickened result of all common starches, making it ideal for fruit sauces, glazes, and any preparation where visual clarity is important. Cornstarch produces a slightly translucent result; roux and beurre manié produce opaque results. Arrowroot's clarity is its primary advantage.

58. C — Vinegar provides more concentrated acidity than wine (typically 5–7% acetic acid versus wine's 0.5–1% tartaric/malic acid). When reduced to a near-dry glaze, the concentrated vinegar produces the characteristic sharp, tangy, assertive backbone that distinguishes béarnaise from hollandaise and gives it the acidic punch needed to stand up to rich grilled meats.

59. B — Shrimp shells contain astaxanthin — a carotenoid pigment that is released when the shells are heated. This pigment turns the cream a distinctive orange-pink colour (the same reaction that turns live

shrimp from grey to pink-orange during cooking). The coloured, flavoured cream becomes the visual and flavour signature of a shellfish cream sauce.

60. D — After the initial chinois straining has removed most lumps, the remaining micro-lumps can be caught by re-straining through a finer mesh lined with damp cheesecloth, or by briefly blending the gravy with an immersion blender. Either method eliminates the last traces of lumpiness for a perfectly smooth, professional-quality gravy.

61. A — Even a single tablespoon of cold butter swirled into a sauce off the heat emulsifies into the liquid, contributing a subtle but perceptible gloss, a silky mouthfeel, and a rounded richness that polishes and elevates the finished sauce. This small addition is the difference between a good sauce and a great one.

62. D — Époisses (French) and Taleggio (Italian) are classic examples of semi-soft washed-rind cheeses. During aging, the rinds are washed regularly with brine, wine, beer, or spirits, which promotes the growth of Brevibacterium linens — the bacteria responsible for the orange-red rind colour and the distinctively pungent, complex aroma.

63. C — A properly baked quiche has set edges but the centre retains a slight, gentle jiggle — it is not firm, not liquid, but in between. Carryover heat continues to set the custard as the quiche cools outside the oven. A completely firm centre means the quiche is overbaked; a uniformly liquid jiggle means it is underbaked.

64. B — Clarified butter has a significantly higher smoke point (approximately 250°C) than whole butter (approximately 175°C) because the milk solids — which are the component that burns first — have been removed during the clarification process. This allows a hotter pan for faster, more efficient cooking without the acrid taste and dark flecks of burnt milk solids.

65. A — Adding 1 tablespoon of an acid (lemon juice or white vinegar) to 250 ml of unsweetened soy milk and letting it stand for 10 minutes creates a functional vegan buttermilk substitute. The acid curdles the soy proteins slightly and lowers the pH, mimicking the acidic environment of cultured dairy buttermilk that activates baking soda in recipes.

66. D — Pre-shredded cheese is coated with anti-caking agents (typically cellulose, potato starch, or cornstarch) that prevent the shreds from clumping in the bag. These coatings interfere with smooth

melting by creating a barrier between the cheese surface and the hot liquid. For the smoothest cheese sauces, block cheese should be freshly shredded.

67. B — If the meringue is still warm when butter is added, the butter melts on contact rather than emulsifying into the foam, producing a soupy, curdled-looking mixture. The fix is patience: continue whipping at medium-high speed. As the meringue cools and the mixture is aerated further, the butter will gradually emulsify and the buttercream will come together into a smooth, fluffy consistency.

68. C — A knob of cold butter or a splash of cold cream added at the end of cooking serves two purposes: the cold temperature drops the pan heat immediately, halting the cooking process, and the fat adds a final layer of richness, gloss, and silky smoothness to the delicate, small-curd scrambled eggs.

69. A — The cooked custard base must be cooled, strained through a chinois, and matured under refrigeration for at least 4 hours (ideally overnight). During this maturation, the fat globules crystallize into a stable form that churns more efficiently, the flavours meld and develop, and the base reaches the cold temperature needed for proper ice cream production.

70. D — A properly made sabayon has tripled in volume from the vigorous whisking, holds a thick ribbon that stays visible for several seconds when drizzled from the whisk, and is warm and foamy with a stable, cloud-like consistency. The combination of volume, ribbon stage, and warmth indicates the egg yolks have been sufficiently aerated and gently cooked.

71. C — Extra-firm tofu contains significant excess water that prevents proper browning. When placed in a hot pan with surface moisture, the water creates steam that drops the pan temperature and prevents the Maillard reaction from occurring — the tofu steams grey rather than searing golden. Pressing removes this water, allowing the surface to brown and crisp.

72. A — The standard ratio for fresh egg pasta is approximately 100 g of "00" flour per large egg. For 6 eggs, the starting point is 600 g of flour. This ratio produces a firm, workable dough — the cook adjusts by feel during kneading, adding small amounts of flour if the dough is sticky or a few drops of water if it is too dry.

73. D — Pappardelle's wide, flat surface area catches and holds chunky, rich meat sauces. Wild boar ragù, braised duck, slow-cooked lamb, and other hearty meat preparations are the traditional pairings because their robust textures and bold flavours are proportional to the wide noodle. Light oil-based sauces would slide off the broad surface.

74. B — Air pockets trapped inside filled pasta expand when heated during cooking, building pressure that eventually forces the sealed edges apart and releases the filling into the water. During assembly, the cook must press all air out of each piece before sealing — working from the filling outward toward the edges to expel trapped air.

75. C — Like gnocchi and other dumplings, spätzle float to the surface of the simmering water when they are cooked through. The internal batter expands slightly from heat and steam, reducing the dumpling's density below that of water. Once they float, they are scooped out with a spider or slotted spoon, typically finished by sautéing in butter.

76. A — Pasta continues to absorb liquid and cook during the baking stage in the oven, surrounded by hot cheese sauce. If the pasta were cooked to full al dente before assembling, the additional oven time would push it past al dente to soft and mushy. Starting slightly underdone ensures the pasta reaches perfect al dente doneness after baking.

77. D — Tossing drained noodles with sesame oil coats each strand with a thin film of fat that prevents them from sticking together while they wait to be added to the wok. Without the oil, the starchy surface of the hot, damp noodles would bond to each other within seconds, forming a clumped, unusable mass.

78. B — Squid ink is added to the eggs before the eggs are combined with the flour. The ink distributes evenly throughout the egg mixture, and when the dough is kneaded, the colour permeates the entire dough uniformly, producing a dramatic, jet-black pasta. Adding ink to sheets, water, or sauce would not produce the characteristic uniformly black dough.

79. A — Fresh pasta sheets are thin enough (typically 1–2 mm) that they cook through completely during the 30–45 minute baking time by absorbing moisture from the béchamel and Bolognese ragù. Pre-boiling fresh sheets for lasagna is unnecessary and actually makes them too soft, producing a mushy, overcooked finished product.

80. C — Korean sweet potato glass noodles (dangmyeon) are boiled in water for 6 to 8 minutes until tender and translucent, then drained, rinsed under cold water to remove excess starch, and cut into shorter, more manageable lengths with scissors before being stir-fried with the vegetables, beef, and soy-sesame dressing.

81. D — The water-and-lid technique creates a dual-texture cooking environment: the steam from the water cooks the filling through and softens the top and sides of the wrapper (which had no contact with

the hot pan surface), while the crispy, golden-brown bottom retains its crunch because it was seared before the water was added.

82. B — Pita bread, torn or cut into pieces and toasted or fried until golden and crispy, is the traditional flatbread used in fattoush. The pieces should be added just before service to maintain their crunch — adding them too early allows the vinaigrette-dressed vegetables to soften the bread into a soggy, unappetizing mess.

83. A — The absorption method relies on trapped steam to finish cooking the top layer of rice after the water has been absorbed by the bottom layers. Lifting the lid releases this critical steam, disrupting the cooking process and potentially leaving the top portion of the rice undercooked and dry while the bottom overcooks.

84. C — Pearled farro cooks faster than regular (whole) farro because removing the bran layer eliminates the tough outer barrier that slows water penetration. Without the bran, hot water reaches the starchy endosperm directly, reducing cooking time from 30–40 minutes (whole farro) to approximately 15–20 minutes (pearled).

85. D — Rehydrated TVP (textured vegetable protein) absorbs the chili's liquid and develops a texture that closely mimics cooked ground beef — small, chewy, irregular pieces that are virtually indistinguishable from meat in a heavily seasoned chili. Tempeh is chunkier; seitan is steak-like; silken tofu is too soft and creamy.

86. B — Processing the tahini, lemon juice, garlic, and cumin into a smooth, emulsified base first creates a creamy foundation. When the chickpeas are added and processed into this already-smooth base, the result is a significantly creamier, more refined hummus than if all ingredients were added at once and processed simultaneously.

87. C — Warm grains have more open, porous surfaces that absorb vinaigrette readily, pulling the dressing's flavour deep into each grain. Cold grains have tighter, more compact surfaces that resist absorption, resulting in dressing that sits on the surface rather than permeating the interior. Dressing warm grains produces a more intensely, evenly flavoured salad.

88. A — Pumpkin seeds (pepitas) and sunflower seeds are classified as seeds, not tree nuts or peanuts, under Health Canada's allergen classification system. They are safe for guests with tree nut and peanut

allergies. Pine nuts, despite the name, are classified as tree nuts. Macadamia nuts are also tree nuts. Coconut is classified as a tree nut by some agencies.

89. D — A tadka (tempering) consists of whole spices rapidly bloomed in very hot ghee or oil — cumin seeds, black mustard seeds, dried red chilies, curry leaves, and sometimes asafoetida — poured sizzling directly over the finished dal just before service. The hot fat extracts and carries the fat-soluble flavour compounds from the whole spices, creating an aromatic, sizzling topping.

90. B — The most common fix for crumbling veggie burgers is a combination of refrigerating the formed patties (which firms the binding agents and allows starches to set) and ensuring the bean mixture has the correct consistency — not too wet (excess moisture weakens the binding) and not too dry (insufficient adhesion between ingredients).

91. A — For a guest who is allergic to tree nuts and peanuts, toasted pumpkin seeds or sunflower seeds are the safest garnish substitution. Both are classified as seeds (not nuts) under Health Canada allergen regulations and pose no risk to nut-allergic individuals. Pine nuts are classified as tree nuts despite their name and must be avoided.

92. C — Warm grains absorb vinaigrette significantly more effectively than cold grains because their pores are open and the starch molecules are still receptive to liquid penetration. This results in more deeply seasoned, more flavourful grains where every bite carries the dressing's flavour rather than having it sit on the surface.

93. D — Overcrowding the pan caused the temperature to drop dramatically. The excess moisture released by the beef had nowhere to evaporate in the crowded pot, creating a steaming environment instead of the dry, intense heat needed for browning. Beef for stew must be seared in small batches with ample space between pieces.

94. B — Medium doneness for lamb corresponds to an internal temperature of 63°C to 66°C, producing a warm pink centre with moderate firmness. The cook must account for carryover cooking and remove the chops a few degrees below the target. Medium lamb is the most commonly requested doneness in professional dining.

95. A — Tempering (allowing the roast to approach room temperature for approximately 1 hour) reduces the temperature differential between the cold centre and the room-temperature exterior. This

promotes more even cooking — a smaller grey band of overcooked meat around the edge and a larger, more uniformly pink centre at the desired doneness.

96. C — Chicken suprême is classically sautéed in clarified butter (for its high smoke point) until golden on both sides, then finished in the oven to reach 74°C internally. It is served with a sauce built from the fond in the pan — supreme sauce, mushroom sauce, or a cream-based reduction. Sautéing is the quintessential French cooking method for this preparation.

97. B — Black, charred fond has crossed from flavourful caramelization into bitter carbonization. Burnt fond dissolves into bitter carbon compounds when deglazed, contaminating the entire braising liquid. The only solution is to stop, clean or replace the pot, and restart the searing process in a clean vessel.

98. D — All game meats (venison, elk, moose, bison, bear, wild boar, rabbit) must be cooked to a minimum internal temperature of 74°C (165°F) per Health Canada guidelines. This higher threshold compared to domestic beef (63°C) addresses the increased risk of parasites (particularly Trichinella in bear and wild boar) and other pathogens in wild species.

99. A — The 48-hour exposure to lime juice's citric acid over-denatured the surface proteins, causing them to contract excessively, expel moisture, and break down into a mushy, unpleasant texture. Acid-based marinades should be limited to 30 minutes to 2 hours for most proteins — extended exposure produces the same mushiness as severe overcooking.

100. C — Searing the beef tenderloin before wrapping develops a flavourful Maillard-browned crust that contributes complexity and depth, and the seared surface acts as a partial moisture barrier that limits the migration of meat juices into the mushroom duxelles and puff pastry. Without searing, the pastry would be soggy and the beef flavourless on the exterior.

101. D — If the braised chuck roast has not yet reached fork-tender after 3 hours, the collagen in the meat has not fully converted to gelatin. The correct action is to continue braising at the same gentle temperature for an additional 30–60 minutes, checking periodically. Rushing with higher heat would toughen the muscle fibres rather than accelerating the collagen conversion.

102. B — Brisket must be sliced against the grain — perpendicular to the direction of the muscle fibres — to shorten the long fibre strands and produce tender, easy-to-chew slices. Even after 14 hours of smoking, the fibres retain their directional structure, and slicing with the grain produces stringy, chewy slices.

103. C — Larding involves using a larding needle to thread thin strips of fat (typically pork back fat) through the interior of lean meat like venison loin. The fat melts during cooking and bastes the meat from the inside, compensating for the venison's naturally low intramuscular fat content. Barding wraps fat on the exterior; larding inserts it within.

104. A — Cooking liver beyond pink produces a dry, grainy, crumbly, and bitter-tasting result. The pink centre ensures the liver retains its moisture and creamy interior texture — essential for producing a smooth, spreadable pâté when puréed. Overcooking is the single most common defect in liver preparations.

105. B — Gremolata is a bright, fresh garnish of finely chopped lemon zest, raw garlic, and flat-leaf parsley. It is sprinkled over the finished osso buco just before service, providing a sharp aromatic contrast that cuts through the rich, unctuous braised veal and its gelatinous sauce. It adds freshness and brightness to a heavy dish.

106. D — The minimum hot-holding temperature for all hot foods on a buffet line is 60°C (140°F). This applies to all products regardless of whether they are freshly cooked or pre-cooked — once on the steam table, the food must remain at or above 60°C throughout the service period to stay out of the temperature danger zone.

107. C — Bison is significantly leaner than beef with minimal marbling. The lower fat content means bison dries out rapidly if subjected to the same heat and time as a comparable beef steak. The cook should use lower grill heat, shorter cooking time, and remove the steak at a lower internal temperature (accounting for carryover) to prevent dryness.

108. B — After soaking, blanching, and pressing, the thin outer membrane (periosteum) of the sweetbread must be peeled away while the sweetbread is still warm from blanching. This membrane is tough, papery, and unpleasant to eat if left on. Once cooled, the membrane becomes much more difficult to remove cleanly.

109. A — The fundamental technique for preventing fish from sticking: the pan and oil must be very hot before the fish is added, and the fish must not be moved until a golden-brown crust has formed. The Maillard reaction creates a crust that naturally releases from the pan surface. Premature flipping tears the uncrusted surface and causes sticking.

110. D — Frozen shrimp should be thawed either under cold running water (for speed — the fastest safe method) or overnight in the refrigerator at 4°C (for advance planning). Both methods maintain the shrimp at safe temperatures throughout the process. Room temperature, hot water, and extended microwave methods all create danger-zone conditions.

111. C — Dover sole is a flat fish, and all flat fish yield four fillets: two from the dark (top) side and two from the lighter (bottom) side. This is a fundamental fish fabrication concept that distinguishes flat fish (4 fillets) from round fish (2 fillets).

112. C — Small, oily fish like sardines are among the most perishable seafood products. Their high fat content accelerates oxidation and rancidity, and their small size means bacterial decomposition progresses rapidly through the entire fish. Fresh sardines must be used within 1 to 2 days of receiving, stored on ice at the coldest possible temperature.

113. A — For fish served raw, the primary safety concern is parasites — particularly Anisakis in marine species. Freezing to prescribed temperatures (-20°C for 7 days, or -35°C for 15 hours) kills these parasites. This freezing protocol is the practical meaning of designating fish as safe for raw consumption, though "sushi-grade" has no legal definition in Canada.

114. D — The liquid that collects after steaming mussels — composed of the wine, aromatics, and the natural liquor released by the shellfish — is the cooking liquor (jus de moules). Strained through cheesecloth to remove grit, it is served as the flavourful broth alongside the mussels or used as a base for pan sauces and cream reductions.

115. B — Pin bones in salmon extend from the head area through approximately two-thirds of the fillet length, running along the thickest portion. They angle toward the head end and are best detected by running a fingertip from tail to head along the flesh. The tail third of the fillet and the belly flap are free of pin bones.

116. C — Shrimp and squid are quick-cooking proteins that become tough, rubbery, and chewy within minutes of overcooking. Adding them in the final 2–3 minutes of paella cooking ensures they reach proper doneness (opaque, curled, and just firm) without being subjected to the extended cooking time that the rice and firmer seafood require.

117. A — Starting a whole fish in cold court-bouillon and bringing it gradually to a gentle simmer allows the fish to heat evenly throughout — the exterior and interior warm at a similar rate. Placing a

cold whole fish into simmering liquid would cook the exterior much faster, producing an overcooked, dry outer layer and an undercooked centre.

118. B — The bread cube test is the traditional method: a small cube of bread dropped into oil at approximately 175°C will sizzle actively, turn golden brown in about 60 seconds, and float to the surface. Faster browning indicates higher temperature; slower browning indicates lower temperature. This provides a reliable approximate reading.

119. D — The weight physically compresses the salmon against the cure mixture, accelerating the osmotic process by pressing moisture out of the flesh cells. The compression also firms the texture of the salmon, producing a denser, more compact product that slices cleanly into thin, elegant portions — the characteristic texture of gravlax.

120. C — Solid white albacore uses albacore tuna — a milder-flavoured, firmer-fleshed, lighter-coloured species packed in large, intact pieces. Chunk light typically uses skipjack or yellowfin — species with a stronger, more assertive flavour, darker colour, softer texture, and lower price point, packed in smaller, irregular pieces.

121. A — The correct wrap technique: place the filling on the lower third of the tortilla, fold the bottom edge up and over the filling, fold both side edges inward to seal the ends, then roll the entire assembly tightly from bottom to top into a sealed cylinder. This creates a structurally sound wrap that holds its contents securely.

122. D — The wedge salad is defined by its dramatic simplicity: a quarter-head wedge of iceberg lettuce served whole and intact, topped with creamy blue cheese dressing, crumbled crispy bacon, diced tomato, and sliced chives. The architectural presentation of the intact wedge is the dish's visual and conceptual signature.

123. B — Pressing the muffuletta under weight for several hours accomplishes three things: it compresses the layers into a dense, cohesive sandwich that slices cleanly; the pressure forces the olive salad's flavourful oil to permeate the bread throughout; and the extended contact time allows all the flavours to meld together.

124. C — The Niçoise is a composed salad — each ingredient (seared or canned tuna, boiled potatoes, blanched green beans, quartered hard-cooked eggs, ripe tomatoes, Niçoise olives, anchovies) is placed

deliberately and separately on the plate. The components are never tossed together — the visual impact depends on showcasing each element individually.

125. A — A croque monsieur is elevated beyond a standard grilled ham and cheese by the addition of béchamel sauce (spread on the bread before assembly and/or spooned on top) and an extra layer of grated Gruyère on the exterior, which is broiled until golden, bubbly, and slightly gratinéed. Adding a fried egg on top transforms it into a croque madame.

126. B — The classic New England lobster roll features chunks of cold or room-temperature poached lobster meat lightly dressed with mayonnaise (and sometimes lemon juice and celery), served in a warm, butter-toasted, split-top hot dog bun. The contrast between the cold lobster and the warm, buttery bun is the dish's signature.

127. D — Excess moisture from the fresh mozzarella, tomato slices, and balsamic caused the bread to become soggy during pressing. Patting the mozzarella and tomato dry with paper towels before assembly removes surface water, and using a smaller amount of balsamic (or applying it after pressing) prevents liquid from saturating the bread.

128. C — Classic esquites dressing combines mayonnaise or Mexican crema, crumbled cotija cheese, fresh lime juice, chili powder (tajín, ancho, or cayenne), and chopped cilantro. This combination of creamy, salty, acidic, spicy, and herbal elements is the definitive Mexican street corn flavour profile.

129. B — Toasted sliced almonds, diced celery root, or chopped water chestnuts add crunchy textural contrast to the soft, creamy bound chicken salad. Texture contrast is one of the most important elements of a well-composed salad — without it, the preparation is one-dimensionally soft from the mayonnaise and cooked chicken.

130. A — Ranch dressing is fundamentally a mayonnaise-and-buttermilk base (providing richness and tang) seasoned with garlic, dill, chives, parsley, and sometimes onion powder. The buttermilk provides the characteristic tang and pourable consistency, while the herb blend delivers the flavour profile that has made ranch the most popular dressing in North America.

131. C — Without curing salt (sodium nitrite), the cooked pork turns grey rather than maintaining the characteristic pink colour of cured meats. The terrine also loses the distinctive "cured" flavour that nitrite contributes, and the important antimicrobial protection against Clostridium botulinum — particularly important in the anaerobic interior of a dense terrine.

132. D — After the initial 24-hour salt-sugar cure, the duck breast is rinsed of excess cure, patted dry, wrapped in cheesecloth, and hung in a cool, humidity-controlled environment (10°C–15°C, 60–70% humidity) for 1 to 3 weeks. This gradual air-drying removes moisture, concentrates flavour, and firms the texture — producing duck prosciutto.

133. B — Air pockets inside sausage casings create multiple problems: they expand during cooking, potentially bursting the casing; they create voids where heat does not penetrate evenly, leaving undercooked spots; and they provide pockets where bacteria can potentially grow. Air bubbles must be pricked with a sterilized pin before cooking.

134. A — Garlic submerged in oil at room temperature creates an anaerobic (oxygen-free) environment — the ideal growth condition for Clostridium botulinum. Botulinum toxin is one of the most lethal known biological substances. Garlic confit must be refrigerated immediately after preparation and used within a few days. Room temperature storage is extremely dangerous.

135. C — The aspic was too warm and fluid when applied. Aspic must be cooled to near its setting point — a syrupy, barely-liquid consistency — before it is spooned over the chilled item. At this near-set temperature, each thin coat clings to the cold surface and gels almost immediately on contact, building a smooth, glossy, multi-layered glaze.

136. D — Aspic poured into a warm pâté would remain liquid indefinitely because the warm forcemeat keeps the gelatin above its setting temperature. The aspic needs a cold internal surface to gel against — it sets on contact with the chilled forcemeat, filling the gap between the shrunken meat and the crust with a clear, jewel-like gelatin layer.

137. B — Merguez uses lamb (or a combination of lamb and beef), seasoned with harissa paste, cumin, paprika, coriander, and garlic. It never contains pork — reflecting its North African (primarily Moroccan, Tunisian, Algerian) and Islamic culinary origins where pork is prohibited. The lamb fat provides the necessary richness and moisture.

138. C — Rillettes should have a coarse, rustic, spreadable texture with visible shredded fibres and streaks of fat running through the mixture. It is explicitly not a smooth mousse or a firm deli-style loaf — the hand-shredded, unprocessed texture is its defining characteristic and is what distinguishes rillettes from pâté and mousse.

139. A — Fully cooked confit legs are placed in a clean, sterilized container and completely submerged in the rendered duck fat. When cooled, the fat solidifies into an airtight seal that excludes oxygen and prevents bacterial contamination — a traditional preservation technique that has been used for centuries and extends the confit's refrigerated shelf life to several months.

140. D — Hot smoking occurs 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 and requires prior curing for food safety in the danger zone.

141. B — Chocolate lava cake achieves its signature molten centre through intentional underbaking. The high proportion of chocolate and butter to flour means the batter sets from the outside in — the oven heat firms the exterior into a light cake structure, but the centre does not receive enough heat to set, remaining as liquid, molten chocolate.

142. D — Cracking in cheesecake is most commonly caused by overbaking (which causes the proteins to over-set and shrink), rapid cooling (which creates thermal contraction stress on the surface), or a combination of both. Gradual cooling — turning off the oven and leaving the door slightly ajar — allows the cheesecake to contract slowly and evenly without cracking.

143. C — Resting piped macaron shells at room temperature allows a smooth, dry skin to form on the surface. During baking, this skin traps expanding air and steam inside the shell, forcing the mixture to push out from beneath the skin at the base, creating the characteristic ruffled "feet" (pieds). Without the skin, the shells crack and do not develop feet.

144. A — Mixing a muffin-method batter for 4 minutes at high speed develops excessive gluten from the flour, producing a tough, dense crumb riddled with tunnels (elongated vertical holes). The muffin method requires mixing only until the wet and dry ingredients are barely combined — the batter should remain lumpy with visible flour streaks.

145. B — Rolling the warm sponge immediately after baking (with the towel as a placeholder) "trains" the flexible, warm cake to hold a curved shape. If the sponge were allowed to cool flat and then rolled for the first time with the filling, the rigid, set structure would crack along the outer bend. The warm roll prevents this structural failure.

146. C — High-quality couverture dark chocolate (with high cocoa butter content) melts to a smooth, fluid, richly flavoured pool inside the laminated pastry during baking. Chocolate chips are formulated to hold their shape under heat and would remain as distinct, semi-melted lumps. The couverture's clean melt is essential for the signature molten filling.

147. D — A properly baked dacquoise disc has a crisp, dry, meringue-like exterior and a slightly chewy, soft, almond-flavoured interior — a dual texture that distinguishes it from a uniformly crisp standard meringue or a uniformly soft sponge cake. This textural combination provides both structural contrast and a pleasant eating experience in the assembled cake.

148. A — White chocolate has the lowest working temperature of all chocolate types: 27°C to 28°C (80°F to 82°F). It contains cocoa butter, sugar, and milk solids but no cocoa solids, making it the most heat-sensitive chocolate variety. Milk chocolate works at 29°C–30°C, and dark chocolate at 31°C–32°C.

149. C — Too much gelatin relative to the liquid volume produces an overly firm, bouncy, rubbery set rather than the silky, barely-set, trembling consistency that defines properly made panna cotta. The gelatin must be precisely calibrated — typically 2 to 2.5 sheets per 250 ml of liquid — for the ideal delicate, quivering texture.

150. B — Three additional minutes in the oven would allow heat to penetrate the centre of the cake, setting the egg proteins and cooking the chocolate throughout. The signature molten centre exists only because the cake was removed at the precise moment when the exterior had set but the interior had not. Overbaking eliminates the molten core entirely.