PRACTICE EXAM 3: RED SEAL BAKER SIMULATION (150 QUESTIONS)

1. A baker notices a coworker about to scrape out a running dough mixer with a metal spatula. What is the correct action to advise?

A. Slow the mixer to its lowest speed first

B. Use a wooden spoon instead of metal

C. Hold the bowl steady while scraping

D. Stop the machine fully before scraping the bowl

2. A new employee asks where to find detailed first-aid steps for an oven degreaser splashed in the eye. You direct them to:

A. The product's shipping invoice

B. The Safety Data Sheet for the degreaser

C. The daily production schedule

D. The manager's verbal instructions only

3. A baker is asked to produce a batch of bread for a customer with celiac disease. The most important precaution is:

A. Reducing the salt in the formula

B. Baking the bread at a higher temperature

C. Preventing cross-contact with wheat flour

D. Adding extra yeast for a better rise

4. During mixing, a lean dough is reaching the target temperature but the bakery is unusually warm. To keep the dough on target, the baker should:

A. Use colder water in the formula

B. Add more yeast to compensate

C. Increase the mixing speed sharply

D. Add extra salt to slow the yeast

5. A baker pulls bread from the oven and a customer asks to buy a hot loaf sliced immediately. The baker should explain that:

A. Hot bread slices more cleanly than cooled bread

B. Slicing hot improves the crust colour

C. The crumb needs to set, so it should cool before slicing

D. Hot slicing has no effect on the bread

6. A baker is tempering dark chocolate and the working temperature is dropping as it sits. The correct response is to:

A. Add a splash of water to loosen it

B. Place the bowl in the freezer briefly

C. Let it continue cooling until firm

D. Gently rewarm it to working temperature

7. A baker must choose the right flour for a chewy, well-risen artisan loaf. The best choice is:

A. Low-protein cake flour

B. High-protein bread flour

C. Soft pastry flour

D. Pre-gelatinized starch flour

8. A baker discovers a delivery of flour with signs of insect activity in one bag. The correct action is to:

A. Reject the affected stock and inspect the rest before accepting

B. Store it at the back of the shelf for later use

C. Sift out the insects and use the flour

D. Mix it with fresh flour to dilute the problem

9. A baker is laminating croissant dough and the kitchen is warm; the butter is starting to soften and ooze. The best response is to:

A. Continue rolling quickly before it melts

B. Add flour to absorb the soft butter

C. Increase the oven temperature to compensate

D. Chill the dough to re-firm the butter before continuing

10. A customer with a severe nut allergy orders a cake. After making a nut-containing batch earlier, the baker should:

A. Use the same piping bag to save time

B. Add a small amount of nut for flavour

C. Use thoroughly cleaned equipment and prepare the order first

D. Prepare the nut-free cake last in the day

11. A baker observes that proofed rolls spring back fully and immediately when poked. The correct decision is to:

A. Give them more time to finish proofing

B. Bake them immediately before they collapse

C. Punch them down and reshape them

D. Discard them as over-proofed

12. A baker needs to slow a dough's fermentation overnight to develop flavour and fit the production schedule. They should place it in:

A. A warm proofing cabinet

B. A retarder (refrigerated cabinet)

C. A convection oven on low

D. A planetary mixer running slowly

13. A baker scaling a formula at 100% flour and 65% water uses 2,000 g of flour. The water required is:

A. 650 g of water

B. 2,000 g of water

C. 1,000 g of water

D. 1,300 g of water

14. A baker is creaming butter and sugar for a cake and stops while the mixture is still dense and yellow. The likely result is:

A. Poor aeration and a denser, lower cake

B. Excessive rise and a collapsed centre

C. A tough, bread-like crumb

D. A pale, undercooked interior

15. A baker must store tempered chocolate showpieces overnight. The best storage condition is:

A. In the refrigerator, unwrapped

B. Cool, dry, and away from strong odours

C. Near the warm oven for stability

D. In direct sunlight at room temperature

16. A baker finds that a chemically leavened cake batter has been sitting mixed for over an hour before baking. The likely consequence is:

A. The gluten will become too strong

B. The batter will ferment like bread dough

C. Lost leavening gas and a poorer rise

D. A noticeably more tender crumb

17. A baker observes cookies spreading too thin and merging on the sheet. The most effective first adjustment is to:

A. Chill the dough and reduce the sugar slightly

B. Lower the oven temperature significantly

C. Add more liquid to the dough

D. Remove the leavening entirely

18. A baker is asked why salt cannot simply be left out of a bread formula. The best explanation is that salt:

A. Is the primary leavening agent

B. Replaces the need for water

C. Speeds up the yeast dramatically

D. Controls fermentation and strengthens the gluten

19. A baker preparing a custard pie wants the bottom crust to stay crisp. The best choice is to:

A. Use a flaky pastry filled raw

B. Use cake flour for tenderness

C. Use a mealy pastry, blind baked first

D. Skip baking the shell entirely

20. A baker notices the bakery's flour is stored in open bins on the floor. The correct food-safety and pest correction is to:

A. Move it to sealed, pest-proof containers off the floor

B. Leave it but check it more often

C. Cover the bins with a loose cloth only

D. Use the flour faster to empty the bins

21. A baker is making Italian meringue buttercream and has a hot sugar syrup ready. It should be added to:

A. Cold cubes of butter directly

B. The whipping egg whites

C. A pastry cream on the stove

D. A pot of simmering water

22. A baker must explain to a trainee why an ice cream custard base must be cooled quickly before freezing. The reason is:

A. Freezing sterilizes the base completely

B. Slow cooling adds the needed air

C. Cooked custard cannot be frozen at all

D. Freezing halts but does not kill bacteria, so safe handling matters first

23. A baker observes a moulded chocolate piece that will not release and looks dull. The most likely diagnosis is:

A. The chocolate was not properly tempered

B. The mould was simply too cold

C. The chocolate had too much cocoa butter

D. The chocolate was tempered correctly

24. A baker needs to convert a recipe yielding 24 portions to 96 portions. The conversion factor is:

A. 2.0

B. 3.0

C. 4.0

D. 0.25

25. A baker is asked to identify the leavening responsible for an angel food cake's rise. The correct answer is:

A. Yeast fermentation producing carbon dioxide

B. Air whipped into the egg whites

C. A double-acting baking powder reaction

D. Steam from a laminated fat layer

26. A baker is finishing Danish pastries and wants a warm, shiny coating that seals and protects the surface. They should apply:

A. A thick layer of royal icing

B. A dusting of cocoa powder

C. A sheet of rolled fondant

D. An apricot glaze

27. A baker observes a cake that rose dramatically then sank in the centre. The most likely cause is:

A. Too much leavening for the structure to hold

B. Too little liquid in the batter

C. Overbaking at an excessive temperature

D. Using bread flour instead of cake flour

28. A baker must decide how to decorate 60 cakes within a strict two-hour window. The best approach is to:

A. Hand-pipe individual sugar flowers on each

B. Build pulled-sugar showpieces for every cake

C. Use efficient combed sides and simple piped borders

D. Apply elaborate royal-icing lace to each side

29. A baker notices a stirred crème anglaise has turned grainy and curdled. The most likely cause is:

A. It was cooled too quickly after cooking

B. It was overheated, curdling the egg proteins

C. It contained too much added starch

D. It had no eggs in the formula

30. A baker is checking whether the bakery's baking powder is still good. The best test is to:

A. Add a little to hot water and watch for fizzing

B. Smell it for any odour

C. Weigh it on a scale

D. Taste a pinch off the spoon

31. A baker wants to keep a sorbet from freezing rock-hard and icy. They should ensure:

A. There is plenty of dairy fat in the base

B. The mixture is churned as little as possible

C. The fruit purée is removed entirely

D. The sugar concentration is correct

32. A baker is asked which oven, fitted with steam injection, suits hearth-style artisan breads. The answer is:

A. A high-fan convection oven

B. A household microwave oven

C. A deck oven

D. A small countertop toaster oven

33. A baker observes muffins with long vertical tunnels and peaked, cracked tops. The most likely cause is:

A. Overmixing the batter and developing gluten

B. Using too little leavening agent

C. Baking at too low a temperature

D. Adding too much fat to the batter

34. A baker must explain the defining difference between croissant dough and puff pastry. The correct point is:

A. Both are leavened only by baking powder

B. Croissant dough contains yeast while puff pastry does not

C. Puff pastry contains yeast while croissants do not

D. Neither product uses lamination

35. A baker is selecting the working stage for pulled-sugar showpieces. The correct stage is:

A. The thread stage at around 110°C

B. The soft-ball stage at around 114°C

C. The firm-ball stage at around 120°C

D. The hard-crack stage at around 150°C

36. A baker must scale a formula from 1,000 g flour to 4,000 g flour, holding all percentages. Salt at 2% becomes:

A. 20 g of salt

B. 200 g of salt

C. 80 g of salt

D. 40 g of salt

37. A baker observes fat leaking from laminated pastries during baking. The most likely cause is:

A. The dough rested too long in the cooler

B. The roll-in fat was too soft or the layers broke

C. Too little sugar was used in the dough

D. The oven was set too low only

38. A baker wants to confirm gluten development in a bread dough. The best test is to:

A. Perform the windowpane stretch test

B. Measure the dough's internal temperature

C. Check the dough's surface acidity

D. Weigh the dough on a scale

39. A baker is asked which buttercream is made by whipping hot sugar syrup into beaten egg whites. The answer is:

A. Simple American buttercream

B. German custard-based buttercream

C. Italian meringue buttercream

D. Plain whipped ganache

40. A baker must cool a delicate angel food cake correctly. They should:

A. Slice it immediately while hot

B. Place it directly into a freezer

C. Cool it right side up on a warm surface

D. Invert it (upside down) in the pan

41. A baker is asked which condition produces the smoothest frozen dessert. The answer is:

A. Slow freezing with no agitation

B. Fast freezing with constant churning

C. Repeated thawing and refreezing

D. Freezing with no sugar present

42. A baker must explain why whole wheat flour produces denser loaves. The reason is:

A. Its bran and germ interfere with gluten development

B. It contains no protein at all

C. It cannot absorb any water

D. It has the highest protein of all flours

43. A baker is producing a vegan cake and must replace the eggs. An appropriate substitution is:

A. Extra table salt to bind

B. Additional vital wheat gluten only

C. More granulated sugar

D. A flax "egg" or aquafaba

44. A baker observes a pastry shell that shrank badly in the pan. The most likely cause is:

A. Resting the dough before baking

B. Using cold fat in the dough

C. Stretching the dough to fit the pan

D. Using a low-protein pastry flour

45. A baker must explain the FIFO principle to a new hire. The correct description is:

A. Older stock is moved to the front and used before newer stock

B. The newest stock is always used first

C. Stock is never rotated once shelved

D. Frozen items are exempt from rotation

46. A baker notices chocolate developing a gritty, crystalline surface after humid storage. This is:

A. Fat bloom from poor tempering

B. Sugar bloom from moisture

C. Oxidation from air exposure

D. Protein bloom from milk solids

47. A baker is deciding on a garnish during a busy service rush. The best choice is one that is:

A. Time-consuming and elaborate

B. Made only from inedible props

C. Larger than the main dessert

D. Edible, relevant, and quick to execute

48. A baker wants to verify the desired water temperature for a straight dough. The desired dough temperature is multiplied by:

A. Only the number of dry ingredients

B. Always the number two

C. The total number of temperature factors, including water

D. The selling price of the loaf

49. A baker must explain why excessive baking soda gives a soapy, bitter taste. The reason is:

A. The soda converts to sugar when heated

B. Unreacted alkaline soda remains in the product

C. The soda strengthens the gluten network

D. The soda lowers the product's temperature

50. A baker is asked what bulk fermentation refers to. The correct answer is:

A. The first rise of the whole dough mass before dividing

B. The final rise of individual shaped pieces

C. The cooling stage after baking

D. The mixing of the dry ingredients

51. A baker observes a chemically leavened batter must be baked promptly. The reason is:

A. To allow the gluten to fully develop

B. To cool the batter below room temperature

C. The first-stage leavening gas escapes if it waits

D. To let all the leavening gas escape

52. A baker is plating a dessert and wants to follow professional presentation principles. They should:

A. Crowd the plate with many garnishes

B. Use only inedible decorative props

C. Spread all elements flat with no height

D. Ensure every component is edible and purposeful

53. A baker needs the bottom crust of a moist fruit pie to stay crisp. The best approach is to:

A. Use a flaky pastry with no blind baking

B. Use a mealy pastry, possibly blind baked

C. Pour the filling in cold and skip baking

D. Use cake flour for maximum tenderness

54. A baker is asked the two wheat proteins that form gluten. They are:

A. Glutenin and gliadin

B. Albumin and casein

C. Lactose and lecithin

D. Amylose and amylopectin

55. A baker observes that a stored ice cream has turned coarse and icy. The most likely cause is:

A. Too much sugar was added

B. The base was over-churned

C. Temperature fluctuation caused thaw-refreeze cycles

D. Too much dairy fat was used

56. A baker must explain why butter is added late in a brioche dough. The reason is:

A. Butter feeds the yeast too quickly

B. Butter must be melted before mixing

C. Butter raises the dough temperature dangerously

D. Adding it early coats the proteins and limits gluten

57. A baker is asked to identify a potentially hazardous (high-risk) food. The correct choice is:

A. A fresh dairy-and-egg pastry cream

B. A box of dry crackers

C. A sealed bag of sugar

D. A container of dry flour

58. A baker wants a flaky top crust for a fruit pie. The fat should be cut into the flour:

A. Until it fully dissolves

B. In larger, pea-sized pieces

C. Into a fine, smooth paste

D. Not at all, kept in one block

59. A baker must explain the role of overrun in ice cream. It is:

A. The cooking temperature of the base

B. The fruit content of a sorbet

C. The freezing point of the dairy

D. The amount of air incorporated during churning

60. A baker observes a cake with a peaked, cracked top over a slightly raw centre. This indicates:

A. The oven was far too cool

B. Too little flour was used

C. The oven was too hot, setting the outside first

D. The batter was severely undermixed

61. A baker is asked the defining feature of the biscuit mixing method. It is:

A. Solid cold fat is cut into the dry ingredients in pieces

B. Melted fat is stirred into the wet ingredients

C. Fat and sugar are creamed until fluffy

D. Eggs are whipped into a thick foam first

62. A baker must keep salt and yeast from direct contact while mixing because:

A. The two ingredients explode on contact

B. Salt makes the yeast ferment too fast

C. Salt turns the yeast a different colour

D. Concentrated salt draws moisture from and damages the yeast

63. A baker is asked which icing dries hard for fine piping and gingerbread. The answer is:

A. Soft Italian meringue buttercream

B. Royal icing

C. Whipped Chantilly cream

D. Poured chocolate ganache

64. A baker wants to reduce waste and protect profit. The best combination of practices is:

A. Overproducing every item for full shelves

B. Storing all stock without labels

C. Accurate forecasting, FIFO rotation, and proper storage

D. Ignoring yield loss when ordering

65. A baker observes a cake with a sunken centre. The most likely cause is:

A. Underbaking or being disturbed before it set

B. Overbaking at too high a temperature

C. Too little liquid and too much flour

D. Using cold ingredients from storage

66. A baker is asked what the windowpane test indicates. The correct answer is:

A. The internal temperature of the dough

B. The acidity of the crumb

C. The sugar left for the yeast

D. The degree of gluten development

67. A baker must explain why a deck oven with steam suits artisan bread. The steam:

A. Cools the loaf and slows baking

B. Adds sugar to the crust

C. Delays crust formation and improves oven spring

D. Kills the yeast before it rises

68. A baker is producing a high-fat enriched dough and notices slow fermentation. The reason is:

A. The salt was left out entirely

B. Sugar and fat slow yeast activity

C. The flour protein was too high

D. The water was too cold to start

69. A baker must define gelatinization for a trainee. It is:

A. Starch granules absorbing water and swelling when heated

B. Yeast producing carbon dioxide

C. Sugar browning under dry heat

D. Fat melting between laminated layers

70. A baker is asked the main advantage of the sponge-and-dough method. It is:

A. It requires far less total time

B. It eliminates the need for yeast

C. It removes the need to bake the loaf

D. It improves flavour and dough strength

71. A baker wants to keep frozen desserts from freezer burn. The best practice is to:

A. Store them uncovered for air circulation

B. Thaw and refreeze them regularly

C. Keep them well covered and sealed

D. Raise the freezer temperature overnight

72. A baker must explain cross-contact in allergen control. It is:

A. The killing of bacteria through cooking

B. The accidental transfer of an allergen from one food to another

C. The transfer of heat between two ovens

D. The rotation of stock using FIFO

73. A baker is asked the correct order for assembling a layer cake. It is:

A. Level and fill, crumb coat, chill, final coat, decorate

B. Decorate, fill, level, then crumb coat

C. Final coat, chill, fill, then split

D. Crumb coat, bake, fill, then level

74. A baker observes a chemically leavened cake that rose then collapsed. The most likely cause is:

A. Too little leavening for the structure

B. Baking at too low a temperature

C. Using too much flour

D. Too much leavening, leaving the structure too weak

75. A baker must explain what determines a boiled-sugar confection's texture. The answer is:

A. The colour of the sugar

B. The shape of the pot

C. The temperature the sugar is cooked to

D. The brand of thermometer

76. A baker is asked why professional baking measures by weight, not volume. The reason is that weight:

A. Is always faster than weighing

B. Is precise and repeatable regardless of packing

C. Eliminates the need for a recipe

D. Changes with the room's humidity

77. A baker must explain the purpose of scoring a loaf before baking. It is to:

A. Add salt to the crust

B. Slow the fermentation

C. Cool the dough before the oven

D. Control where the dough expands during oven spring

78. A baker is asked the purpose of a bench rest after pre-shaping. It is to:

A. Relax the gluten for easier final shaping

B. Brown the surface before baking

C. Kill the yeast before forming

D. Add extra salt to the dough

79. A baker observes that a customer's gluten-free order shares a shelf with open flour bins. The correct action is to:

A. Leave it; sealed packaging is enough

B. Move the order closer to the flour for convenience

C. Store and prepare it away from airborne flour and shared surfaces

D. Wipe the flour bins once a week

80. A baker is asked which pre-ferment is a loose, batter-like mixture of roughly equal flour and water. It is:

A. A stiff biga

B. A poolish

C. A baked sponge cake base

D. A natural levain only

81. A baker must explain why an egg wash deepens crust colour. The reason is that it:

A. Cools the surface during baking

B. Prevents all browning reactions

C. Slows the fermentation of the dough

D. Adds protein and sugar that fuel browning

82. A baker is asked what proofing (final fermentation) is. It is:

A. The final rise of individual shaped pieces before baking

B. The mixing of dry ingredients

C. The first rise of the whole dough mass

D. The cooling stage after baking

83. A baker observes fat blending into laminated dough during rolling, losing the layers. The cause is most likely:

A. The dough rested too long in the cooler

B. The oven was set too high

C. The dough and fat were too warm

D. Too little water in the détrempe

84. A baker must explain why a mealy pastry suits a custard-pie bottom. The reason is:

A. It contains no fat to absorb liquid

B. It uses high-protein bread flour

C. It is always blind baked twice

D. Its fat coats the flour thoroughly, repelling moisture

85. A baker is asked the correct sequence of sugar stages from lowest to highest. It is:

A. Hard crack, caramel, soft ball, thread

B. Thread, soft ball, hard ball, hard crack

C. Caramel, hard crack, firm ball, thread

D. Soft ball, thread, caramel, hard crack

86. A baker must explain why egg yolk helps make a smooth batter. The reason is that it:

A. Contains lecithin, a natural emulsifier

B. Is the main leavening gas source

C. Strengthens gluten more than flour

D. Prevents all browning

87. A baker is asked which still-frozen dessert relies on air whipped in before freezing. It is:

A. Fruit sorbet

B. Custard-based ice cream

C. Semifreddo

D. Scraped granita

88. A baker observes a sourdough loaf with a tight, dense crumb and poor volume that tore in the oven. The most likely cause is:

A. The dough was over-proofed

B. The oven was too cool

C. Too much salt was added

D. The dough was under-proofed

89. A baker must explain why compound coating needs no tempering. The reason is that it:

A. Uses vegetable fat instead of cocoa butter

B. Has more cocoa butter than couverture

C. Contains no sugar at all

D. Is always used frozen

90. A baker is asked the role of fat in producing a tender pie crust. It is to:

A. Add carbon dioxide for leavening

B. Coat the flour and shorten the gluten strands

C. Increase gluten development sharply

D. Ferment the dough over time

91. A baker observes that a custard pie filling was left to cool slowly at room temperature for hours. The food-safety concern is that it:

A. Cooled far too quickly to be safe

B. Cannot support any bacterial growth

C. Spent too long in the temperature danger zone

D. Is a dry, low-risk food

92. A baker is asked what causes the satiny sheen of pulled sugar. It is:

A. Folding and pulling that incorporates air and aligns the sugar

B. Adding dairy cream to the boiling sugar

C. Cooling only to soft-ball stage

D. Storing the sugar in high humidity

93. A baker must explain the purpose of the crumb coat. It is to:

A. Add the final decorative piping

B. Replace the need for chilling

C. Sweeten the exterior of the cake

D. Seal in loose crumbs before the final icing

94. A baker is asked which factor most directly controls yeast fermentation speed. It is:

A. The colour of the dough container

B. The temperature of the dough and environment

C. The brand name of the flour

D. The shape of the final loaf

95. A baker observes that a dough docker is being used on a sheet of pastry. Its purpose is to:

A. Portion the dough into equal weights

B. Round the dough into balls

C. Perforate the dough to prevent uneven rising

D. Inject steam during baking

96. A baker must explain why sugar keeps baked goods moist. The reason is that sugar:

A. Is hygroscopic and attracts and holds water

B. Evaporates and dries the product

C. Prevents browning entirely

D. Replaces the leavening's function

97. A baker is asked what high overrun produces in ice cream. It produces:

A. A dense, heavy, slow-melting product

B. A lighter, fluffier product with more air

C. A frozen solid block

D. A completely fat-free, icy texture

98. A baker must explain how lamination creates flakiness. The mechanism is:

A. Yeast gas inflates a single thick layer

B. Chemical leavening releases gas rapidly

C. Creamed sugar and fat trap air

D. Steam separates many thin alternating layers

99. A baker observes that gelato differs from ice cream. The correct distinction is gelato has:

A. More fat and more air

B. No sugar or dairy at all

C. Less fat, lower overrun, and a warmer serving temperature

D. A churn-free, still-frozen preparation

100. A baker is asked what an interfering agent like corn syrup does in hard candy. It:

A. Prevents or controls unwanted crystallization

B. Adds a strong sour flavour

C. Slows the boiling of the sugar

D. Replaces the need for a thermometer

101. A baker must explain why a WHMIS pictogram is useful. It:

A. Records the worker's training completion

B. Communicates a chemical hazard at a glance

C. Lists the product's expiry date

D. Serves as the shipping invoice

102. A baker is asked what defines a high-ratio cake. It is that:

A. It is leavened only by yeast

B. It uses only whipped egg whites

C. It contains no fat or sugar

D. The weight of sugar exceeds the weight of flour

103. A baker observes a dough that springs back slowly and partially when poked. This means it is:

A. Properly proofed and ready to bake

B. Severely under-proofed

C. Badly over-proofed

D. Already fully baked

104. A baker must explain why fermentation benefits bread beyond leavening. The reason is it:

A. Removes all moisture from the dough

B. Is responsible only for crust colour

C. Develops flavour, strengthens structure, and improves keeping

D. Eliminates the need for salt

105. A baker is asked the defining difference between straight and sponge methods. It is that:

A. The straight method uses sourdough culture

B. The sponge method ferments part of the flour in a separate first stage

C. The sponge method never uses yeast

D. The straight method needs two ovens

106. A baker observes that a chocolate piece contracted and released cleanly from its mould with a glossy snap. This indicates:

A. The chocolate was under-tempered

B. The mould was too warm

C. The chocolate had no cocoa butter

D. The chocolate was properly tempered

107. A baker must enrich a lean dough. The correct combination is:

A. Fat, sugar, eggs, and dairy

B. Only extra water and salt

C. Only more flour and yeast

D. Vinegar and baking soda

108. A baker is asked what mealy versus flaky pastry depends on. It depends on:

A. Whether yeast is added

B. Whether the pastry is sweetened

C. The size of the fat pieces cut into the flour

D. The protein content of bread flour

109. A baker observes a batch of cookies that are thick and domed with little spread. To increase spread, they should:

A. Add more flour

B. Chill the dough longer

C. Lower the oven temperature

D. Increase the sugar and fat, and use warmer dough

110. A baker must explain why pastry cream can be boiled but crème anglaise cannot. The reason is pastry cream:

A. Contains no eggs

B. Contains starch that protects it from curdling

C. Is always served frozen

D. Has no dairy in it

111. A baker is asked the food cost percentage formula. It is:

A. Ingredient cost ÷ selling price × 100

B. Selling price ÷ yield × 100

C. Yield × labour hours

D. Purchase price + overhead only

112. A baker observes a cake sticking badly to the pan after baking. The most likely cause is:

A. Overbaking the cake

B. Too much sugar in the batter

C. Improper greasing or lining of the pan

D. Using cake flour instead of bread flour

113. A baker must explain how to judge a finished choux paste's consistency. It should be:

A. Pouring like thin water

B. Dry and crumbly with no gloss

C. Stiff enough to roll into a ball

D. Smooth, glossy, and falling in a thick ribbon

114. A baker is asked the purpose of pre-shaping divided dough. It is to:

A. Create a smooth, even base before final shaping

B. Partially bake the pieces

C. Kill the yeast in each piece

D. Add sugar to the surface

115. A baker observes a trainee using one cutting board for raw egg mixtures and finished cakes. The correct correction is to:

A. Increase the room temperature

B. Use separate boards and utensils for each

C. Rebake the finished cakes

D. Store both in one uncovered bin

116. A baker must explain why a brioche ferments more slowly than a lean bread. The reason is:

A. The salt was left out

B. The flour protein is too high

C. High sugar and fat slow the yeast

D. The water was too cold

117. A baker is asked which dessert component best contrasts a warm chocolate fondant. The best choice is:

A. A second warm chocolate sauce

B. A warm soft sponge cake

C. A warm custard poured over

D. A scoop of cold ice cream or sorbet

118. A baker observes that a retarder-proofer is needed for overnight production. Its function is to:

A. Bake the dough automatically overnight

B. Hold dough cold, then shift to proofing before morning

C. Portion the dough into equal pieces

D. Sheet the laminated dough thinly

119. A baker must explain the friction factor in dough mixing. It is:

A. The heat generated by the mixer working the dough

B. The sugar added to the dough

C. The cooling effect during mixing

D. The total weight of the flour

120. A baker is asked the most effective single practice to prevent pathogen spread. It is:

A. Using only stainless-steel equipment

B. Baking everything at maximum temperature

C. Thorough and frequent handwashing

D. Storing ingredients in clear containers

121. A baker observes a Danish pastry dough is richer than croissant dough. The reason is it carries:

A. Less fat and no eggs

B. Only flour and water

C. No sugar at all

D. More eggs and sugar

122. A baker must explain why a chemically leavened batter should not stand long before baking. The reason is:

A. The gluten becomes too strong

B. The first-stage leavening gas escapes, reducing rise

C. The batter ferments like bread

D. The fat solidifies in the bowl

123. A baker is asked the role of starch during baking. As the dough heats, starch:

A. Absorbs water, swells, and gelatinizes to set structure

B. Dissolves and disappears entirely

C. Converts fully into gluten

D. Releases carbon dioxide gas

124. A baker observes sugar bloom on chocolate. The cause was:

A. Poor tempering of cocoa butter

B. Storage at too cool a temperature

C. Moisture or condensation on the surface

D. Excess cocoa butter in the formula

125. A baker must explain why hot water can ruin a yeast dough. The reason is:

A. Hot water strengthens the gluten permanently

B. Hot water slows fermentation only slightly

C. Hot water helps the salt dissolve

D. Hot water can kill the yeast cells

126. A baker is asked the working stage for spun sugar. It is:

A. The hard-crack stage at around 150°C

B. The thread stage at around 110°C

C. The soft-ball stage at around 114°C

D. The caramel stage above 170°C

127. A baker observes a layer cake being iced directly without a crumb coat. The likely result is:

A. A perfectly smooth, crumb-free finish

B. A faster, cleaner final coat

C. Loose crumbs dragged into the surface

D. A more stable, durable cake

128. A baker must explain why salt is added separately from yeast in mixing. The reason is:

A. Salt makes yeast ferment too fast

B. Concentrated salt can damage the yeast cells

C. The two react explosively

D. Salt changes the yeast's colour

129. A baker is asked which fold triples the layers in lamination. It is:

A. The double (book) fold

B. The pinch-and-seal fold

C. The spiral roll fold

D. The single (letter) fold

130. A baker observes that ice cream from a custard base is rich and dense. This is:

A. French (custard) style ice cream

B. Philadelphia (eggless) style

C. A fat-free fruit sorbet

D. A scraped granita

131. A baker must explain why a sorbet has no fat yet can be smooth. The key factor is:

A. Adding extra dairy cream

B. The colour of the fruit purée

C. Getting the sugar concentration right

D. Freezing without any churning

132. A baker is asked what folding during bulk fermentation accomplishes. It:

A. Permanently halts fermentation

B. Strengthens gluten and redistributes yeast and gas

C. Cools the dough below freezing

D. Dissolves the held-back salt

133. A baker observes a trainee about to taste hot boiled sugar to check the stage. The correct safety advice is:

A. Tasting is the most reliable way to judge the stage

B. A quick touch is safe if done fast

C. Hot sugar is harmless once it stops bubbling

D. Never touch or taste hot sugar; use a thermometer

134. A baker must explain why a deck oven suits hearth breads. The reason is it:

A. Circulates air at high fan speed

B. Cooks only by microwave energy

C. Bakes on heated stone, often with steam, for excellent crust

D. Has no temperature control at all

135. A baker is asked the correct definition of bulk fermentation. It is:

A. The first rise of the whole dough mass before dividing

B. The final rise of shaped pieces

C. The cooling stage after baking

D. The mixing of dry ingredients

136. A baker observes a quick bread mixed with the muffin method turned out tough. The most likely cause is:

A. Mixing just until moistened

B. Overmixing and developing gluten

C. Too little leavening

D. Baking at too low a temperature

137. A baker must explain why an angel food cake is cooled inverted. The reason is:

A. Inversion adds air to the cake

B. Inversion sterilizes the surface

C. Cooling right side up improves colour

D. Its fragile egg-foam structure would collapse if cooled upright while warm

138. A baker is asked the correct manual warewashing sequence. It is:

A. Sanitize, wash, rinse, towel-dry

B. Rinse, sanitize, wash, scrape

C. Scrape, wash, rinse, sanitize, air-dry

D. Wash, air-dry, scrape, sanitize

139. A baker observes a frozen dessert with surface ice and dry patches. This is:

A. Freezer burn from air exposure

B. Sugar bloom from humidity

C. Fat bloom from poor tempering

D. Over-churning during freezing

140. A baker must explain why trace allergen exposure matters. The reason is:

A. Allergens only affect adults

B. Even trace exposure can cause a severe reaction

C. Cooking always removes allergens

D. Large amounts are needed to react

141. A baker is asked the purpose of resting laminated dough in the cooler between folds. It is to:

A. Permanently stop the dough rising

B. Add steam to the layers early

C. Relax the gluten and re-firm the fat

D. Dissolve the fat into the dough

142. A baker observes that proofing happens in warm, humid conditions. The reason warmth helps is that it:

A. Slows the yeast to control timing

B. Has no effect on the rise

C. Freezes the dough surface

D. Speeds the final fermentation by keeping yeast active

143. A baker must explain what a still-frozen semifreddo relies on for its texture. It relies on:

A. Air whipped into cream and egg foam before freezing

B. Constant churning during freezing

C. Repeated scraping with a fork

D. The absence of any fat or sugar

144. A baker is asked the ideal roll-in fat for lamination. It should be:

A. A fat with a very low melting point

B. Plastic and pliable, matched to the dough's consistency

C. A fat that dissolves fully into the dough

D. A fat with no plasticity at all

145. A baker observes a cake described as moist, fine, and long-keeping made with emulsified shortening. This is a:

A. Plain creaming-method butter cake

B. Foaming-method angel food cake

C. High-ratio cake

D. Lean yeast-raised loaf

146. A baker must explain why a thin, even egg wash is preferred over a heavy one. The reason is:

A. Pooled wash improves oven spring

B. Heavy wash speeds fermentation

C. Thin wash prevents browning

D. Pooled wash bakes into dark, blotchy patches

147. A baker is asked what cooling does for finished bread. Proper cooling:

A. Lets the crumb finish setting and moisture redistribute

B. Improves the crust colour

C. Restarts the fermentation

D. Adds salt to the loaf

148. A baker observes that tempering ice cream before scooping is recommended. The purpose is to:

A. Refreeze it to a harder solid

B. Soften it to a clean, scoopable consistency

C. Add air to the product

D. Sterilize the surface

149. A baker must explain why blind baking is used. It is to:

A. Bake a yeast bread without shaping

B. Freeze a shell instead of baking it

C. Bake a pastry shell empty before adding an unbaked filling

D. Bake two cakes in one pan

150. A baker is asked which combination best summarizes good inventory practice. It is:

A. Overproducing and skipping labels

B. Ignoring yield loss and par levels

C. Storing stock without dates

D. Par levels, receiving inspection, dated storage, and FIFO

Practice Exam 3: Answer Key and Explanations

1. D — A mixer must be fully stopped before scraping the bowl, since moving parts can cause severe injury. Slowing it, switching utensils, or holding the bowl still does not remove the hazard. Stopping the machine is the only safe action.

2. B — The Safety Data Sheet provides detailed first-aid and safe-handling steps for a hazardous chemical. An invoice, schedule, or verbal instruction carries no reliable hazard information. The SDS must be accessible for emergencies.

3. C — For a celiac customer, preventing cross-contact with wheat flour is the critical precaution, since trace gluten can cause harm. Salt, baking temperature, and yeast do not address the allergen. Genuine gluten-free production requires cross-contact control.

4. A — Water temperature is the controllable variable, so colder water offsets a warm bakeshop and holds the dough on target. Adding yeast, mixing faster, or adding salt do not control the temperature outcome. The water-temperature calculation manages exactly this.

5. C — The crumb needs to finish setting, so bread should cool before slicing; cutting hot gives a gummy, compressed crumb. Hot slicing does not improve cleanliness or crust colour. Cooling stabilizes the structure.

6. D — Chocolate that cools below its working range must be gently rewarmed to working temperature to stay in temper. Adding water, freezing, or letting it firm up ruins it. Maintaining working temperature preserves the temper.

7. B — High-protein bread flour forms the strong gluten a chewy, well-risen artisan loaf needs. Cake and pastry flours are too weak, and pre-gelatinized starch is not a bread flour. Protein content determines gluten potential.

8. A — Infested stock should be rejected and the rest inspected before acceptance, protecting against spreading an infestation. Storing, sifting, or diluting it risks contaminating the bakery. Receiving inspection is a key food-safety control.

9. D — Chilling the dough re-firms the butter so lamination can continue with intact layers. Rolling quickly, adding flour, or raising oven heat would lose the layers. Temperature control preserves lamination.

10. C — A nut-free order for an allergic customer requires thoroughly cleaned equipment and should be prepared first, before nut-containing items. Sharing a bag, adding nuts, or preparing it last risks cross-contact. Preparing first protects the customer.

11. A — Rolls that spring back fully and immediately are under-proofed and need more time. They are not ready to bake, reshape, or discard. Under-proofed dough rises aggressively and tears in the oven.

12. B — A retarder (refrigerated cabinet) slows fermentation overnight to develop flavour and control timing. A warm proofer speeds the rise, and ovens and mixers do not retard. Cold slows yeast activity.

13. D — At 65% hydration, water = 2,000 × 0.65 = 1,300 g. Baker's percentage multiplies flour weight by the ingredient's percentage. The proportion holds at any scale.

14. A — Stopping creaming while the mixture is still dense and yellow leaves it under-aerated, giving a denser, lower cake. It does not cause excessive rise, toughness, or undercooking. Proper creaming should be light and pale for good volume.

15. B — Chocolate showpieces are stored cool, dry, and away from strong odours, since cocoa butter absorbs odours and moisture causes bloom. Refrigerating unwrapped, warmth, or sunlight damage them. Stable cool, dry conditions preserve quality.

16. C — A chemically leavened batter left to sit loses leavening gas, producing a poorer rise. It does not over-develop gluten, ferment like bread, or become more tender. Mix and bake promptly to keep the lift.

17. A — Chilling the dough and reducing sugar slightly are effective first adjustments to control excess spread. Lowering oven heat, adding liquid, or removing leavening would not fix it correctly. Spread is a balance of tenderizers and temperature.

18. D — Beyond flavour, salt controls fermentation and strengthens the gluten. It is not the leavening agent, a water substitute, or a yeast accelerant. A saltless dough ferments too fast and is weak.

19. C — A mealy pastry, blind baked first, resists moisture and keeps a custard-pie bottom crisp. A raw flaky shell, cake flour, or skipping baking would worsen sogginess. Thorough fat coating plus pre-baking gives the crispest base.

20. A — Flour should be moved to sealed, pest-proof containers off the floor to deny pests food and shelter. Checking more often, a loose cloth, or using it faster do not solve the exposure. Sealed, elevated storage is the correct control.

21. B — In Italian meringue buttercream, the hot sugar syrup is whipped into the egg whites. It is not added to cold butter, a custard, or simmering water. The syrup cooks the whites into a stable meringue.

22. D — The base must be handled safely because freezing halts but does not kill bacteria, which revive on thawing. Freezing neither sterilizes nor requires slow cooling for air. Safe handling must precede freezing.

23. A — Chocolate that will not release and looks dull was not properly tempered. A cold mould, excess cocoa butter, or correct tempering are not the cause. Poor temper prevents contraction and clean release.

24. C — The conversion factor is desired ÷ original = 96 ÷ 24 = 4.0. The other values do not match this ratio. Multiplying every ingredient by 4 scales the recipe.

25. B — Angel food cake rises from air whipped into the egg whites—mechanical leavening. It uses no yeast, baking powder, or laminated fat. The egg-white foam is the sole leavening.

26. D — Apricot glaze is brushed warm onto Danish for shine and moisture protection. Royal icing, cocoa dusting, and rolled fondant serve other purposes. The warm glaze adheres and seals.

27. A — A cake that rose then sank usually had too much leavening, leaving a structure too weak to hold. Too little liquid, overbaking, or flour choice cause other faults. Excess gas outpaces the structure.

28. C — Combed sides and simple piped borders are efficient, repeatable techniques that meet a tight deadline while looking finished. Hand-piped flowers, pulled sugar, and royal lace are too slow for 60 cakes in two hours. Time management drives the choice.

29. B — A curdled, grainy crème anglaise was overheated, overcoagulating its egg proteins. Rapid cooling, added starch, or lack of eggs is not the cause. Gentle heat prevents curdling.

30. A — Adding a little baking powder to hot water and watching it fizz tests its freshness. Smelling, weighing, or tasting do not reveal potency. A vigorous fizz confirms it is still active.

31. D — A sorbet's smoothness depends on correct sugar concentration, since it has no fat. Dairy fat, minimal churning, or removing the purée are not the key. Too little sugar freezes it rock-hard.

32. C — A steam-injected deck oven is the classic choice for hearth artisan breads, baking on heated stone. Convection can dry delicate items; microwave and toaster ovens are unsuitable. Stone and steam improve crust and spring.

33. A — Overmixing develops gluten, producing muffins with long vertical tunnels and a peaked, cracked top. Too little leavening, low heat, or excess fat cause other faults. Minimal mixing keeps quick breads tender.

34. B — Croissant dough contains yeast (plus steam from lamination), while puff pastry rises on steam alone with no yeast. Neither is leavened only by baking powder, and both are laminated. Yeast is the key distinction.

35. D — Pulled-sugar showpieces are worked from the hard-crack stage (around 150°C) so they set hard. Thread, soft ball, and firm ball are too low and soft. Less remaining water means a harder, workable sugar.

36. C — Scaling 1,000 g to 4,000 g multiplies flour by 4, so salt at 2% scales proportionally: 4,000 × 0.02 = 80 g. The other figures do not match the proportional amount. Baker's percentage holds proportions at any scale.

37. B — Fat leaking from laminated pastries points to roll-in fat that was too soft or layers that broke. Resting, sugar level, and oven heat are not the cause here. Firm, intact layers prevent leakage.

38. A — The windowpane stretch test is the best gauge of gluten development. Temperature, acidity, and weight do not measure it. Dough that stretches thin and translucent without tearing is ready.

39. C — Italian meringue buttercream is made by whipping a hot sugar syrup into beaten egg whites, then adding butter. American uses no meringue, and German uses a custard base. The cooked syrup produces a light, stable result.

40. D — A delicate angel food cake is cooled inverted (upside down) so its fragile egg-foam structure does not collapse while warm. Slicing hot, freezing, or cooling right-side up would ruin it. Inversion protects the set.

41. B — Fast freezing with constant churning forms many small ice crystals for a smooth texture. Slow freezing, thaw-refreeze cycles, or no sugar create coarse, icy results. Small crystals mean smoothness.

42. A — Whole wheat flour's bran and germ physically interfere with gluten development, giving denser loaves. It does contain protein and can absorb water, and does not have the highest protein. Bran disrupts the gluten network.

43. D — A flax "egg" or aquafaba is an appropriate vegan egg substitute, replacing eggs' binding and structure. Salt, extra gluten, or sugar do not substitute for eggs. These replacers mimic egg function.

44. C — Stretching dough to fit the pan puts it under tension, causing shrinkage as it relaxes during baking. Resting, cold fat, and pastry flour reduce shrinkage. Ease the dough in without stretching.

45. A — FIFO means older stock moves to the front and is used before newer stock placed behind. The newest stock is not used first, and frozen items are not exempt. Rotation minimizes spoilage and waste.

46. B — A gritty, crystalline surface after humid storage is sugar bloom, caused by moisture dissolving and recrystallizing surface sugar. Fat bloom comes from cocoa butter, not moisture. Cool, dry storage prevents it.

47. D — During a rush, the best garnish is edible, relevant, and quick to execute. Elaborate, inedible, or oversized garnishes are poor choices. Practical, purposeful garnishing wins under time pressure.

48. C — The desired dough temperature is multiplied by the total number of temperature factors, including water. It is not the dry-ingredient count, the number two, or a price. Correct counting drives the result.

49. B — Excess baking soda leaves unreacted alkaline soda in the product, producing a soapy, bitter taste. It does not become sugar, build gluten, or cool the product. Balancing soda with acid prevents this.

50. A — Bulk fermentation is the first rise of the whole dough mass before dividing. It is not the final rise of shaped pieces, cooling, or dry mixing. Much flavour and strength develop here.

51. C — A chemically leavened batter is baked promptly because the first-stage leavening gas escapes if it waits, reducing rise. It is not about gluten, cooling, or wanting the gas to escape. Mix and bake without delay.

52. D — Professional plating requires every component to be edible and purposeful. Overcrowding, inedible props, and flat spreading violate good presentation. Restraint and purpose define quality plating.

53. B — To keep a moist fruit pie's bottom crisp, use a mealy pastry, possibly blind baked, for moisture resistance. A raw flaky base, no-bake filling, or cake flour would worsen sogginess. Mealy pastry repels moisture.

54. A — Glutenin and gliadin are the two wheat proteins that form gluten when hydrated and developed. Albumin/casein, lactose/lecithin, and the starch fractions are not gluten proteins. Together they give dough elasticity and extensibility.

55. C — Coarse, icy stored ice cream usually results from temperature fluctuation causing thaw-refreeze cycles. Sugar, churning, and dairy fat are not the cause. Consistent cold storage keeps crystals small.

56. D — Butter is added late in brioche because adding it early coats the proteins and limits gluten formation. It does not feed yeast, require melting, or overheat the dough. Sequence protects the structure.

57. A — Fresh dairy-and-egg pastry cream is a potentially hazardous food—moist, protein-rich, and low-acid. Crackers, sugar, and flour are low-risk. Moist, protein-rich foods support bacterial growth.

58. B — For a flaky top crust, fat is cut into the flour in larger, pea-sized pieces that melt into flaky pockets. Dissolving it, a fine paste, or one block does not create flakiness. Larger fat pieces give flaky layers.

59. D — Overrun is the amount of air incorporated into ice cream during churning. It is not the base's temperature, fruit content, or freezing point. More overrun means a lighter product.

60. C — A peaked, cracked top over a raw centre signals an oven that was too hot, setting the outside first. A cool oven, too little flour, or undermixing cause other faults. Excess heat causes the peak and crack.

61. A — The biscuit method cuts solid cold fat into the dry ingredients in pieces, creating flaky layers. Melted fat, creaming, and whipping eggs describe other methods. Cold fat pockets produce flakiness.

62. D — Concentrated salt can draw moisture from and damage yeast cells, so they are kept apart at mixing. Salt slows rather than speeds yeast, does not explode, and does not recolour it. Direct contact harms the yeast.

63. B — Royal icing dries hard and rigid, making it ideal for fine piping and gingerbread construction. Meringue buttercream, Chantilly, and ganache are soft or pourable. Its hardness is its defining purpose.

64. C — Accurate forecasting, FIFO rotation, and proper storage together reduce waste and protect profit. Overproducing, omitting labels, and ignoring yield loss increase waste. Disciplined management preserves margin.

65. A — A sunken centre usually results from underbaking or disturbing the cake before its structure sets. Overbaking and low moisture cause dryness, not sinking. The structure must set before it can support itself.

66. D — The windowpane test indicates the degree of gluten development. It does not measure temperature, acidity, or sugar. Dough that stretches thin and translucent without tearing is well developed.

67. C — Steam delays crust formation and improves oven spring, letting the loaf expand fully. It does not cool the loaf, add sugar, or kill the yeast prematurely. Delayed crust set maximizes spring.

68. B — A high-fat enriched dough ferments slowly because sugar and fat slow yeast activity. Missing salt, high protein, or cold water are not the cause. Sugar's osmotic pull and fat's coating slow the yeast.

69. A — Gelatinization is starch granules absorbing water and swelling when heated, setting structure. It is not fermentation, sugar browning, or fat melting. Gelatinized starch firms the crumb.

70. D — The sponge-and-dough method improves flavour and dough strength through its fermented first stage. It takes more time, still uses yeast, and still requires baking. The pre-fermentation adds quality.

71. C — Keeping frozen desserts well covered and sealed prevents freezer burn, which is surface dehydration from air exposure. Uncovered storage, thaw-refreeze cycles, and warmer freezers worsen it. Sealing blocks the drying air.

72. B — Cross-contact is the accidental transfer of an allergen from one food to another. It is not about killing bacteria, transferring heat, or rotating stock. Heat does not neutralize an allergen, so prevention is key.

73. A — A layer cake is assembled by levelling and filling, then crumb coating, chilling, applying the final coat, and decorating. The other sequences are out of order. The crumb coat and chill must precede the final coat.

74. D — A cake that rose then collapsed usually had too much leavening, leaving a structure too weak to hold. Too little leavening, low heat, or excess flour cause other faults. Excess gas outpaces the structure.

75. C — The temperature to which sugar is cooked determines its texture, because temperature reflects how much water has boiled off. Colour, pot shape, and thermometer brand do not. Higher temperature yields a harder set.

76. B — Weight is precise and repeatable regardless of how an ingredient is packed, which is why professionals measure by weight. It is not inherently faster and does not eliminate recipes. Volume varies with packing; weight does not.

77. D — Scoring controls where the dough expands during oven spring, preventing random tearing. It does not add salt, slow fermentation, or cool the dough. It directs and shapes the expansion.

78. A — A bench rest relaxes the gluten that tightened during dividing, making final shaping easier. It does not brown, kill yeast, or add salt. Relaxation bridges dividing and shaping.

79. C — A gluten-free order must be stored and prepared away from airborne flour and shared surfaces. Relying on packaging, moving it near flour, or weekly wiping does not protect a celiac customer. Cross-contact control is essential.

80. B — A poolish is a loose, batter-like pre-ferment of roughly equal parts flour and water with a little yeast. A biga is stiff, and a levain is a natural starter. Hydration and consistency distinguish them.

81. D — An egg wash deepens crust colour because its added protein and sugar fuel browning reactions. It does not cool the surface, prevent browning, or slow fermentation. Egg wash also helps toppings adhere.

82. A — Proofing (final fermentation) is the final rise of individual shaped pieces before baking. It is not mixing, the first bulk rise, or cooling. It readies shaped dough for the oven.

83. C — Fat blending into the dough and losing the layers means the dough and fat were too warm. Resting, oven heat, and water level are not the cause. Lamination requires keeping the fat firm and in defined layers.

84. D — Mealy pastry resists sogginess because its finely cut fat coats the flour thoroughly, repelling moisture. It is not fat-free, made with bread flour, or double-blind-baked. Thorough fat coating is the mechanism.

85. B — From lowest to highest: thread, soft ball, hard ball, hard crack. The other sequences are out of order. Rising temperature reflects decreasing water and a harder set.

86. A — Egg yolk contains lecithin, a natural emulsifier that binds fat and water into smooth batters. It is not a leavening gas source, a gluten strengthener, or a browning blocker. Lecithin enables smooth emulsions.

87. C — Semifreddo is a still-frozen dessert whose smoothness comes from air whipped in before freezing, since it is not churned. Sorbet and ice cream are churned, and granita is scraped. Pre-whipped air keeps it from freezing solid.

88. D — A tight, dense crumb with poor volume that tore in the oven indicates under-proofed dough. Over-proofing collapses, a cool oven and excess salt cause other faults. Under-proofed dough rises aggressively and tears.

89. A — Compound coating uses vegetable fat instead of cocoa butter and therefore needs no tempering. It has less cocoa butter than couverture and does contain sugar. The fat substitution removes the tempering requirement.

90. B — Fat tenderizes pie crust by coating flour and shortening the gluten strands. It does not leaven, increase gluten, or ferment the dough. This shortening effect names the fat itself.

91. C — A filling cooling slowly at room temperature spends too long in the temperature danger zone, allowing bacterial growth. It does not cool too quickly, resist growth, or count as low-risk. Rapid cooling is the safe practice.

92. A — Folding and pulling sugar incorporates air and aligns it, producing a satiny, pearlescent sheen. Adding cream, cooling to soft ball, or humid storage would ruin it. The pulling action creates the sheen.

93. D — The crumb coat seals in loose crumbs before the final icing. It does not decorate, replace chilling, or sweeten the exterior. Sealing crumbs is its sole purpose.

94. B — The temperature of the dough and environment most directly controls fermentation speed. Container colour, flour brand, and loaf shape do not. Warmth speeds and cold slows yeast.

95. C — A dough docker perforates dough to prevent uneven rising. It does not portion, round, or inject steam. The small holes keep dough flat where blistering is unwanted.

96. A — Sugar is hygroscopic, attracting and holding water to retain moisture. It does not evaporate to dry the product, block browning, or replace leavening. Moisture retention extends shelf life.

97. B — High overrun produces a lighter, fluffier ice cream with more air. It does not make the product dense, solid, or fat-free. Overrun is the air-to-volume relationship.

98. D — Lamination creates flakiness because steam separates many thin alternating dough-and-fat layers in the oven. Yeast gas, chemical leavening, and creamed air describe other mechanisms. Steam between fat layers lifts the pastry.

99. C — Gelato has less fat, lower overrun, and a warmer serving temperature than ice cream, making it denser. It is not high-fat, sugar-and-dairy-free, or churn-free. These three differences define it.

100. A — An interfering agent such as corn syrup prevents or controls unwanted crystallization in hard candy. It does not add sourness, slow boiling, or replace a thermometer. It keeps non-crystalline candy smooth and clear.

101. B — A WHMIS hazard pictogram communicates a chemical hazard at a glance. It is not a training record, expiry label, or invoice. The standardized symbol enables instant recognition.

102. D — A high-ratio cake is defined by the weight of sugar exceeding the weight of flour, enabled by emulsified shortening and special flour. It is not yeast-leavened, egg-white-only, or fat-and-sugar-free. The sugar-to-flour ratio is the marker.

103. A — An indentation that fills back slowly and partially indicates the dough is properly proofed and ready to bake. Immediate spring-back means under-proofed; a staying dent means over-proofed. The poke test reads the proof state.

104. C — Fermentation develops flavour, strengthens structure, and improves keeping quality beyond leavening. It does not remove all moisture, only colour the crust, or eliminate salt. These benefits define good fermentation.

105. B — The sponge method ferments a portion of the flour in a separate first stage, while the straight method mixes everything at once. It does not require sourdough, exclude yeast, or need two ovens. The number of stages is the difference.

106. D — Chocolate that contracts and releases cleanly with a glossy snap was properly tempered. Under-tempering, a warm mould, or no cocoa butter would not give this result. Contraction on setting is the sign of correct temper.

107. A — Enriching a lean dough means adding fat, sugar, eggs, and dairy. Water and salt, extra flour and yeast, or vinegar and soda do not enrich. These ingredients soften and enrich the crumb.

108. C — Flaky versus mealy pastry depends on the size of the fat pieces cut into the flour—larger for flaky, finer for mealy. Yeast, sweetening, and bread flour are not the distinction. Fat-particle size is the difference.

109. D — Increasing the sugar and fat and using warmer dough increase spread in thick, domed cookies. More flour, chilling, or lower heat reduce spread. Spread is a balance of tenderizers and temperature.

110. B — Pastry cream contains starch that protects the eggs, letting it be boiled without curdling, unlike crème anglaise. It does contain eggs and dairy and is not frozen. The starch must be boiled to thicken.

111. A — Food cost percentage equals ingredient cost divided by selling price, times 100. The other formulas confuse yield, labour, or overhead. It is the key ratio for judging profitability.

112. C — A cake sticking to the pan most likely resulted from improper greasing or lining. Overbaking, sugar level, and flour choice cause other faults. Proper pan preparation prevents sticking.

113. D — Finished choux paste is smooth, glossy, and falls from the spatula in a thick ribbon. It should not pour like water, be dry and crumbly, or roll into a ball. Consistency signals the correct egg amount.

114. A — Pre-shaping creates a smooth, even base and surface tension before final shaping. It does not partially bake, kill yeast, or add sugar. It prepares the piece for clean final forming.

115. B — Using separate boards and utensils for raw egg mixtures and finished cakes prevents cross-contamination. Warmth, rebaking, or shared uncovered storage do not. Separation stops pathogen transfer.

116. C — A brioche ferments slowly because its high sugar and fat slow the yeast. Missing salt, high protein, or cold water are not the cause. Sugar's osmotic pull and fat's coating slow the yeast.

117. D — A cold ice cream or sorbet provides temperature and texture contrast to a warm chocolate fondant. More warm or soft elements add no contrast. Contrast makes a dessert memorable.

118. B — A retarder-proofer holds dough cold overnight, then shifts to proofing before morning. It does not bake, portion, or sheet the dough. It manages overnight production timing.

119. A — The friction factor is the heat generated by the mixer working the dough. It does not refer to sugar, cool the dough, or mean flour weight. It is accounted for in the water-temperature calculation.

120. C — Thorough, frequent handwashing is the single most effective practice for preventing pathogen spread. Equipment material, baking temperature, and container type are secondary. Hand hygiene is the first line of defence.

121. D — Danish pastry dough is richer than croissant dough because it carries more eggs and sugar. It is not leaner, fat-free, or sugar-free. Enrichment makes it tender and rich.

122. B — A chemically leavened batter left to stand loses first-stage leavening gas, reducing rise. It does not over-strengthen gluten, ferment like bread, or need the fat to solidify. Mix and bake without delay.

123. A — During baking, starch granules absorb water, swell, and gelatinize to set structure. They do not disappear, become gluten, or release gas. Gelatinized starch firms the crumb on cooling.

124. C — Sugar bloom comes from moisture or condensation dissolving and recrystallizing surface sugar. Poor tempering causes fat bloom, and cool storage and cocoa butter are not the cause. Moisture is the culprit.

125. D — Water that is too hot can kill the yeast cells, so the dough fails to rise. It does not strengthen gluten, only slightly slow fermentation, or aid salt. Yeast needs warm, not hot, liquid.

126. A — Spun sugar is worked from the hard-crack stage (around 150°C) so the fine threads set hard. Thread, soft ball, and caramel are unsuitable. Hard crack gives the firm, workable sugar.

127. C — Icing a cake without a crumb coat drags loose crumbs into the surface, giving a messy finish. It does not create a smooth, faster, or more stable result. The crumb coat seals crumbs first.

128. B — Concentrated salt can damage yeast cells, so they are added separately at mixing. Salt slows rather than speeds yeast, does not explode, and does not recolour it. Direct contact harms the yeast.

129. D — The single (letter) fold, folding in thirds, triples the layers with each turn. The double (book) fold quadruples them. Folds multiply the dough-and-fat layers.

130. A — French-style ice cream is made from an egg-yolk custard base, giving a rich, dense result. Philadelphia style is eggless, and sorbet and granita are not custard-based. The yolks add richness and smoothness.

131. C — A fat-free sorbet's texture depends most on getting the sugar concentration right. Adding dairy, the purée colour, or skipping churning are not the key. Without fat, sugar balance carries the texture.

132. B — Folding during bulk fermentation strengthens gluten and redistributes yeast and gas. It does not halt fermentation, freeze the dough, or dissolve salt. Gentle folds build dough strength.

133. D — Hot sugar must never be touched or tasted; a thermometer is used to judge the stage. Tasting, a quick touch, or assuming it is harmless risk severe burns. Boiling sugar is far hotter than water and adheres to skin.

134. C — A deck oven bakes on heated stone, often with steam, giving artisan breads excellent crust. It is not a high-fan convection, microwave, or uncontrolled oven. Stone and steam suit hearth breads.

135. A — Bulk fermentation is the first rise of the whole dough mass before dividing. It is not the final rise of shaped pieces, cooling, or dry mixing. Much flavour and strength develop here.

136. B — A tough muffin from the muffin method results from overmixing and developing gluten. Mixing just until moistened, too little leavening, or low heat cause other outcomes. Minimal mixing keeps muffins tender.

137. D — An angel food cake is cooled inverted because its fragile egg-foam structure would collapse if cooled upright while warm. Inversion does not add air, sterilize, or improve colour. It protects the set.

138. C — Manual three-sink warewashing follows scrape, wash, rinse, sanitize, then air-dry. Sanitizing must follow cleaning, and towel-drying can recontaminate. Order ensures effective cleaning and sanitizing.

139. A — Surface ice and dry patches on a frozen dessert are freezer burn from air exposure. Sugar bloom and fat bloom affect chocolate, and over-churning is not the cause. Sealing prevents the drying.

140. B — Even trace exposure to an allergen can cause a severe, even life-threatening reaction. Allergens affect all ages, cooking does not remove them, and small amounts can trigger reactions. This is why strict cross-contact control matters.

141. C — Resting laminated dough in the cooler relaxes the gluten and re-firms the fat to working consistency. It does not stop rising, add steam early, or dissolve the fat. The rest keeps lamination workable.

142. D — Warm, humid proofing conditions speed the final fermentation by keeping the yeast active and the surface supple. Cold slows it, temperature does matter, and freezing does not speed the rise. A proofer provides warmth and humidity.

143. A — A semifreddo's smooth texture comes from air whipped into cream and egg foam before freezing, since it is not churned. Churning, scraping, or the absence of fat and sugar are not how it works. Pre-whipped air gives the texture.

144. B — The ideal roll-in fat is plastic and pliable, matched in consistency to the dough so the two extend together. A very low melting point, dissolving into the dough, or no plasticity destroy the layers. Plasticity keeps the fat in sheets.

145. C — A moist, fine, long-keeping cake made with emulsified shortening is a high-ratio cake. A creaming butter cake, angel food, and lean loaf are different products. Emulsified shortening and high sugar define it.

146. D — A heavy, pooled egg wash bakes into dark, blotchy patches and can cement product to the pan. It does not improve spring or fermentation, and thin wash still browns. A thin, even coat is best.

147. A — Proper cooling lets the crumb finish setting and moisture redistribute. It does not improve crust colour, restart fermentation, or add salt. Cooling stabilizes the structure before slicing.

148. B — Tempering ice cream briefly before scooping softens it to a clean, scoopable consistency. It does not refreeze, aerate, or sterilize the product. Slight warming improves service.

149. C — Blind baking is baking a pastry shell empty, usually with weights, before adding an unbaked filling. It is not unshaped bread, freezing, or double-panning cakes. It prevents a soggy or puffed base.

150. D — Good inventory practice combines par levels, receiving inspection, dated storage, and FIFO. Overproducing, ignoring yield loss, and undated storage increase waste. Disciplined management preserves quality and margin.