

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

1. Which document must be accessible to workers for detailed safe-handling and first-aid information on a hazardous chemical?

- A. The Safety Data Sheet
- B. The shipping invoice
- C. The production schedule
- D. The cleaning rota

2. A baker scales a 100% flour, 64% water formula using 3,500 g of flour. The water required is:

- A. 640 g of water
- B. 3,500 g of water
- C. 2,240 g of water
- D. 1,750 g of water

3. A loaf with a dense, tight crumb that burst at the side was most likely:

- A. Over-proofed before baking
- B. Under-proofed before baking
- C. Made with too much salt
- D. Baked in too cool an oven

4. Which term names the elastic protein network formed when glutenin and gliadin are hydrated and developed?

- A. Starch

- B. Lecithin
- C. Pectin
- D. Gluten

5. A baker decorating 60 cakes within two hours should choose:

- A. Efficient combed sides and simple piped borders
- B. Hand-piped individual sugar flowers
- C. Pulled-sugar showpieces on each
- D. Elaborate royal-icing lace on every side

6. Which leavening mechanism rises puff pastry?

- A. Yeast fermentation
- B. Double-acting baking powder
- C. Steam separating the laminated layers
- D. Air creamed into fat and sugar

7. A baker tempering dark chocolate should:

- A. Heat it above 90°C and pour at once
- B. Cool the melted chocolate to encourage stable crystals
- C. Stir in a little water to thin it
- D. Freeze it solid before working

8. Which is the correct order for assembling a layer cake?

- 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

9. A sorbet that froze rock-hard and icy most likely had:

- A. Too much dairy fat
- B. Excessive churning
- C. Added fruit purée
- D. Too little sugar

10. Which pre-ferment is a loose, batter-like mixture of roughly equal flour and water with a little yeast?

- A. Biga
- B. Poolish
- C. Levain only
- D. Baked sponge cake

11. A baker must convert a recipe yielding 40 portions to 100 portions. The conversion factor is:

- A. 4.0
- B. 0.4
- C. 2.5
- D. 1.5

12. Which statement about baking soda is correct?

- A. It is a base needing an acid in the formula to react

- B. It contains its own built-in acid
- C. It works only above 200°C
- D. It is interchangeable with baking powder

13. A baker observes fat leaking from croissants during baking. The most likely cause is:

- A. The dough rested too long in the cooler
- B. Too little sugar in the dough
- C. The oven was too low only
- D. The roll-in fat was too soft or the layers broke

14. Which term names the amount of air incorporated into ice cream during churning?

- A. Hydration
- B. Overrun
- C. Yield
- D. Coagulation

15. A baker must keep the bottom crust of a custard pie crisp. The best choice is:

- A. A flaky pastry filled raw
- B. Cake flour for tenderness
- C. A mealy pastry, blind baked first
- D. No baking of the shell

16. Which is the most effective single practice to prevent pathogen spread?

- A. Thorough, frequent handwashing

- B. Using only stainless steel
- C. Baking at maximum heat
- D. Clear ingredient containers

17. A baker's dough finished at 28°C, target 25°C, with flour 23°C, room 25°C, friction 12°C. Using four factors, the desired water temperature is:

- A. 53°C
- B. 47°C
- C. 22°C
- D. 40°C

18. Which buttercream whips a hot sugar syrup into beaten egg whites, then adds butter?

- A. American buttercream
- B. Italian meringue buttercream
- C. German buttercream
- D. Royal icing

19. Bulk fermentation is correctly described as:

- 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

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

- A. Fat bloom

- B. Freezer burn
- C. Sugar bloom
- D. Proper temper

21. Which factor most directly controls yeast fermentation speed?

- A. The container colour
- B. The flour brand
- C. The loaf shape
- D. The temperature of the dough and environment

22. A baker must explain why salt cannot be omitted from bread. Beyond flavour, salt:

- A. Acts as the primary leavening
- B. Controls fermentation and strengthens gluten
- C. Replaces the water
- D. Speeds the yeast dramatically

23. Which still-frozen dessert relies on air whipped in before freezing?

- A. Fruit sorbet
- B. Custard ice cream
- C. Semifreddo
- D. Scraped granita

24. A muffin batter overworked by the muffin method will show:

- A. Long vertical tunnels and a peaked, cracked top

- B. An overly tender, crumbly texture
- C. A pale, undercooked centre
- D. Excessive spread across the pan

25. Which sugar stage (about 146–155°C) is used for hard candy and showpieces?

- A. Soft ball
- B. Thread
- C. Firm ball
- D. Hard crack

26. A baker explains why a custard ice cream is richer than Philadelphia style. The yolks provide:

- A. Carbon dioxide leavening
- B. Richness and lecithin that emulsifies for smoothness
- C. A higher freezing point
- D. Additional churning

27. Which is the defining difference between straight and sponge-and-dough methods?

- A. The sponge method ferments part of the flour in a separate first stage
- B. The straight method uses sourdough culture
- C. The sponge method never uses yeast
- D. The straight method needs two ovens

28. A stirred crème anglaise turned grainy and curdled. The cause is:

- A. It was cooled too quickly

- B. It contained too much starch
- C. It had no eggs
- D. It was overheated, curdling the egg proteins

29. Which oven, fitted with steam injection, suits hearth artisan breads?

- A. A high-fan convection oven
- B. A household microwave
- C. A deck oven
- D. A countertop toaster oven

30. A baker producing an allergen-free order should:

- A. Use the same unwashed equipment
- B. Use cleaned equipment and prepare it first
- C. Add a trace allergen for flavour
- D. Prepare it last in the day

31. Which term describes starch granules absorbing water and swelling when heated?

- A. Gelatinization
- B. Fermentation
- C. Caramelization
- D. Coagulation

32. A baker scales a 100% flour, 60% water formula and needs 2,100 g of water. The flour required is:

- A. 1,260 g

- B. 2,100 g
- C. 3,500 g
- D. 1,750 g

33. Which icing dries hard and rigid for fine piping and gingerbread?

- A. Italian meringue buttercream
- B. Whipped Chantilly cream
- C. Poured ganache
- D. Royal icing

34. A cake that rose dramatically then sank in the centre most likely had:

- A. Too little liquid
- B. Too much leavening for the structure
- C. Overbaking at high heat
- D. Bread flour instead of cake flour

35. Which two wheat proteins form gluten when hydrated?

- A. Glutenin and gliadin
- B. Albumin and casein
- C. Lactose and lecithin
- D. Amylose and amylopectin

36. A baker must explain why whole wheat flour gives denser loaves. The reason is:

- A. It contains no protein

- B. It cannot absorb water
- C. The bran and germ interfere with gluten development
- D. It has the highest protein content

37. Which condition is essential for a smooth, fine frozen dessert?

- A. Slow freezing with no agitation
- B. Repeated thawing and refreezing
- C. Freezing with no sugar present
- D. Fast freezing with constant churning

38. A baker observes a moulded chocolate that will not release and looks dull. The cause is:

- A. The mould was too cold
- B. The chocolate was not properly tempered
- C. Excess cocoa butter
- D. Correct tempering

39. Which is the correct food cost percentage formula?

- A. $\text{Ingredient cost} \div \text{selling price} \times 100$
- B. $\text{Selling price} \div \text{yield} \times 100$
- C. $\text{Yield} \times \text{labour hours}$
- D. $\text{Purchase price} + \text{overhead only}$

40. A baker must explain why egg wash deepens crust colour. The reason is it adds:

- A. Water that cools the crust

- B. Acid that prevents browning
- C. Protein and sugar that fuel browning
- D. Steam that delays the crust

41. Which describes the proper poke-test result for properly proofed dough?

- A. Springs back immediately and fully
- B. Stays fully indented and deflated
- C. Shows no change at all
- D. Fills back slowly and partially

42. A baker observes that a high-fat brioche proofs slowly. The reason is:

- A. The salt was left out
- B. The sugar and fat slow the yeast
- C. The flour protein was too high
- D. The water was too cold

43. Which term names baking a pastry shell empty before adding a filling?

- A. Blind baking
- B. Docking
- C. Tempering
- D. Proofing

44. A baker must explain why pastry cream can be boiled but crème anglaise cannot. Pastry cream:

- A. Contains no eggs

- B. Is always frozen
- C. Contains starch that protects it from curdling
- D. Has no dairy

45. Which mixer attachment develops gluten in bread dough?

- A. The whisk (whip)
- B. The paddle (flat beater)
- C. The bowl scraper
- D. The dough hook

46. A baker finds cookies spreading too thin and merging. The likely cause is:

- A. Too much flour and too little fat
- B. Too much sugar or fat, or warm dough
- C. Thoroughly chilled dough
- D. An oven far too hot

47. Which defining feature distinguishes the biscuit mixing method?

- A. Melted fat stirred into the wet ingredients
- B. Fat and sugar creamed until fluffy
- C. Solid cold fat cut into the dry ingredients
- D. Eggs whipped into a foam first

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

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

- B. Inversion adds air to the cake
- C. Inversion sterilizes the surface
- D. Cooling upright improves colour

49. Which leavening rises a classic angel food cake?

- A. Yeast fermentation
- B. Double-acting baking powder
- C. Laminated fat layers
- D. Air whipped into the egg whites

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

- A. To develop the gluten fully
- B. The first-stage leavening gas escapes if it waits
- C. To cool the batter
- D. To let all gas escape

51. Which term names the rapid rise in the first minutes of baking before the crust sets?

- A. Oven spring
- B. Bulk fermentation
- C. Retardation
- D. Lamination

52. A baker must explain why a deck oven with steam suits baguettes. The steam:

- A. Cools the loaf to slow baking

- B. Adds sugar to the crust
- C. Delays crust set, improving spring and crust quality
- D. Kills the yeast early

53. Which condition promotes the most rapid bacterial growth in a filling?

- A. A dry, low-moisture environment
- B. A highly acidic, low-pH mixture
- C. Storage below freezing
- D. A moist, low-acid food in the danger zone

54. A baker observes that the desired dough temperature is multiplied by:

- A. Only the number of dry ingredients
- B. The total number of temperature factors, including water
- C. Always the number two
- D. The selling price of the loaf

55. Which term names the accidental transfer of an allergen between foods?

- A. Cross-contact
- B. Cross-contamination
- C. Gelatinization
- D. Coagulation

56. A baker must explain why a sorbet relies on sugar balance more than ice cream. Sorbet:

- A. Has more fat than ice cream

- B. Is churned far less
- C. Lacks fat, so sugar governs its texture and freezing point
- D. Contains dairy that smooths it

57. Which fold in lamination triples the layers with each turn?

- A. The double (book) fold
- B. The single (letter) fold
- C. The spiral fold
- D. The pinch fold

58. A baker observes a tough quick bread. The most likely cause is:

- A. Too little leavening
- B. A cool oven
- C. Excess fat
- D. Overmixing and developing gluten

59. Which term names the heat the mixer generates working the dough?

- A. Yield factor
- B. Conversion factor
- C. Friction factor
- D. Overrun

60. A baker must explain why over-mixing harms bread dough. Over-mixing:

- A. Breaks down the gluten and overheats the dough

- B. Develops too little gluten
- C. Cools the dough
- D. Adds salt

61. Which term names the high-cocoa-butter chocolate used for coating and moulding?

- A. Compound coating
- B. Couverture
- C. Cocoa powder
- D. Ganache

62. A baker finds a pastry shell shrank in the pan. The cause is:

- A. Resting the dough before baking
- B. Using cold fat
- C. Using low-protein pastry flour
- D. Stretching the dough to fit the pan

63. Which best describes the function of a dough docker?

- A. It portions dough into equal weights
- B. It rounds divided dough
- C. It perforates dough to prevent uneven rising
- D. It injects steam during baking

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

- A. Steam separates many thin alternating dough-and-fat layers

- B. Yeast gas inflates a single thick layer
- C. Chemical leavening releases gas rapidly
- D. Creamed sugar and fat trap air

65. Which term names the property of dough that allows it to stretch without tearing?

- A. Elasticity
- B. Hydration
- C. Coagulation
- D. Extensibility

66. A baker observes a frozen dessert with dry, discoloured surface patches. This is:

- A. Sugar bloom
- B. Freezer burn
- C. Fat bloom
- D. Over-churning

67. Which term names egg yolk's natural emulsifier?

- A. Albumin
- B. Gluten
- C. Lecithin
- D. Pectin

68. A baker must explain why FIFO reduces waste. FIFO:

- A. Uses older stock first, limiting spoilage

- B. Always uses the newest stock first
- C. Stops all rotation
- D. Exempts frozen items

69. Which term names a portion of dough fermented in advance and added to the final dough?

- A. Détrempe
- B. Pre-ferment
- C. Crumb coat
- D. Levain only

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

- A. A cool oven
- B. Too little flour
- C. Undermixing
- D. An oven too hot, setting the outside first

71. Which term names the technique of organizing all ingredients and tools before production?

- A. Crumb coating
- B. Tempering
- C. Mise en place
- D. Blind baking

72. A baker must explain why butter is added late in brioche. Adding it early:

- A. Coats the proteins and limits gluten

- B. Feeds the yeast too fast
- C. Lowers the pH
- D. Adds water

73. Which term names the dull grey streaks from unstable cocoa butter crystals?

- A. Sugar bloom
- B. Fat bloom
- C. Freezer burn
- D. Caramelization

74. A baker finds a chemically leavened cake coarse and crumbly with an open texture. The cause is:

- A. Too little leavening
- B. A cool oven
- C. Too much flour
- D. Too much leavening

75. Which term names the test of stretching dough thin to check gluten?

- A. The poke test
- B. The float test
- C. The windowpane test
- D. The ribbon test

76. A baker must explain why a high-ratio cake stays moist. The reason is:

- A. Its sugar weight exceeds flour weight, retaining moisture

- B. It uses only whipped egg whites
- C. It is leavened by yeast
- D. It has no fat or sugar

77. Which term names the coarse, crystalline Italian ice made by scraping?

- A. Sorbet
- B. Gelato
- C. Sherbet
- D. Granita

78. A baker observes that gelato is denser than ice cream. The reason is gelato's:

- A. Higher fat and more air
- B. Absence of all dairy
- C. Lower overrun and lower fat
- D. Churn-free preparation

79. Which mixing method creams fat and sugar, adds eggs, then alternates dry and liquid?

- A. The biscuit method
- B. The creaming method
- C. The muffin method
- D. The foaming method

80. A baker must explain why a saltless dough ferments too fast and tastes flat. Salt normally:

- A. Controls fermentation and enhances flavour

- B. Acts as the leavening
- C. Replaces the water
- D. Speeds the yeast

81. Which describes the correct consistency of finished choux paste?

- A. Pours like thin water
- B. Dry and crumbly with no gloss
- C. Stiff enough to roll into a ball
- D. Smooth, glossy, falling in a thick ribbon

82. A baker must select a roll-in fat for lamination. The ideal fat is:

- A. Very low melting point
- B. No plasticity at all
- C. Plastic and matched to the dough's consistency
- D. One that dissolves into the dough

83. Which term names the first rise of the whole dough mass before dividing?

- A. Bulk fermentation
- B. Proofing
- C. Bench rest
- D. Oven spring

84. A baker observes a sourdough that is flat, spread, and sour with a collapsed crumb. The cause is:

- A. Under-proofing

- B. Over-proofing
- C. A cool oven
- D. Too much salt

85. Which term names the chocolate that uses vegetable fat and needs no tempering?

- A. Couverture
- B. Ganache
- C. Gianduja
- D. Compound coating

86. A baker must explain why a mealy crust resists a soggy custard-pie bottom. The fine fat:

- A. Leaves the flour uncoated
- B. Uses bread flour
- C. Coats the flour thoroughly, repelling moisture
- D. Removes all fat

87. Which term names the final rise of shaped pieces before baking?

- A. Proofing
- B. Bulk fermentation
- C. Bench rest
- D. Oven spring

88. A baker observes that a frozen mousse stays soft and scoopable. The reason is:

- A. It was churned constantly

- B. Air was whipped in before freezing
- C. It contains no sugar or fat
- D. It was scraped like granita

89. Which term names cutting a loaf's surface with a blade to control expansion?

- A. Docking
- B. Glazing
- C. Folding
- D. Scoring

90. A baker must explain why a Danish is richer than a croissant. Danish dough carries:

- A. Less fat and no eggs
- B. Only flour and water
- C. More eggs and sugar
- D. No lamination

91. Which term names the icing poured for gloss or rolled to drape a cake?

- A. Fondant
- B. Royal icing
- C. Buttercream
- D. Ganache

92. A baker observes that hot water dissolved yeast and the dough failed to rise. The cause is:

- A. The salt was added late

- B. The flour over-developed
- C. The water was too cold
- D. The hot water killed the yeast

93. Which term names the short rest after pre-shaping that relaxes the gluten?

- A. Final proof
- B. Bench rest
- C. Bulk fermentation
- D. Oven spring

94. A baker must explain why a tempered chocolate releases cleanly and snaps. Stable crystals:

- A. Keep it soft
- B. Prevent setting
- C. Make it contract on setting
- D. Cause sugar bloom

95. Which describes the correct manual three-sink warewashing order?

- A. Scrape, wash, rinse, sanitize, air-dry
- B. Sanitize, wash, rinse, towel-dry
- C. Rinse, sanitize, wash, scrape
- D. Wash, air-dry, scrape, sanitize

96. A baker observes coarse, icy stored ice cream. The cause is:

- A. Too much sugar

- B. Over-churning
- C. Too much dairy fat
- D. Temperature fluctuation causing thaw-refreeze cycles

97. Which term names the cake whose sugar weight exceeds flour weight?

- A. Pound cake
- B. High-ratio cake
- C. Génoise
- D. Angel food cake

98. A baker must explain why a thin egg wash beats a heavy one. A pooled wash:

- A. Improves oven spring
- B. Speeds fermentation
- C. Bakes into dark, blotchy patches
- D. Prevents all browning

99. Which term names the boiled, strained jam brushed warm onto Danish?

- A. Apricot glaze
- B. Royal icing
- C. Fondant
- D. Ganache

100. A baker observes a gummy bread crumb. The cause is:

- A. Too much salt

- B. A cool oven
- C. Over-proofing
- D. Slicing while still hot before the crumb set

101. Which hazard category includes bacteria, viruses, and moulds?

- A. Chemical
- B. Biological
- C. Physical
- D. Thermal

102. A baker must explain why a sponge-and-dough bread keeps and tastes better. The pre-ferment:

- A. Develops more flavour compounds and acids
- B. Removes the yeast
- C. Skips bulk fermentation
- D. Requires two ovens

103. Which term names the property of sugar that lets it attract and hold water?

- A. Coagulant
- B. Emulsifying
- C. Leavening
- D. Hygroscopic

104. A baker observes a brioche browning too fast and burning. The fix is to:

- A. Raise the oven temperature

- B. Add more sugar
- C. Lower the oven temperature, since enrichment browns faster
- D. Remove the eggs

105. Which term names the chocolate defect from moisture dissolving surface sugar?

- A. Fat bloom
- B. Sugar bloom
- C. Freezer burn
- D. Oven spring

106. A baker must explain why measuring by weight beats volume. Weight:

- A. Stays precise and proportional regardless of packing
- B. Is always faster
- C. Eliminates the recipe
- D. Changes with humidity

107. Which term names the foam cake made by whipping whole eggs with sugar, then folding in flour?

- A. Angel food cake
- B. Pound cake
- C. Génoise
- D. High-ratio cake

108. A baker observes that a properly proofed dough fills back slowly and partially. This is:

- A. Under-proofed

- B. Over-proofed
- C. Fully baked
- D. Properly proofed and ready to bake

109. Which term names the equipment that slows fermentation in refrigerated conditions?

- A. Proofer
- B. Retarder
- C. Sheeter
- D. Divider

110. A baker must explain why a deck oven's steam improves artisan bread. The steam:

- A. Delays crust set, improving spring and crust quality
- B. Cools the loaf
- C. Adds sugar
- D. Kills the yeast early

111. Which term names the Italian still-frozen, semi-soft dessert aerated with cream and egg foam?

- A. Granita
- B. Sorbet
- C. Semifreddo
- D. Gelato

112. A baker observes that compound coating needs no tempering. The reason is it:

- A. Has more cocoa butter than couverture

- B. Contains no sugar
- C. Is always frozen
- D. Uses vegetable fat instead of cocoa butter

113. Which term names the icing made by whipping hot syrup into egg whites, then adding butter?

- A. American buttercream
- B. Italian meringue buttercream
- C. German buttercream
- D. Royal icing

114. A baker must explain why a deck oven suits hearth breads but high convection dries delicate items. The reason is:

- A. Convection's moving air can dry or distort delicate products
- B. Convection cannot reach temperature
- C. Deck ovens lack controls
- D. Delicate items require steam

115. Which term names the difference between as-purchased and edible-portion quantity?

- A. Overrun
- B. Hydration
- C. Yield loss
- D. Conversion factor

116. A baker observes that a saltless dough is weak and sticky. The reason is salt normally:

- A. Acts as the leavening

- B. Replaces the water
- C. Speeds the yeast
- D. Strengthens and tightens the gluten

117. Which term names the standardized red-bordered diamond hazard symbol?

- A. The GHS hazard pictogram
- B. The training record
- C. The invoice stamp
- D. The expiry label

118. A baker must explain why baking soda needs an acid but baking powder does not. Baking powder:

- A. Is a pure base
- B. Has built-in acid while soda must react with formula acid
- C. Needs external acid
- D. Works only when frozen

119. Which term names the technique of inflating prepared sugar into hollow forms with a pump?

- A. Pulled sugar
- B. Cast sugar
- C. Blown sugar
- D. Spun sugar

120. A baker observes that gelato tastes more intense at service. The reason is its lower fat and warmer service:

- A. Add air

- B. Increase overrun
- C. Remove sugar
- D. Coat the palate less, releasing flavour more readily

121. Which term names the natural preferment leavened by wild yeast and bacteria?

- A. Sourdough (levain)
- B. Polish
- C. Biga
- D. Sponge

122. A baker must explain why a frozen dessert suffers from thaw-refreeze cycles. The cycles:

- A. Add sugar
- B. Form large ice crystals, making it coarse
- C. Remove dairy fat
- D. Improve smoothness

123. Which term names the carbohydrate component of flour that gelatinizes during baking?

- A. Protein
- B. Gluten
- C. Starch
- D. Fat

124. A baker observes that a custard pie filling cooled slowly is a food-safety risk. The reason is it:

- A. Cooled too fast

- B. Is low-risk and dry
- C. Cannot grow bacteria
- D. Spent too long in the temperature danger zone

125. Which term names the minimum stock level that triggers reordering?

- A. Conversion level
- B. Par level
- C. Yield level
- D. Overrun level

126. A baker must explain why fermented goods are the largest exam area. Fermentation underpins:

- A. Flavour, structure, leavening, and keeping quality across many products
- B. Only crust colour
- C. Just the leavening step
- D. A minor share of products

127. Which term names the wash of beaten whole egg giving a golden-brown sheen?

- A. Water wash
- B. Milk wash
- C. Egg wash
- D. Sugar glaze

128. A baker observes that a properly tempered chocolate contracted and snapped. This indicates:

- A. Under-tempering

- B. A warm mould
- C. No cocoa butter
- D. Proper tempering

129. Which term names the pastry made flaky by cutting fat into larger, pea-sized pieces?

- A. Mealy pastry
- B. Flaky pastry
- C. Choux paste
- D. Pâte sablée

130. A baker must explain why a bench rest eases final shaping. The rest:

- A. Relaxes the gluten tightened during dividing
- B. Browns the surface
- C. Kills the yeast
- D. Adds salt

131. Which term names baking a custard in a water bath to moderate the heat?

- A. Blind baking
- B. Tempering
- C. Bain-marie
- D. Docking

132. A baker observes that a yeast bread needs strong gluten. The best flour is:

- A. Cake flour

- B. Pastry flour
- C. All-purpose flour
- D. Bread (strong) flour

133. Which term names the process of egg proteins firming and setting when heated?

- A. Gelatinization
- B. Coagulation
- C. Caramelization
- D. Fermentation

134. A baker must explain why hot sugar is dangerous. Boiling sugar:

- A. Cools quickly on skin
- B. Is harmless once bubbling stops
- C. Adheres to skin and causes severe burns
- D. Can be tasted to judge the stage

135. Which term names the reaction between sugars and proteins under heat that browns crust?

- A. The Maillard reaction
- B. Caramelization
- C. Gelatinization
- D. Coagulation

136. A baker observes a cake that stuck to the pan. The cause is:

- A. Overbaking

- B. Too much sugar
- C. Cake flour
- D. Improper greasing or lining of the pan

137. Which term names the chemical leavener of baking soda plus a built-in dry acid?

- A. Cream of tartar
- B. Baking powder
- C. Yeast
- D. Sodium bicarbonate alone

138. A baker must explain why a custard base must be safe before freezing. Freezing:

- A. Halts but does not kill bacteria
- B. Sterilizes the base
- C. Increases bacteria
- D. Adds diluting air

139. Which term names the fine, hair-like sugar threads used as a garnish?

- A. Pulled sugar
- B. Cast sugar
- C. Spun sugar
- D. Blown sugar

140. A baker observes a deflated foam cake from hard stirring. The fix is to:

- A. Stir harder

- B. Add chemical leavening
- C. Melt the fat first
- D. Fold ingredients gently to preserve the air

141. Which term names the standard passing score for the Red Seal Baker exam?

- A. 50%
- B. 70%
- C. 80%
- D. 90%

142. A baker must explain why a high-hydration dough has an open crumb. More water:

- A. Slackens the dough, allowing larger holes
- B. Tightens the crumb
- C. Prevents fermentation
- D. Densifies the gluten

143. Which term names the total number of questions on the Red Seal Baker exam?

- A. 100
- B. 200
- C. 50
- D. 150

144. A baker observes that the dough hook is right for kneading. The reason is it:

- A. Whips air into whites

- B. Creams fat and sugar
- C. Develops gluten through kneading
- D. Sheets laminated dough

145. Which term names the sweetened, cookie-like tart dough?

- A. Pâte brisée
- B. Pâte sucrée
- C. Pâte à choux
- D. Lean dough

146. A baker must explain why trace allergen exposure matters. Even trace exposure:

- A. Can cause a severe reaction
- B. Only affects adults
- C. Is removed by cooking
- D. Requires large amounts

147. Which term names the working stage for pulled and blown sugar showpieces?

- A. Thread stage
- B. Soft-ball stage
- C. Firm-ball stage
- D. Hard-crack stage

148. A baker observes that an enriched bread keeps fresher than a lean loaf. The reason is the fat and sugar:

- A. Remove all moisture

- B. Add no benefit
- C. Retain moisture and slow staling
- D. Speed staling

149. Which term names the practice of checking incoming deliveries for quality and damage?

- A. Par leveling
- B. Receiving inspection
- C. Crumb coating
- D. Tempering

150. A baker must summarize why fermentation benefits bread beyond leavening. It:

- A. Develops flavour, strengthens structure, and improves keeping quality
- B. Removes all moisture
- C. Only colours the crust
- D. Eliminates the need for salt

Practice Exam 7: Answer Key and Explanations

1. A — The Safety Data Sheet provides detailed safe-handling and first-aid information for a hazardous chemical. An invoice, schedule, and cleaning rota carry no hazard information. The SDS must be accessible for emergencies.
2. C — At 64% hydration, $\text{water} = 3,500 \times 0.64 = 2,240 \text{ g}$. Baker's percentage multiplies flour weight by the ingredient's percentage. The proportion holds at any scale.
3. B — A dense, tight crumb that burst at the side signals under-proofed dough that erupted before the crust set. Over-proofing collapses, and excess salt or a cool oven cause other faults. Insufficient proof causes the burst.

4. D — Gluten is the elastic protein network formed when glutenin and gliadin are hydrated and developed. Starch, lecithin, and pectin are not that network. Gluten gives dough structure and chew.
5. A — Combed sides and simple piped borders are efficient enough to finish 60 cakes in two hours while looking finished. Hand-piped flowers, pulled sugar, and royal lace are too slow. Time management drives the choice.
6. C — Puff pastry rises from steam separating its laminated layers, with no yeast or chemical leavening. Creamed air is not involved. Steam between fat layers lifts the pastry.
7. B — Cooling melted chocolate to encourage stable crystals is a core tempering step. Overheating and pouring, adding water, or freezing are wrong. Controlled cooling builds the stable beta crystal.
8. 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.
9. D — Too little sugar causes a sorbet to freeze rock-hard and icy, since sugar lowers the freezing point. Dairy fat, over-churning, and fruit purée are not the cause. Sugar balance governs sorbet texture.
10. B — A poolish is a loose, batter-like preferment of roughly equal flour and water with a little yeast. A biga is stiff, a levain is natural, and a sponge cake is unrelated. Hydration defines a poolish.
11. C — The conversion factor is $\text{desired} \div \text{original} = 100 \div 40 = 2.5$. The other values do not match this ratio. Multiplying every ingredient by 2.5 scales the recipe.
12. A — Baking soda is a base needing an acid in the formula to react and release gas. It does not contain its own acid, work only at high heat, or interchange with powder. Without acid it leaves a soapy taste.
13. D — Fat leaking from croissants 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.

14. B — Overrun is the amount of air incorporated into ice cream during churning. Hydration, yield, and coagulation are unrelated. More overrun means a lighter product.

15. 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. Mealy plus pre-baking gives the crispest base.

16. A — Thorough, frequent handwashing is the single most effective practice against pathogens. Stainless steel, maximum heat, and clear containers are secondary. Hand hygiene is first.

17. D — With four factors, desired water = $(25 \times 4) - (23 + 25 + 12) = 100 - 60 = 40^\circ\text{C}$. The formula multiplies the target by the factor count and subtracts the known temperatures. Correct counting yields 40°C .

18. B — Italian meringue buttercream whips a hot sugar syrup into beaten egg whites, then adds butter. American uses no meringue, German uses a custard base, and royal icing differs. The cooked syrup stabilizes the whites.

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

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

21. D — 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.

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

23. C — Semifreddo relies on 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.

24. A — Overworking a muffin-method batter develops gluten, producing long vertical tunnels and a peaked, cracked top. It does not cause extra tenderness, pallor, or spread. Minimal mixing keeps quick breads tender.

25. D — The hard-crack stage (about 146–155°C) is used for hard candy and showpieces. Soft ball, thread, and firm ball are lower. Less water means a harder set.

26. B — Egg yolks give custard ice cream richness and lecithin that emulsifies for a smoother, denser result than Philadelphia style. Yolks do not leaven, raise the freezing point, or churn. Lecithin and richness are the difference.

27. A — The sponge method ferments part 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.

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

29. 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.

30. B — An allergen-free order should be made with cleaned equipment and prepared first, before allergen-containing items. Sharing tools, adding the allergen, or preparing it last risk cross-contact. Preparing first protects the customer.

31. A — Gelatinization is starch granules absorbing water and swelling when heated, setting structure. Fermentation, caramelization, and coagulation are different. Gelatinized starch firms the crumb.

32. C — At 60% hydration, $\text{flour} = \text{water} \div 0.60 = 2,100 \div 0.60 = 3,500 \text{ g}$. The reverse calculation finds flour from a known ingredient. The proportion holds at any scale.

33. D — Royal icing dries hard and rigid for fine piping and gingerbread. Meringue buttercream, Chantilly, and ganache stay soft or pourable. Its hardness is its purpose.

34. B — A cake that rose then sank had too much leavening for the structure to hold. Too little liquid, overbaking, or flour choice cause other faults. Excess gas outpaces the structure.

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

36. C — Whole wheat flour's bran and germ interfere with gluten development, giving denser loaves. It does contain protein, can absorb water, and is not highest in protein. Bran disrupts the network.

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

38. B — 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 release.

39. A — Food cost percentage equals ingredient cost divided by selling price, times 100. The other formulas confuse yield, labour, or overhead. It judges profitability.

40. C — Egg wash deepens crust colour because it adds protein and sugar that fuel browning. It does not cool the crust, prevent colour, or delay the crust. Added protein and sugar drive browning.

41. D — A poke that fills back slowly and partially indicates properly proofed dough. Immediate spring-back is under-proofed; a staying, deflated dent is over-proofed; no change is unfermented. The poke test reads the proof.

42. B — A high-fat brioche proofs slowly because the 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 fermentation.

43. A — Blind baking is baking a pastry shell empty before adding a filling. Docking, tempering, and proofing are different. It prevents a soggy or puffed base.

44. C — Pastry cream contains starch that protects it from curdling, so it can be boiled, unlike crème anglaise. It does contain eggs and dairy and is not frozen. Starch makes it boilable.

45. D — The dough hook develops gluten in bread dough through kneading. The whisk whips air, the paddle creams, and a bowl scraper is not an attachment. Each matches its task.

46. B — Cookies spreading too thin and merging usually result from too much sugar or fat, or warm dough. More flour, chilling, and high heat reduce spread. Spread traces to formula and dough temperature.

47. C — The biscuit method cuts solid cold fat into the dry ingredients. Melted fat, creaming, and whipping eggs describe other methods. Cold fat pockets create flakiness.

48. A — 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.

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

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

51. A — Oven spring is the rapid rise in the first minutes of baking before the crust sets. It is not fermentation, retardation, or lamination. Steam prolongs it for better volume.

52. C — Steam in a deck oven delays crust set, improving spring and crust quality on baguettes. It does not cool the loaf, add sugar, or kill the yeast. Delayed crust set maximizes spring.

53. D — A moist, low-acid food in the temperature danger zone promotes the most rapid bacterial growth. Dry, acidic, or frozen conditions suppress it. The FAT TOM conditions explain the risk.

54. B — 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.

55. A — Cross-contact is the accidental transfer of an allergen between foods. Cross-contamination involves pathogens, and gelatinization and coagulation are unrelated. Heat does not neutralize an allergen.

56. C — Sorbet lacks fat, so sugar governs its texture and freezing point, unlike ice cream. It does not have more fat, churn less, or contain dairy. Without fat, sugar carries the texture.

57. B — 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.

58. D — A tough quick bread results from overmixing and developing gluten. Too little leavening, a cool oven, or excess fat cause other faults. Minimal mixing keeps it tender.

59. C — The friction factor is the heat the mixer generates working the dough. Yield, conversion factor, and overrun are unrelated. It is counted in the water-temperature calculation.

60. A — Over-mixing breaks down the gluten and overheats the dough through friction. It does not develop too little gluten, cool the dough, or add salt. Both extremes damage the dough.

61. B — Couverture is the high-cocoa-butter chocolate used for coating and moulding. Compound coating, cocoa powder, and ganache differ. Its cocoa butter makes tempering both needed and rewarding.

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

63. C — A dough docker perforates dough to prevent uneven rising. It does not portion, round, or inject steam. The holes keep dough flat.

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

65. D — Extensibility is the dough's ability to stretch without tearing. Elasticity is the spring-back, and hydration and coagulation differ. Gliadin contributes extensibility.

66. B — Dry, discoloured surface patches are freezer burn from air exposure. Sugar and fat bloom affect chocolate, and over-churning is not the cause. Sealing prevents the drying.

67. C — Lecithin, in egg yolk, is the natural emulsifier that binds fat and water. Albumin, gluten, and pectin are not the yolk's emulsifier. Lecithin enables smooth batters.

68. A — FIFO uses older stock first, limiting spoilage. It does not use newest first, stop rotation, or exempt frozen goods. Rotation reduces waste.

69. B — A pre-ferment is a portion of dough fermented in advance and added to the final dough. Détrempe, crumb coat, and levain-only are not the general term. It improves flavour and strength.

70. D — A peaked, cracked top over a raw centre means the oven 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.

71. C — Mise en place is organizing all ingredients and tools before production. Crumb coating, tempering, and blind baking are unrelated. It enables efficient work.

72. A — Adding butter early in brioche coats the proteins and limits gluten. It does not feed yeast, lower pH, or add water. Sequence protects the structure.

73. B — Fat bloom is the dull grey streaks from unstable cocoa butter crystals. Sugar bloom comes from moisture, and freezer burn and caramelization are unrelated. Poor tempering or heat causes it.

74. D — A coarse, crumbly, open-textured chemically leavened cake usually results from too much leavening. Too little leavening, a cool oven, or excess flour cause other faults. Excess gas over-expands the crumb.

75. C — The windowpane test stretches dough thin to check gluten development. The poke, float, and ribbon tests assess other things. A translucent membrane confirms development.

76. A — A high-ratio cake stays moist because its sugar weight exceeds flour weight, retaining moisture. It is not egg-white-only, yeast-leavened, or fat-and-sugar-free. The sugar ratio explains its keeping.

77. D — Granita is the coarse, crystalline Italian ice made by scraping. Sorbet is smooth, and gelato and sherbet contain dairy. Scraping makes the large crystals.

78. C — Gelato is denser than ice cream because of its lower overrun and lower fat. It is not higher in fat or air, dairy-free, or churn-free. Less air and fat increase density.

79. B — The creaming method creams fat and sugar, adds eggs, then alternates dry and liquid. The biscuit, muffin, and foaming methods differ. Creaming aerates the batter.

80. A — Salt controls fermentation and enhances flavour, so a saltless dough ferments fast and tastes flat. It is not the leavening, a water substitute, or a yeast accelerant. Salt regulates and seasons.

81. D — Finished choux paste is smooth, glossy, and falls 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.

82. C — The ideal roll-in fat is plastic and matched to the dough's consistency. A very low melting point, no plasticity, or dissolving into the dough destroy lamination. Plasticity keeps the fat in sheets.

83. A — Bulk fermentation is the first rise of the whole dough mass before dividing. Proofing, bench rest, and oven spring are different stages. Much flavour and strength develop here.

84. B — A flat, spread, sour, collapsed sourdough was over-proofed, exhausting its gas-holding ability. Under-proofing bursts, and a cool oven or excess salt cause other faults. Spent capacity and acids cause the faults.

85. D — Compound coating uses vegetable fat and needs no tempering. Couverture, ganache, and gianduja differ. The fat substitution removes the tempering requirement.

86. C — A mealy crust resists a soggy bottom because its fine fat coats the flour thoroughly, repelling moisture. It does not leave flour uncoated, use bread flour, or remove fat. Thorough coating is the mechanism.

87. A — Proofing is the final rise of shaped pieces before baking. Bulk fermentation, bench rest, and oven spring are different. It readies shaped dough for the oven.

88. B — A frozen mousse stays soft because air was whipped in before freezing. It is not churned, scraped, or fat-and-sugar-free. Pre-whipped air keeps it light.

89. D — Scoring is cutting a loaf's surface with a blade to control expansion. Docking, glazing, and folding differ. It directs oven spring.

90. C — Danish dough carries more eggs and sugar than croissant dough, making it richer. It is not leaner, water-only, or un laminated. Enrichment distinguishes it.

91. A — Fondant is the sugar paste poured for gloss or rolled to drape a cake. Royal icing, buttercream, and ganache differ. Poured and rolled forms suit different finishes.

92. D — Hot water dissolving the yeast killed the cells, so the dough failed to rise. Late salt, over-developed flour, or cold water are not the cause. Yeast needs warm, not hot, liquid.

93. B — A bench rest is the short rest after pre-shaping that relaxes the gluten. The final proof, bulk fermentation, and oven spring differ. It eases final shaping.

94. C — Stable crystals make tempered chocolate contract on setting, giving clean release and snap. They do not keep it soft, prevent setting, or cause bloom. Contraction confirms temper.

95. A — 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.

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

97. B — A high-ratio cake's sugar weight exceeds flour weight. Pound cake, génoise, and angel food differ. Emulsified shortening enables the extra sugar.

98. C — A heavy, pooled egg wash bakes into dark, blotchy patches and can glue product down. It does not improve spring or fermentation, and thin wash still browns. A thin, even coat is best.

99. A — Apricot glaze is the boiled, strained jam brushed warm onto Danish for shine. Royal icing, fondant, and ganache differ. It adds gloss and seals.

100. D — A gummy bread crumb results from slicing while still hot, before the crumb set. Salt, a cool oven, and over-proofing cause other faults. Cooling lets the structure stabilize.

101. B — The biological hazard category includes bacteria, viruses, and moulds. Chemical, physical, and thermal are other categories. Biological hazards are the most common food-safety risk.

102. A — A sponge-and-dough bread keeps and tastes better because the pre-ferment develops more flavour compounds and acids. It does not remove yeast, skip bulk fermentation, or need two ovens. Pre-fermentation adds depth.

103. D — Hygroscopic describes sugar's property of attracting and holding water. Coagulant, emulsifying, and leavening describe other roles. This retains moisture in baked goods.

104. C — A brioche browning too fast is fixed by lowering the oven temperature, since its sugar, eggs, and dairy brown faster. Raising heat, more sugar, or removing eggs are wrong. Enriched doughs often bake cooler.

105. B — Sugar bloom is the defect from moisture dissolving surface sugar. Fat bloom comes from cocoa butter, and freezer burn and oven spring are unrelated. Humidity is the culprit.

106. A — Weight stays precise and proportional regardless of packing, so it beats volume. It is not always faster, recipe-eliminating, or humidity-dependent. Weight ensures consistency.

107. C — Génoise is the foam cake made by whipping whole eggs with sugar, then folding in flour. Angel food, pound, and high-ratio cakes differ. Whole-egg foam leavens it.

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

109. B — A retarder is the refrigerated cabinet that slows fermentation. A proofer warms, and a sheeter and divider differ. Cold slows yeast.

110. A — Steam delays crust set, improving spring and crust quality on artisan bread. It does not cool the loaf, add sugar, or kill the yeast. Delayed crust set maximizes spring.

111. C — Semifreddo is the Italian still-frozen, semi-soft dessert aerated with cream and egg foam. Granita, sorbet, and gelato differ. Pre-whipped air gives its texture.

112. D — Compound coating needs no tempering because it uses vegetable fat instead of cocoa butter. It has less cocoa butter than couverture, contains sugar, and is melted to use. The fat substitution removes tempering.

113. B — Italian meringue buttercream whips a hot syrup into egg whites, then adds butter. American, German, and royal icing differ. The cooked syrup stabilizes the whites.

114. A — Convection's moving air can dry or distort delicate items, while a deck oven suits hearth breads. Convection does reach temperature, deck ovens have controls, and delicate items need not be steamed. Air movement is the factor.

115. C — Yield loss is the difference between as-purchased and edible-portion quantity. Overrun, hydration, and conversion factor differ. Ignoring it leads to under-ordering.

116. D — A saltless bread is weak and sticky because salt normally strengthens and tightens the gluten. It is not the leavening, a water substitute, or a yeast accelerant. Salt builds dough strength.

117. A — The GHS hazard pictogram is the standardized red-bordered diamond hazard symbol. A training record, invoice stamp, and expiry label are not. The symbol enables instant recognition.

118. B — Baking powder has built-in acid while soda must react with an acid in the formula. Powder is not a pure base, does not need external acid, and is not frozen-activated. The acid source distinguishes them.

119. C — Blown sugar inflates prepared sugar into hollow forms with a pump. Pulled, cast, and spun sugar use other techniques. Blowing creates hollow shapes.

120. D — Gelato's lower fat and warmer service coat the palate less, releasing flavour more readily. It does not add air, raise overrun, or remove sugar. Less fat and warmth heighten flavour.

121. A — A sourdough (levain) is the natural preferment leavened by wild yeast and bacteria. Poolish, biga, and sponge use commercial yeast. It gives a tangy flavour.

122. B — Thaw-refreeze cycles form large ice crystals, making a frozen dessert coarse. They do not add sugar, remove fat, or improve smoothness. Stable cold prevents large crystals.

123. C — Starch is the carbohydrate component of flour that gelatinizes during baking. Protein, gluten, and fat do not gelatinize. Gelatinized starch sets the crumb.

124. D — A slowly cooled custard pie filling is a risk because it spent too long in the temperature danger zone. It did not cool too fast, count as low-risk, or resist growth. Rapid cooling is the safe practice.

125. B — A par level is the minimum stock level that triggers reordering. Conversion, yield, and overrun levels are invented. Par levels prevent running out.

126. A — Fermented goods are the largest exam area because fermentation underpins flavour, structure, leavening, and keeping quality across many products. It is not just crust colour, the leavening step alone, or a minor share. Its broad role explains the weighting.

127. C — An egg wash of beaten whole egg gives a golden-brown sheen. Water, milk washes, and a sugar glaze differ. Its protein and sugar drive browning.

128. D — Chocolate that contracted and snapped was properly tempered. Under-tempering, a warm mould, or no cocoa butter would not give this result. Contraction on setting confirms temper.

129. B — Flaky pastry is made by cutting fat into larger, pea-sized pieces. Mealy uses fine pieces, and choux and sablée differ. Larger fat pieces give flaky layers.

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

131. C — A bain-marie (water bath) moderates the heat for baked custards. Blind baking, tempering, and docking are unrelated. Gentle heat prevents curdling.

132. D — Bread (strong) flour, high in protein, provides the strong gluten yeast breads need. Cake, pastry, and all-purpose flours are weaker. Protein builds the gluten.

133. B — Coagulation is egg proteins firming and setting when heated. Gelatinization, caramelization, and fermentation differ. It sets custards and strengthens cakes.

134. C — Boiling sugar adheres to skin and causes severe burns, so it must never be touched or tasted. It does not cool quickly, become harmless after bubbling, or be safe to taste. Use a thermometer and keep ice water nearby.

135. A — The Maillard reaction is the browning between sugars and proteins under heat. Caramelization is sugar alone, and gelatinization and coagulation differ. It drives crust colour and flavour.

136. D — A cake stuck to the pan most likely had improper greasing or lining. Overbaking, sugar level, and flour choice cause other faults. Proper pan preparation prevents sticking.

137. B — Baking powder contains baking soda plus a built-in dry acid. Cream of tartar, yeast, and sodium bicarbonate alone differ. It needs only moisture and heat to react.

138. A — A custard base must be safe before freezing because freezing halts but does not kill bacteria. It does not sterilize, increase bacteria, or add diluting air. Safe handling must precede freezing.

139. C — Spun sugar is the fine, hair-like sugar threads used as a garnish. Pulled, cast, and blown sugar use other techniques. Flicked threads form the garnish.

140. D — A deflated foam cake is fixed by folding ingredients gently to preserve the air. Stirring harder, adding leavening, or melting the fat do not fix it. Gentle folding protects the whipped air.

141. B — The standard passing score for the Red Seal Baker exam is 70%. 50%, 80%, and 90% are incorrect. Seventy percent is the interprovincial benchmark.

142. A — A high-hydration dough has an open crumb because more water slackens the dough, allowing larger holes. It does not tighten the crumb, prevent fermentation, or densify the gluten. Hydration shapes the crumb.

143. D — The Red Seal Baker exam has 150 questions. 100, 200, and 50 are incorrect. The 150-question total is set by the trade's national standard.

144. C — The dough hook develops gluten through kneading. It does not whip air, cream, or sheet dough. Each attachment matches its task.

145. B — Pâte sucrée is the sweetened, cookie-like tart dough. Brisée, choux, and lean dough differ. Added sugar defines it.

146. A — Even trace allergen exposure can cause a severe reaction. Allergens affect all ages, cooking does not remove them, and small amounts can trigger reactions. This is why strict cross-contact control matters.

147. D — Pulled and blown sugar showpieces are worked from the hard-crack stage so they set hard. Thread, soft ball, and firm ball are too low. Less water means a harder, workable sugar.

148. C — An enriched bread keeps fresher because its fat and sugar retain moisture and slow staling. They do not remove moisture, add no benefit, or speed staling. Enrichment improves keeping.

149. B — Receiving inspection is checking incoming deliveries for quality and damage. Par leveling, crumb coating, and tempering differ. It is a key food-safety control.

150. A — 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.