

KNOWLEDGE TEST

Food Safety

1. In an ice-bath, what is the correct temperature to reach before putting in cooler or freezer?

- a. 31 °F
- b. 36.9 °F
- c. 41 °F

2. What is the minimum internal cooking temperature of raw poultry?

- a. 145 °F
- b. 165 °F
- c. 190 °F

3. What is the correct temperature for the walk-in cooler?

- a. 41 °F
- b. 35 °F
- c. 33 °F

4. What is the correct minimum internal cooking temperature for fish?

- a. 175 °F
- b. 145 °F
- c. 165 °F

5. What are (3) main ways cross contamination can occur?

Choose all that apply

- a. Food to Food
- b. Wearing gloves
- c. Equipment to food
- d. People to food
- e. Utensil to food

6. How often should utensil, counter tops and cutting boards be sanitized?

- a. Every hour
- b. Every two hours
- c. Every three hours
- d. Every four hours

7. How often should a thermometer be calibrated?

- a. Every week
- b. Every thirty days
- c. Every sixty days
- d. Once a year

8. When should you wash your hands?

Choose all that apply

- a. After eating
- b. Smoking
- c. Using the restroom
- d. Handling trash
- e. In between every customer

9. When should you change your gloves?

Choose all that apply

- a. As soon as they become dirty
- b. After doing dishes
- c. After handling raw meat, fish and poultry
- d. after going to the restroom
- e. Before handling ready to eat foods
- f. Before starting a new task

COOKING PROCEDURES

1. At what temperature are buttermilk biscuits cooked at?

- a. 325°
- b. 350°
- c. 375°
- d. 400°
- e. 450°

2. How long are buttermilk biscuits cooked for?

- a. 15 minutes
- b. 18 minutes
- c. 20 minutes

3. At what temperature are blueberry biscuits cooked at?

- a. 325°
- b. 350°
- c. 375°
- d. 400°
- e. 450°

4. How long are blueberry biscuits cooked for?

- a. 15 minutes
- b. 18 minutes
- c. 20 minutes

5. How long do blueberry biscuits need to (rest) before topping and put in display case?

- a. 15 minuets
- b. 5 minutes
- c. 10 minutes
- d. None of the above

6. At what temperature should the open deep fryer be set at?

- a. 375°
- b. 350°
- c. 400°
- d. 425°

7. How long does white meat (breast & wings) cook for?

- a. 20 minutes
- b. 17 minutes
- c. 15 minutes
- d. None of the above

8. How long does dark meat (thighs & legs) cook for?

- a. 20 minutes
- b. 17 minutes
- c. 15 minutes
- d. None of the above

9. How long does a mix batch cook for? (Breast, wings, thighs and legs)

- a. 20 minutes
- b. 17 minutes
- c. 15 minutes

10. In what order is a mixed batch of chicken dropped in open fryer?

Choose correct sequence

- a. Legs, thighs, wings and breast
- b Breast, wings, thighs and legs
- c. Thighs, legs, wings and breast

11. What is the key procedure in Krispy Krunchy Chicken?

- a. Seasoning the chicken twice
- b. Ice water
- c. cooking time
- d. Pre- packaged seasoning

12. How many times can the ice water be used?

- a. All day
- b. Twice
- c. After every use
- d. None of the above

13. What can cause the chicken to taste salty?

- a. Using too much seasoning
- b. Over cooking the chicken
- c. Under cooking the chicken
- d. Not sifting the seasoning
- e. Not changing the ice water

14. What results in soggy chicken?

- a. Under cooking
- b. Lower cooking temperature

- c. Ice water
- d. Water with no ice

15. How should chicken be submerged in the fryer?

- a. As a batch
- b. Immediately after seasoning
- c. before seasoning
- d. None of the above

16. True or false

You should add breading after sifting the seasoning to change the texture?

- a. True
- b. False
- c. Not sure

17. Thighs and legs require longer cooking times?

- a. True
- b. False
- c. Not sure

18. You should stir the chicken after the timer reaches ten minutes or less?

- a. True
- b. False
- c. Not sure

19. The maximum hold time on chicken is?

- a. 2 hours
- b. 3 hours
- c. 4 hours

d. 6 hours

20. In the display case chicken breast should be displayed?

- a. Just piled in
- b. Skin side up
- c. Skin side down
- d. None of the above

21. In the display case wings should be displayed?

- a. Wing tip down
- b. Wing tip up
- c. Just piled in
- d. None of the above

22. In the display case thighs should be displayed?

- a. Skin side up
- b. Skin side down
- c. just piled in
- d. Anyway I want

23. When new product is added you should?

- a. Move the oldest chicken towards you
- b. Move the chicken to the front of the case
- c. Leave the old chicken on the bottom

24. Chicken Tenders are to be battered before adding to chicken seasoning?

- a. True
- b. False
- c. I don't care

25. How long do tenders cook for?

- a. 7 minutes
- b. 5 minutes
- c. 4 minutes

26. What is the maximum hold time for chicken tenders?

- a. 6 hours
- b. 4 hours
- c. 2 hours.

27. At what temperature should the display case be at before adding product?

- a. leave on for five minutes
- b. 140°F - 150°F
- c. 165°F – 175°F

28. Can catfish be cooked frozen?

- a. True
- b. False

29. How long does catfish cook for?

- a. 15 minutes
- b. 8 minutes
- c. 6 minutes

30. Catfish is thawed in water?

- a. True
- b. False

31. What is the maximum hold time for catfish?

- a. All day
- b. 2 hours
- c. 3 hours
- d 4 hours

32. Should cooked food remain sitting in baskets to drain?

- a. True
- b. False

33. Food sitting in the baskets above the oil will continue to cook?

- a. True
- b. False

34. What causes fish to become soggy?

- a. Set out to long
- b. Left in water to long
- c. Not enough fish fry breading

35. Do you think this phrase is correct?

Cook less – more often

- a. True
- b. False

36. Do you need to lower the temperature on the fryers in slow periods?

- a. Yes
- b. NO

37. Fryers should be filtered how many times a day?

- a. Once a day
- b. Twice a day

c. Only at closing time

38. At what temperature should one fryer be set at during slow periods?

a. Keep at 350°

b. 150°

c. 200°

39. A lower temperature will save on oil but leave food _____?

a. Not cooked

b. Greasy

c. soggy

40. What causes the oil to smoke?

a. Temperature is set to high

b. Oil is old

c. Not skimming out left over food debris

41. Do you think the oil has a result on the quality of the product?

a. Yes

b. NO

c. Not sure

Appetizers

1. How long are chicken wing dings cooked?

a. 8 minutes

b. 3 minutes

c. 5 minutes

2. How long should cheese sticks be cooked for?

a. 3 minutes

b. 2 ½ - 3 minutes

c. 4 minutes

3. How many cheese sticks in one order?

a. However many you want

b. 5 cheese sticks

c. 4 cheese sticks

4. How many pieces in an order of jalapeno poppers?

a. 7

b. 6

c. 5

5. What is the correct portion size of a seafood basket?

a. Half a pouch

b. Full pouch

c. Quarter of a pouch

6. Jumbo shrimp are sold in 5's

a. True

b. False

7. How many ounces are in an order of fries?

a. 3 ounces

b. 4 ounces

c. 6 ounces

8. In a large order of fries, how many ounces?

- a. 6 ounces
- b. 3 ounces
- c. 5 ounces

9. Potato wedges are served in two different sizes?

- a. True
- b. False

10. How many ounces are in one order of potato wedges?

- a. 3 ounces
- b. 3.5 ounces
- c. 4 ounces

11. How many fried mushrooms are in one order?

- a. 10 -15
- b. 7-10
- c. 15-20

12 . How many onion rings are in one order?

- a. 5-7
- b. 7 -12
- c 12-15

13. How long are most appetizers cooked for?

- a. 3 minutes
- b. 5 minutes
- c 7 minutes

Ribs

1. Do ribs need to be thawed before cooking?
 - a. yes
 - b. No

2. How long are ribs cooked for?
 - a. 15 minutes
 - b. 30 minutes
 - c. 45 -60 minutes
3. When preparing ribs is anything added besides barbeque sauce?
 - a. Yes
 - b. No

Jambalaya

1. Spraying the cooking pot with cooking spray helps prevent?
 - a. Rice from sticking
 - b. Rice from burning
 - c. Helps add Flavor
2. How many cups of smoked sausage is needed?
 - a. 3 cups
 - b. 2 cups
 - c. 4 cups
 - d None of the above

3. How many cups of deboned and cubed chicken are needed?
 - a. 6 cups
 - b. 4 cups
 - c. 2 cups

4. Is a jalapenos are put in to the jambalaya mix?

- a. 2 ounces
- b 1 cup
- c. One piece diced

5 How much water is needed?

- a. 2 ½ cups
- b. 2 ½ - 3 cups
- c 3 1/2 – 4 cups

6. Is it important to stir the jambalaya mix after adding water?

- a. Yes
- b. No
- c. Not sure