

Yes, Chef!

Finding Inspiration

Name the following chefs, first and last name.

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10



Warming Up

Organize these four foods by their minimum safe cooking temperature (F), going from highest to lowest.

11. Steak

12. Quiche

13. Roasted Chicken

14. Roasted Cauliflower

And what is the minimum safe holding temperature (F) after they've been cooked?

15

Oh, Mama!

What are the five "mother sauces" developed by chef Marie-Antoine Carême, used as the basis for French cooking?

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Taking Stock

Mirepoix is a combination of diced vegetables that are cooked in fat to create a base for soups, stews, and sauces. What three vegetables go into French mirepoix?

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...And what three vegetables *always* go into the Spanish mirepoix, Sofrito?

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...And what is one of the two optional fourth vegetables?

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...And what three vegetables go into the American mirepoix, the Cajun Holy Trinity?

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Brassica Tacks

wild cabbage



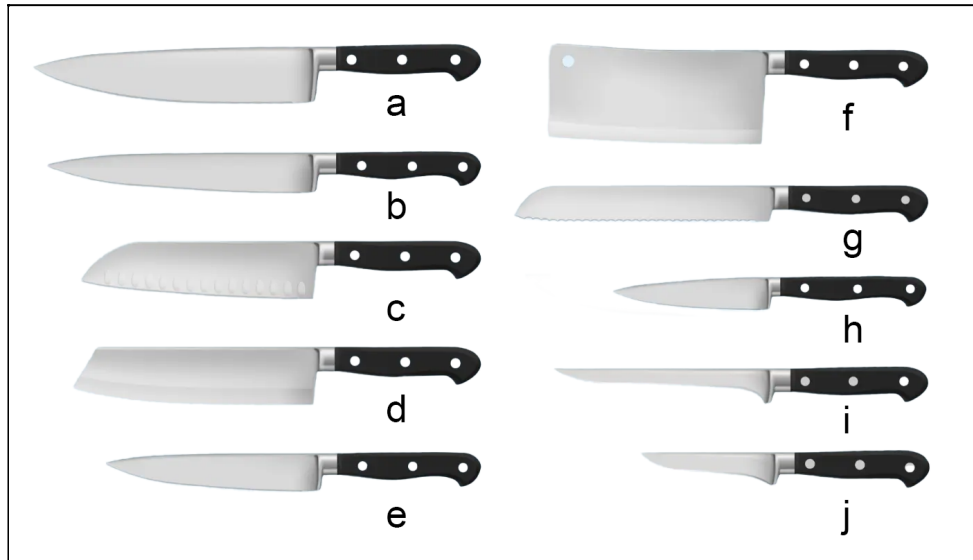
This is *Brassica Oleracea*, known commonly as Wild Cabbage. We've domesticated and selectively bred this plant through the centuries for many different purposes: terminal buds; lateral buds; stems; leaves; stems and flowers; and flower clusters. These genetic deviations have created 6 different vegetables commonly found in the produce section at any grocery store. Name 5 of them.

31
32
33
34
35

Sharpening Your Skills

Match the following knives with their names.

36. Cleaver	37. Nakiri	38. Paring Knife	39. Boning Knife	40. Filleting Knife
41. Santoku Knife	42. Chef's Knife	43. Slicing Knife	44. Bread Knife	45. Utility Knife



Gettin' Spicy

Name 5 spices that are present in each of the following spice blends.

Chinese Five Spice
45
47
48
49
50

Herbs de Provence
51
52
53
54

55

Italian Seasoning
56
57
58
59
60

Garam Masala
61
62
63
64
65

Ras El Hanout
66
67
68
69
70

Inspect the Gadgets

Name each of the following kitchen gadgets.





72



73

74



75



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84



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A Lid for Every Pot

Describe each area or activity each kitchen position is related to, given its title.

86. Rôtisseur

87. Saucier

88. Pâtissier

89. Potager

90. Legumier

91. Boucher

92. Charcuterie

93. Grillardin

94. Poissanier

95. Boulanger

Washing Up

Describe each area or activity each kitchen position is related to, given its title.

96. What does the acronym F.I.F.O. stand for?

97. What is the French phrase that means "putting in place" or "gathering", and is related to preparing ingredients?

98. In terms of food storage, what is the term used for storage temperatures between 40F and 140F?

99. Related to dish cleaning, what are the purposes for each compartment of a 3-compartment sink?

100. Name at least two pieces of essential food preparation PPE.

Yes, Chef!

Using the menu below, complete the following diner orders.

THE GREASY SPOON

est. 1942

BREAKFAST

Eggs, any style
Hash Brown Patties
Breakfast Hash
Sausage Links
Pancakes
Waffles
(syrup available)

DRINKS

Vanilla Milkshake
Milk
Seltzer
Water
Coffee
(cream and sugar available)

SIDES

French Fries
Onion Rings
Baked Potatoes
Loaded Baked Potatoes

LUNCH

Hamburger
Cheeseburger
(all burgers come with
lettuce and tomatoes,
onions available)
Hot Dog
(ketchup, mustard, and
sauerkraut available)
Steak (Rare, Medium, or Well)

All orders available for dine-in or carry-out!

101. "Flop two over easy, one Idaho cake and two log rolls, one Joe and make it moo!"

102. "Burn two, one with a yellow blanket, two O'Connors in the alley, and two city juices!"

103. "Burn one, hold the Tommy, frog sticks in the alley, and make 'em walk!"

104. "One cow slab and let it moo, ring one in the alley, and one moo juice!"

105. "Two tube steaks, paint one yellow and one red, two white cows, and make 'em walk!"

106. "Two stacks, one with engine oil, and a checkerboard with engine oil, two Joe's with yum-yum, and make 'em moo!"

107. "One cow slab and let 'em chew it, drag one O'Connor through the garden, and a belch water!"

108. "Burn one with a yellow blanket, hold the grass, ring one in the alley, and make 'em walk!"

109. "Flop three and wreck 'em, sweepings, and a Joe in the dark!"

110. "One tube steak in the hay, paint it yellow, frog sticks in the alley, and make 'em walk!"