

**Test Item File**

## Section 1: Unit 1

### **History of the Cold Kitchen and Basic Food Safety, Sanitation, and Equipment**

#### Learning Objectives

- Describe the historical evolution of the cold kitchen– storing food, preserving food and cold dishes.
- Discuss the time line of major events in the Garde Manger kitchen.
- Discuss the culinary contributions made by Apicius, Carême and Escoffier.
- Explain the duties of the Chef Garde Manger.

#### Terms to Know

- Apicius – First-century Roman gourmand of incredible wealth. He is credited with writing the first cookbook.
- Brigade de cuisine - Is a system of hierarchy found in restaurants and hotels that was started by Auguste Escoffier.
- Marie-Antoine Carême – (1783 – 1833) Famous author and culinary artist. Most known for his complex architectural centerpieces.
- charcuterie – the production of sausages, pates, terrines, galantines and other similar foods.
- chaud froid – Dishes prepared hot and served cold.
- chef garde manger – The cook or chef in charge of the cold kitchen.
- Auguste Escoffier – (1847 – 1935) Created the Brigade System in the kitchen. Known as the father of modern cuisine.

- garde manger – Literal translation is to guard or keep edibles.
- haggis – A Scottish dish made from lamb stomachs with barley, suet and chopped innards.
- intermezzo – An item consumed to cleanse or refresh the palate between courses.
- pemmican – A mixture of fatty game or buffalo meat pounded into a paste and flavored with dried wild berries.
- pantry – In restaurant kitchens pantries are the service stations preparing a variety of cold dishes, sandwiches, hot beverages, and often desserts.
- IQF – Individually Quick Frozen.

#### Chapter Outline/ Key Points

- Prehistoric cave paintings dating from about 25,000 years ago recorded early tribal feasts.
- Smoking, salting and drying were the chief methods of the earliest food preservation systems.
- During the golden age of the Roman Empire, early documents and stone tablets record massive banquets and luxurious meals often lasting for days.
- During Roman times serving exotic animals attested to the wealth of the host and included swans, sturgeon, lions and elephant.
- First-century Apicius was a Roman gourmand of incredible wealth and credited with writing the first cookbook.

- During the 13<sup>th</sup> and 14<sup>th</sup> centuries, the trade routes opened up, and with trade came a developing merchant class.
- By the 1500s dining tables set with elaborate table cloths, along with pewter and precious china, came back into fashion. Emphasis was placed on using exotic spices: saffron, pepper, clove, cinnamon, mace, and nutmeg.
- Some of the duties of the chef garde manger were decorating food platters and trays, curing and smoking meats, and sausage making.
- The art of curing hams was passed on through many generations and was ultimately brought by settlers to Virginia; and the Smithfield ham, made from peanut and acorn fed hogs, became famous.
- The technique of preserving meat with salt is ancient, with corned beef dating back to the late 9<sup>th</sup> century.
- Corning meat in salt brine was a method for preserving large pieces of beef and pork.
- While sausage making was around since the Greeks and Romans, sausage making came of age during the Middle Ages.
- During Medieval times, the French and other European royalty established strict guild systems to keep rival food guilds from fighting.
- Dried meats and sausage was found on many dining tables in the 1600s.
- During the 18<sup>th</sup> century and the beginning of the 19<sup>th</sup> century, elaborate edible buffet and table centerpieces called “pièces montées” came back into fashion.

## **Unit 1**

### **Unit Review Questions**

#### **True/False**

1. Charcutier is the German name for sausage maker. **FALSE**
2. Terrines are metal baking molds. **FALSE**
3. Pantry is another name for Pastry Shop. **FALSE**
4. Marie-Antoine Carême worked in Paris for Prince Metternich. **TRUE**
5. Pemmican is a French sausage. **FALSE**
6. Today the chef garde manger is in charge of the fish station. **FALSE**
7. Toward the end of the 19<sup>th</sup> Century many hotels and restaurants were built.

#### **TRUE**

8. Pantry is the place in the kitchen where most of the cold food is prepared. **FALSE**
9. Apicius wrote the first cookbook. **TRUE**
10. Auguste Escoffier was known as “King of the Kitchen.” **TRUE**

#### **Multiple Choice**

11. Define the term “intermezzo.” **D**
  - a. Ice cream dessert
  - b. Roman flavoring sauce
  - c. Technique invented by Chef Escoffier
  - d. Palate cleanser
12. What is liquamen or garum? **A**
  - a. Condiment
  - b. French beverage
  - c. Salad dressing
  - d. Fish sauce similar to those found in Southeast Asia
13. When did Marie-Antoine Carême live? **D**
  - a. From 1846 to 1935
  - b. During the 20<sup>th</sup> Century
  - c. During the 19<sup>th</sup> Century

- d. From 1783 to 1833
- 14. Charcutiers make **A**
  - a. sausages.
  - b. sauces.
  - c. bread.
  - d. poached fish dishes.
- 15. Chef garde manger is responsible for **D**
  - a. dining room supervision.
  - b. providing edible dinner plates.
  - c. organization of medieval dinner.
  - d. preparing cold food.
- 16. The term “garde manger” literally means **D**
  - a. cold buffets.
  - b. stove.
  - c. canapés.
  - d. to guard or protect edibles.
- 17. Parma is famous for hams and is located in **C**
  - a. Spain.
  - b. Virginia during colonial times.
  - c. Italy.
  - d. Black forest.
- 18. The term “pantry” is derived from **C**
  - a. cold kitchen.
  - b. sandwich station.
  - c. bread room.
  - d. coffee station.
- 19. Who is known as the “Father of modern French cuisine?” **A**
  - a. Marie-Antoine Carême
  - b. Lucius Licinius Lucullus
  - c. Apicius
  - d. Auguste Escoffier

20. “Chef de partie” is the French word for **B**
- a. banquet chef.
  - b. station chef.
  - c. sous chef.
  - d. party chef.

### **Fill in the Answers**

21. Garde manger refers to the **cold kitchen** department.
22. **Smoking, salting** and **drying** were chief methods of this earliest preservation system.
23. According to the text, Roman gourmand Lucullus spent his fortune on **entertaining (outlandish dinners)**.
24. The chef saucier was in charge of sauces and **sauté dishes**.
25. August Escoffier is credited with developing clearing defined **work stations**.
26. The Waldorf-Astoria Hotel is located in **New York City**.
27. The chef poissonier cooked **poached fish** dishes.
28. Corning meat in salt brine was a method for **preserving large pieces of beef and pork**.
29. List some of the products supplied by the garde manger **salads, cold dishes, and sandwiches**.
30. Virginia’s Smithfield Ham is made from what ingredient? **peanut and acorn fed hogs**.

## **Section 1 - Unit 2: Sanitation and Safety**

### Learning Objectives

- Demonstrate proper hand washing methods.
- Explain the difference between cleaning and sanitizing.

- List three ways to help prevent a pest infestation.
- Discuss ways to purchase wholesome food, store it, and prepare it in a safe environment.
- Describe the ideal conditions of bacterial growth.
- Explain FAT TOM.
- Describe the need to maintain Material Safety Data Sheets (MSDS).
- Discuss the principles of HACCP.
- Identify what to do in emergency situations in the cold kitchen that might include fire, bleeding and choking.
- Demonstrate the proper method for moving heavy objects, avoiding back injuries.

### Terms to Know

biological contamination – This type of contaminants include molds, fungi, bacteria, virus, parasites, certain plant and mushroom products that contain poisons and alkaloids, as well as seafood that contain neurotoxins.

Clostridium Botulism – A bacteria that is associated with improperly canned food and temperature-abused vegetables such as baked potatoes and untreated garlic-and-oil mixtures.

Campylobacteriosis – Though this bacteria is commonly associated with poultry, it has been known to contaminate water. Illness often occurs when poultry is improperly cooked and when raw poultry has been allowed to cross-contaminate other food and food-contact surfaces. Campylobacteriosis is best controlled through proper cooking and the prevention of cross-contamination.

chemical contamination - Chemical contaminants include heavy metal, alkaloids, insecticides, bactericides, herbicides, cleaning materials, and petroleum based products along with cookware that can leach poisonous minerals into food such as lead, copper sulfate and in some cases radioactive material from some glazed pottery serving dishes.



Clostridium Perfringens Gastroenteritis – A toxin-mediated infection that is found naturally in soil where it forms spores that is allowed it to survive. It is also carried in the intestines of both animals and humans. People become ill after eating this type of bacteria, which produces toxins once inside their intestines.

cross-contamination- Occurs when microorganisms are transferred from one food or surface to another.

FAT TOM - Acronym for the conditions needed by most foodborne microorganisms to grow: food, acidity, temperature, time, oxygen, moisture.

First in, First Out (FIFO) - Method of stock rotation in which products are shelved based on their use-by or expiration dates, so oldest products are used first.

Hazard Analysis Critical Control Point (HACCP) – Written document which outlines the procedures a particular establishment will follow to ensure the safety of food served.

HACCP's Seven Steps

1. Assessing hazards.
2. Identifying critical control points
3. Setting up procedures for those critical control points.
4. Monitoring the critical control points.
5. Taking corrective actions.
6. Setting up a record-keeping system.
7. Verifying that the system is working.

Heimlich Maneuver - The approved method of helping choking victims.

Hemorrhagic Colitis – A toxin-mediated infection that is naturally found in the intestines of cattle, which can contaminate the meat during the slaughtering process. Although it has been associated with contaminated produce, it is more commonly associated with undercooked ground beef.

Hepatitis A - Primarily found in the feces of people infected with the virus. To prevent the transfer of the virus to food make sure to wash hands properly.

Listeriosis – Is naturally found in soil, water, and plants. Unlike other types of bacteria, it grows in cool, moist environments. It is commonly associated with ready-to-eat products, such as deli meats, hot dogs, and soft cheese.

Material Safety Data Sheets (MSDS) – Sheets supplied by the chemical manufacturer listing the chemical and its common names, its potential physical and health hazards, information about using and handling it safely, and other important information.

Norovirus Gastroenteritis - Norovirus is primarily found in the feces of people infected with the virus. It has also been found in contaminated water.

physical contamination - Shards of glass, staples from lettuce boxes, dirt, bugs, bandages, fingernails, bones and hair cause physical contamination when lost in food products.

sanitizing - Process of reducing the number of microorganisms on a clean surface to safe levels.

Salmonellosis – Many farm animals naturally carry Salmonella. Since illness can occur after consuming only a small amount of this type of bacteria, it is critical to cook food properly and to prevent cross-contamination.

Shigellosis – Most illnesses occur when people consume food or water contaminated with this type of bacteria. It can be transferred to food when foodhandlers fail to wash their hands after using the restroom.

Staphylococcal Gastroenteritis – Primarily found in humans (hair, nose, throat, and sores). It is often transferred to food when people carrying this type of bacteria touch these areas without washing their hands.

Temperature danger zone - The temperature range between 41 degrees Fahrenheit and 135 degrees Fahrenheit (5 degrees Celsius and 57 degrees Celsius) within which most foodborne microorganisms rapidly grow.

Vibrio Gastroenteritis – This type of illness typically occurs when raw or partially cooked oysters with the bacteria are eaten.

#### Chapter Outline/ Key Points

- The threat of transmitting food-borne illness cannot be overemphasized to all food professionals.
- A strong sanitation and food safety program is imperative.
- Personal hygiene needs to be practiced by all food service professionals. Proper hand washing methods is an important step to sanitation in the kitchen.
- Cleaning is the process of removing food and other types of soil from a surface while sanitizing is the process of reducing the number of microorganisms on a clean surface to safe levels.
- Pests can carry and spread a variety of diseases. Establishments must deny pests access to the facility, food water, and shelter. You must work with a licensed pest control operator (PCO) to eliminate pests that do enter.
- FAT TOM is the acronym for the conditions needed by most foodborne microorganisms to grow: food, acidity, temperature, time, oxygen, and moisture.

- Material Safety Data Sheets (MSDS) are part of employees' right to know about the hazardous chemicals they work with and, therefore, must be kept in a location accessible to all employees while on the job.
- A Hazard Analysis Critical Control Point (HACCP) system can be used to control risks and hazards throughout the flow of food.
- Always purchase food from a reputable supplier.
- There are three types of hazards commonly found in food that can cause contamination: biological contamination, chemical contamination, and physical contamination.
- All food service professionals must know how to handle emergency situations in the cold kitchen that might include fire, bleeding and choking.
- To avoid back injuries the proper method for lifting heavy objects must be trained for all food service professionals.

## Unit 2

### Unit Review Questions

## Unit 2

### True or False

1. About 70 percent of all food-borne illness occurs in food service operations compared to 20 percent which are traced to homes. **TRUE**
2. Food service workers should always wash their hands for 20 seconds or more. **TRUE**
3. When sanitizing with moist heat, the water should be at least 200° F (93° C) or above. **FALSE** (171 °F (77° C))
4. The red cutting board should only be used for cutting fruits when using the color-coded cutting board system. **FALSE (Green should be used with fruit.)**
5. Insecticide is a type of physical contaminant. **FALSE (Insecticide is a type of chemical contaminant.)**
6. Hepatitis A is caused by a virus. **TRUE**
7. FIFO stands for a method used to rotate food properly. **TRUE**
8. MSDS is a type of biological contaminant. **FALSE (MSDS stands for Material Safety Data Sheet)**

9. HACCP was first designed for the NASA space program. **TRUE**
10. Flour can be used to smother a fire. **FALSE**

### **Multiple Choice**

11. Sanitizing can be done with either moist heat or **C**
- a.) air.
  - b.) soapy water.
  - c.) chemical sanitizing agents.
  - d.) all of the above.
12. There are three types of hazards found in food; they are **B**
- a.) bacteria, virus, poisons.
  - b.) biological, chemical and physical.
  - c.) alkaloids, neurotoxins, and poisons.
  - d.) bacterial, chemical and polluted.
13. The two main viruses that impact the food industry are **D**
- a.) Hepatitis B and C.
  - b.) Botulism and E-coli.
  - c.) Staphylococcal Gastroenteritis and E-coli.
  - d.) Norovirus and Hepatitis A.
14. Hot food should be held at what temperatures? **D**
- a.) 120° F (48° C) and above
  - b.) 90° F (32° C) and above
  - c.) 110° F (43° C) and above
  - d.) 135° F (57° C) and above
15. Where can a restaurant employee find out the safety instructions for using a specific type of chemical cleaner? **A**
- a.) Look at the MSDS.

- b.) Look on the back of the bottle.
- c.) Consult the FAT TOM manual.
- d.) Check out the FIFO files.

16. Which is NOT one of HACCP's Seven Steps? **C**

- a.) Assessing possible hazards
- b.) Setting up a record-keeping system
- c.) First in, first out
- d.) Monitoring the critical control

17. Which class of fire extinguisher should be used on a mixer that has caught fire? **B**

- a.) Class A
- b.) Class C
- c.) Class B
- d.) Never use a fire extinguisher on an electric appliance.

18. When lifting a heavy box, never use your \_\_\_\_\_ as leverage. **B**

- a.) back
- b.) legs
- c.) elbows
- d.) wrists

19. If someone ingests a poisonous substance, you should call **A**

- a.) the local poison control center.
- b.) 911.
- c.) ambulance service.
- d.) a physician.

Short Answers

20. What is the range of temperatures known as the danger zone? **Temperatures between 41° F (5° C) and 135° F (57° C) is the danger zone.**

Explain the acronym FAT TOM. **The acronym FAT TOM is an easy way to remember how to keep bacteria away. F= Food; A= Acidity; T= Temperature; T= Time; O= Oxygen; and M= Moisture.**

21. Describe three safe ways to chill hot food.

**1. Put the container in an ice bath or chilling tank. 2. Put them in a sink with an overflow device and let a small stream of cold water swirl around the pot and stir frequently. 3. If available, use “ice sticks.”**

22. List the seven steps in the HACCP program. **1. Assessing hazards. 2. Identifying critical control points. 3. Setting up procedures for those critical control points. 4. Monitoring the critical control points. 5. Taking corrective actions. 6. Setting up a record-keeping system. 7. Verifying that the system is working.**

23. Describe the correct way to transport a knife. **Hold it next to your side and pointed toward the floor.**

**24. List the four most serious injuries or situations in any kitchen. Bleeding, breathing, burns or shock**

### **Section 1 - Unit 3: Basic Equipment**

#### Learning Objectives

- Identify equipment used in the cold kitchen, including those used for refrigeration, preparation and storage.
- Identify tools used in the preparation of foods common to the cold kitchen.
- Discuss the safe methods for using and cleaning tools and equipment used in the cold kitchen.

#### Terms to Know

blast chiller – Designed to chill food in a matter of minutes instead of hours.

blender stick – Portable electric devices used to blend sauces and dressings.

Buffalo chopper – A food chopper used to chop foods to a uniform size or grind meats or other foods to a medium paste.

immersion circulator – A machine that maintains the temperature of the water surrounding sealed foods being cooked.

National Sanitation Federation (NSF) – This group sets standards for all professional foodservice equipment and tools.

*sous vide (soo-VEED)* – The process that cooks food in a vacuum environment.

steam-jacketed kettles – This type of kettle is a large stockpot used to make stocks and larger portions of soups and sauces.

Vertical Cutting Machine (VCM) – Used for large quantity sauce or chopping jobs in the cold kitchen.

#### Chapter Outline/ Key Points

- When purchasing tools and equipment for the cold kitchen it is essential to consider sanitation and safety.
- Use the correct piece of equipment for each task.
- Equipment that is applicable for the commercial kitchen should bear the NSF seal of approval.



### Unit 3

#### Unit Review Questions

##### True or False

- ☐ **F** 1. NSF stands for the National Safety Foundation.
- ☐ **T** 2. Blast chillers can chill food in minutes instead of hours.
- ☐ **T** 3. Blast chillers work by convection.
- ☐ **T** 4. Frozen food processors use a high-speed blade that shaves frozen foods into fine layers.
- ☐ **F** 5. Ice blocks made in ice block machines are formed in vertical freezing pans.
- ☐ **F** 6. Conventional ovens cook food with circulating hot air.
- ☐ **T** 7. The food chopper is considered the workhorse machine in medium to large kitchens.
- ☐ **T** 8. Reamers use centrifical force to extract juice.
- ☐ **F** 9. A chinoise is used to cut out round balls of melon.
- ☐ **T** 10. Molds are containers used for baking or shaping food.

##### Multiple Choice

- 11. Equipment and tools with the NSF stamp must be **D**
  - a.) low maintenance.
  - b.) easy to clean.
  - c.) corrosion resistant.
  - d.) All of the above.
- 12. Which piece of equipment can be used to chill below the danger zone or even to freezing within minutes? **A**
  - a.) blast chiller
  - b.) extended frozen storage
  - c.) chilled drawer units
  - d.) None of the above.
- 13. Grill marks add the visual presentation from the hash marks of the hot grill bars and **A**
  - a.) flavor the food via caramelization of sugars.

- b.) speed up the cooking process.
  - c.) tenderize pieces of meat.
  - d.) None of the above.
14. Always zero out the blade when using a **C**
- a.) VCM.
  - b.) meat grinder.
  - c.) meat slicer.
  - d.) All of the above.
15. “Blitz” is the nickname given to a **C**
- a.) meat slicer.
  - b.) food processor.
  - c.) food chopper.
  - d.) meat grinder.
16. This piece of equipment is the most used for forcemeats and sausage making in the cold kitchen: **C**
- a.) electric meat slicer
  - b.) VCM
  - c.) meat grinder
  - d.) food processor
17. This knife is most often used to trim fruit and vegetables: **A**
- a.) paring knife
  - b.) slicer
  - c.) utility knife
  - d.) olivetto knife
18. This knife is considered an all-purpose knife and is used for trimming meats, fruits, and vegetables and can do the work of many types of knives: **B**
- a.) slicer
  - b.) utility knife
  - c.) bird’s beak knife
  - d.) paring knife

19. This tool is used to remove bits of bone or sinew from ground forcemeat and to sift flour. **B**

- a.) colander
- b.) sieve
- c.) zester
- d.) None of the above.

#### Short Answers

20. List 3 questions to consider when determining what type of refrigeration is needed for a specific operation.

- a.) Are the seals easy to clean?**
- b.) Can your sheet pans or hotel pans fit inside the doors without moving shelves and product around?**
- c.) What is the energy consumption and life span of the equipment?**

21. Why is an ice machine an important piece of equipment for the cold kitchen?

**In the cold kitchen, ice cubes are used as an emulsification stabilizer in mousselines. They are also used to chill foods down quickly in ice or water baths. Ice cubes are used as a display base for seafood dishes and other cold salads and sauces.**

22. Describe the uses for a food chopper.

**Food choppers are used to chop foods to a uniform size or grind meats or other foods to a medium to fine paste. It is very useful when making large quantities of forcemeats, bread crumbs or chopped vegetables.**

23. Describe the uses for a blender stick.

**They are used to blend sauces and dressings.**

24. List the features of a properly constructed knife.

**A properly constructed knife should have a stainless steel blade, full tang, non-reactive and slip-resistant handle and should be balanced in weight.**

25. Describe a zester and its use.

**A zester has wedges of flat stainless steel with holes or grooves attached to a handle. By placing it next to the skin of an orange or other citrus fruit and dragging it across, thin shards of zest are stripped off.**

