Sample Test Questions Chapter 29: Bakeshop Production: Basic Principles and Ingredients

Multiple Choice

1. Which of the following ingredients can be measured at one pint per pound (or at 1 kilogram per liter)?
   (a) eggs
   (b) honey
   (c) molasses
   (d) none of the above

2. A cake formula calls for emulsified shortening, but you have run out. Which of the following can you substitute?
   (a) regular shortening
   (b) butter
   (c) half margarine and half regular shortening
   (d) none of the above

3. Which of the following flours is the strongest?
   (a) whole wheat flour
   (b) pumpernickel flour
   (c) bread flour
   (d) pastry flour

4. The sugar that is used to give the smoothest texture to icings because of its fineness is
   (a) ultrafine granulated sugar
   (b) 10X sugar
   (c) 6X sugar
   (d) sanding sugar

5. Which of the following is not a function of sugar in baked goods?
   (a) to give sweetness and flavor
   (b) to give crust color
   (c) to increase keeping qualities
   (d) to give firmness to the structure

6. Yeast is killed at a temperature of
   (a) 100°F (38°C)
   (b) 140°F (60°C)
   (c) 180°F (82°C)
   (d) 212°F (100°C)
7. Beating fat and sugar together to incorporate small bubbles of air is called
   (a) creaming
   (b) foaming.
   (c) fermentation.
   (d) emulsifying.

8. Baking soda can be used as a leavening agent only if the formula also contains
   (a) baking powder.
   (b) acid.
   (c) sugar.
   (d) none of the above.

9. Salt is used in bread-making because it
   (a) improves flavor.
   (b) conditions gluten.
   (c) slows yeast action.
   (d) all of the above.

10. The majority of ingredients in the bakeshop are measured by weight, rather than by
    volume, because measuring by weight is __________.
    (a) faster
    (b) more sanitary
    (c) more accurate
    (d) more convenient

11. __________ is/are measured by weight, rather than by volume, in the bakeshop.
    (a) Eggs
    (b) Flour
    (c) Water and milk
    (d) Liquid flavorings

12. When determining baker's percentages, __________.
    (a) flour is always considered 100%
    (b) the total of the percentages of all the ingredients will always be greater than 100%
    (c) the percentage of each ingredient is its total weight divided by the weight of the flour, multiplied by 100%
    (d) all of the above
13. If you are using a baking formula that calls for 25% sugar and 20 lb of flour, then you will use _______ lb sugar.
   (a) 2.5
   (b) 4.0
   (c) 5.0
   (d) none of the above

14. Gluten ________.
   (a) produces gas in a product as it is baked
   (b) gives structure and strength to baked goods
   (c) is a substance made up of the carbohydrates in wheat flour
   (d) forms small, ball-like structures in dough as it is mixed or kneaded

15. A firm and chewy baked product contains _________ gluten.
   (a) no
   (b) a small amount
   (c) a medium amount
   (d) a large amount

16. Which set of words completes the following sentence correctly? _________ flours come from _________ wheat and have a _________ protein content.
   (a) Weak, soft, high
   (b) Weak, hard, low
   (c) Strong, soft, low
   (d) Strong, hard, high

17. Which of the following is not one of the methods by which a baker can adjust gluten development?
   (a) baking time
   (b) mixing method
   (c) selection of flour
   (d) selection of shortening and liquid

18. Any fat used in baking is called a shortening because it shortens _________.
   (a) baking time
   (b) mixing time
   (c) gluten strands
   (d) kneading time

19. Shortbread is short because it _________.
   (a) it does not rise
   (b) is a quick bread
   (c) it requires no kneading
   (d) contains a high fat content
20. In general, the ________, the more gluten develops.
   (a) weaker the flour
   (b) more fat contained in a formula
   (c) more a dough or batter is mixed
   (d) less the amount of water in a formula

21. A stale bakeshop product ________.
   (a) has lost its fresh-baked aroma
   (b) has lost moisture from its starch granules
   (c) is firmer, drier, and more crumbly than a fresh product
   (d) all of the above

22. The staling of a bakeshop product can be slowed by all of the following techniques except ________.
   (a) freezing it
   (b) refrigerating it
   (c) protecting it from the air
   (d) adding moisture retainers to its formula

23. White wheat flour is milled from wheat kernels from which the ________ has been removed.
   (a) bran
   (b) germ
   (c) both a and b
   (d) neither a nor b

24. If Chef Cesta is trying to decide whether to order a straight flour or a patent flour, then he is most likely planning to bake ________.
   (a) cake
   (b) bread
   (c) cookies
   (d) biscuits or muffins

25. Janelle found a unmarked container of flour. The flour felt very smooth and fine, it stayed in a lump when she squeezed it, and it was pure white. Apparently it was ________ flour.
   (a) cake
   (b) bread
   (c) pastry
   (d) all-purpose

26. Whole wheat flour is different from white flour because it ________.
   (a) contains the bran and the germ
   (b) keeps for a longer period of time
   (c) cannot be used alone in bread making
   (d) all of the above
27. Why is 100% whole wheat bread so heavy?
   (a) Whole wheat flour contains no gluten.
   (b) The fat from the germ increases the shortening process.
   (c) Its gluten strands are cut by the sharp edges of the bran flakes.
   (d) both b and c

28. Rye bread must contain wheat flour because _________.
   (a) rye flour does not develop gluten
   (b) the flavor of rye flour alone is unpleasant
   (c) without wheat flour, rye bread stales almost immediately
   (d) rye meal (pumpernickel) is so fine that a dough made from it will not stay together
during the kneading process

29. Starches used in dessert production have specific purposes. Which of the following
    starches is correctly paired with its purpose?
    (a) waxy maize → to prevent break down during freezing
    (b) corn starch → to help a thickened product hold its shape
    (c) instant starch → to thicken cold liquids without further cooking
    (d) all of the above

30. Which set of words completes the following sentence correctly? Waxy maize would be a
good choice to thicken a ________ and a bad choice to thicken a _________.
   (a) fresh fruit glaze, frozen fruit pie
   (b) fruit pie filling, cream pie filling
   (c) cream pie filling, fruit pie filling
   (d) both a and c

31. All of the following are reasons for using fats in baked items except _________.
    (a) to increase the keeping quality of a product
    (b) to tenderize at product and soften its texture
    (c) to add moistness, richness, and texture of a product
    (d) to add strength to a product by lengthening its gluten strands

32. If Chef Raccourcir wants to make a batch of cookies that require the creaming method,
    then she is most likely to use ________ shortening in her formula.
    (a) regular
    (b) emulsified
    (c) puff pastry
    (d) none of the above

33. If Chef Maheras is making a high ratio cake, then she is most likely to use ________
    shortening in her formula.
    (a) regular
    (b) emulsified
    (c) puff pastry
    (d) none of the above
34. If you looked in the pantry of a bakery that specializes in Danish pastries and croissants, you would see that the majority of their shortening was __________.
   (a) regular
   (b) emulsified
   (c) puff pastry
   (d) none of the above

35. You overheard the following four students discussing the section of this chapter on the advantages and disadvantages of using butter in baking. Which of them does not fully understand this material?
   (a) Cosmo: "Butter has a highly desirable flavor that is missing from shortenings."
   (b) Jerry: "One of the major advantages of butter is that it is easy to work with at any temperature."
   (c) Elaine: "Butter doesn't leave an unpleasant coating in the mouth like shortenings because it melts in the mouth."
   (d) George: "A dough made with butter is much more difficult to work with than a dough made with shortening."

36. You are least likely to find ________ used as a fat in the bakeshop.
   (a) oil
   (b) lard
   (c) butter
   (d) shortenings

37. Sugars have all of the following purposes in the bakeshop except ________.
   (a) creating tenderness
   (b) adding sweetness, flavor, and color
   (c) increasing keeping quality by retaining moisture
   (d) increasing texture by strengthening the gluten structure

38. Which of the following statements is true about refined sugars?
   (a) Refined sugars are classified on the basis of sucrose content.
   (b) Granulated sugars are ground finer than confectioner's sugars.
   (c) Powdered sugars are classified by their coarseness or fineness, with 4X being the most fine and 10X being the most coarse.
   (d) A finer grained granulated sugar can make a more uniform batter because it can support a higher quantity of fat than a more coarsely grained sugar.

39. If Chef Chenier has run out of brown sugar, he can mix a little ________ with granulated sugar to produce approximately the same taste in his famous Bayou Brownies.
   (a) honey
   (b) molasses
   (c) malt syrup
   (d) corn syrup
40. __________ is the major reason for using honey in a baking formula.
   (a) Flavor
   (b) Cost reduction
   (c) Leavening power
   (d) Moisture retention

41. Malt syrup is used primarily in yeast breads to __________.
   (a) add flavor
   (b) add crust color
   (c) provide food for the yeast
   (d) all of the above

42. As Chef Laitiere lectures about the use of milk and cream in baking, you will not hear her say __________.
   (a) Cream is often used as a liquid in doughs and batters.
   (b) Buttermilk is an effective leavening agent when combined with baking soda.
   (c) Dry milk is convenient, inexpensive, and can often be simply mixed with the dry ingredients.
   (d) If you use whole milk in a formula, you must calculate its fat content as part of the shortening.

43. The main purpose of a leavening agent is to produce __________.
   (a) gas
   (b) flavor
   (c) moisture
   (d) structure

44. Yeast, baking soda, baking powder, baking ammonia, air, and steam are all __________.
   (a) emulsifiers
   (b) leavening agents
   (c) anti-staling agents
   (d) both a and b

45. Leavening __________ a baked product.
   (a) increases the volume of
   (b) produces shape and texture of
   (c) refers to the production of gases in
   (d) all of the above

46. Fermentation is the process by which yeast acts on __________ and changes them into carbon dioxide gas and alcohol.
   (a) fats
   (b) leavening agents
   (c) proteins
   (d) carbohydrates
47. Which set of words completes the following sentence correctly? If the temperature of yeast is __________, then __________.
   (a) 45°F (7°C) or less, it is dead
   (b) 140°F (60°C) or more, it is inactive
   (c) 100°F (38°C) to 140°F (60°C), its action speeds up
   (d) 70°F to 90°F (20°C to 32°C), it is growing most rapidly

48. The bread formula Chef Levure is using calls for 1.5 lb of compressed yeast, but he has only active dry yeast. How much dry yeast should he use?
   (a) 3.75 oz
   (b) 6 oz
   (c) 9.6 oz
   (d) 6 lb

49. If Chef Poudre wants to mix her cake batter in the morning and bake her cakes in the afternoon, then she should definitely not use __________ in her formula.
   (a) baking soda
   (b) single-acting baking powder
   (c) double-acting baking powder
   (d) either a or b

50. If Chef Palmer has just added an acid (such as buttermilk) to her formula, then she is most likely using __________ as a leavening agent.
   (a) yeast
   (b) baking soda
   (c) baking powder
   (d) baking ammonia

51. Baking ammonia would be most likely used as a leavening agent for __________.
   (a) bread
   (b) cookies
   (c) cream puffs
   (d) both b and c

52. If you find the word "creaming" in the procedure section of a formula, then you will definitely find __________ in the ingredients section.
   (a) fat
   (b) eggs
   (c) sugar
   (d) both a and c

53. Foaming and creaming are similar because they __________.
   (a) involve the same ingredients
   (b) both incorporate air into a batter
   (c) can be used interchangeably in most formulas
   (d) are both processes that prevent excessive leavening in baked products
54. Puff pastry, cream puffs, popovers, and pie crusts use __________ as their major or only leavening agent.
   (a) yeast
   (b) steam
   (c) baking soda
   (d) baking powder

55. Salt plays a major role in baking because it __________.
   (a) increases the rate of yeast growth
   (b) acts as a seasoning or flavor enhancer
   (c) controls the texture of baked products by weakening gluten structure
   (d) all of the above

56. Which of the following is incorrect?
   (a) cocoa = chocolate liquor – cocoa butter
   (b) sweet chocolate = bitter chocolate + sugar
   (c) Dutch process cocoa = cocoa + milk chocolate
   (d) milk chocolate = sweet chocolate + milk solids

57. When Chef Douceur decides to add more cocoa to his famous Midnight Chocolate Cake, he is careful to reduce the amount of ________ in his formula.
   (a) flour
   (b) sugar
   (c) shortening
   (d) baking powder

58. Which of the following students apparently did not understand the information contained in the section entitled "Spices" in this chapter?
   (a) Celeste: "Spices should be measured by volume unless the quantity is so small that they must be weighed."
   (b) Frederick: "The most important spices in the bakeshop are cinnamon, nutmeg, mace, cloves, ginger, caraway, cardamom, allspice, anise, and poppy seed.
   (c) Ruben: "There is very little difference in the quality of baked products containing high and low quality spices so, whenever possible, buy the least expensive spices to reduce cost."
   (d) both a and c

59. Which of the following statements is false about extracts and emulsions?
   (a) Extracts contain alcohol.
   (b) Emulsions contain water.
   (c) Natural and artificial extracts and emulsions differ in terms of their cost and quality.
   (d) The most common extracts are lemon and orange; the most common emulsions are vanilla, lemon, and bitter almond.
True/False

60. If no liquid is used in making pie dough, the baked product would be very fragile and crumbly.
61. When bread is baked, the bread becomes firm when proteins gelatinize due to the heat.
62. Staling occurs when baked goods absorb moisture from the air.
63. Bread that has become stale can be refreshed by freezing it and then heating it in an oven before serving.
64. Cake flour stays in a lump when squeezed in the palm of the hand, but bread flour does not.
65. Rye blend is a mixture of rye flour and wheat flour.
66. High-ratio shortening mixes into a cake batter more quickly than regular shortenings.
67. A bread dough containing eggs is likely to brown more quickly than one made without eggs.
68. Whole eggs act as tenderizers in baked goods.
69. If a bread formula calls for 8 ounces of compressed yeast, you could substitute 2 ounces of dry yeast. Metric version: If a bread formula calls for 250 grams of compressed yeast, you could substitute 60 grams of dry yeast.