Sample Test Questions Chapter 35: Creams, Custards, Puddings, Frozen Desserts, and Sauces

Short Answer

1. When you are boiling sugar syrups, the most accurate way to determine when the syrup has boiled long enough is ________________________________.
2. When the temperature of a boiling syrup rises high enough, the syrup will begin to turn brown. This process is called ________________________________.
3. When cooks prepare sugar syrups, they sometimes cover the pan during the first stages of boiling. The purpose of this is to ________________________________.
4. List the three main ingredients and the flavoring used to make Crème Anglaise. Briefly, give the steps in the procedure.
5. Pastry Cream is thickened by ____________________________ and by ________________________________.
6. Baked custards are thickened by ________________________________.
7. The starch used to thicken cream pie fillings is ________________________________.
8. The main difference between cream puddings and cream pie fillings is ________________________________.
9. A Vanilla Bavarian Cream is made by adding what two ingredients to a basic Crème Anglaise? ____________________________ ____________________________
10. Ice creams made without eggs are called ______________-style; ice creams made with eggs are called ______________-style.
11. When ice cream is churn-frozen, it increases in volume because air is mixed in. This increase in volume is called ________________________________.
12. A famous sundae made with vanilla ice cream, peach half, and raspberry sauce is called ________________________________.

Each of the products in the first column is made in part by using the basic technique for either Crème Anglaise, Pastry Cream, or Baked Custard. In the blank after each item, place the letter corresponding to the appropriate technique.

14. Bread Pudding _____ b. Pastry Cream
15. Raspberry Bavarian _____ c. Baked Custard
16. Lemon Meringue Pie _____
17. Butterscotch Cream Pie _____
18. French Vanilla Ice Cream _____
19. Pecan Pie _____
20. Chocolate Cream Pie _____
Multiple Choice

21. Three of the following terms are names for the same product. Which one is not?
   (a) pastry cream
   (b) English cream
   (c) crème Anglaise
   (d) vanilla custard sauce

22. Chef Doux's lecture on the principles of sugar cooking contained all of the following information except __________.
   (a) If melted sugar continues to cook, it will eventually caramelize, darken, and burn.
   (b) One pint (one pound) of water is needed to dissolve and cook three to four pounds of sugar.
   (c) A syrup cooked to a high temperature will be softer when it is cooled than a syrup cooked to a low temperature.
   (d) The principle of sugar cooking is simple: A solution of sugar and water is boiled to evaporate part of the water.

23. Dessert syrups __________.
   (a) are simple syrups plus flavoring
   (b) are used to moisten and flavor some cakes
   (c) may be flavored with extracts, liquors, or lemon or orange rind
   (d) all of the above

24. Which of the following would not help prevent crystallization in cooked syrup?
   (a) adding a teaspoon of sugar crystals
   (b) adding corn syrup or cream of tartar
   (c) washing down the sides of the saucepan with a brush dipped in water
   (d) covering the pan when the syrup first comes to a boil and allowing it to boil for several minutes

25. Cream of tartar is used in some cooked syrups to __________.
   (a) flavor the syrup
   (b) speed up the caramelization process
   (c) prevent the syrup from crystallizing
   (d) increase the intensity of the sweetness of the syrup without adding additional calories

26. The most accurate method to determine the desired doneness of a syrup is by __________.
   (a) using a candy thermometer
   (b) carefully watching the color of the syrup as it changes from clear to dark
   (c) dropping a little syrup into a bowl of cold water and checking the hardness of the cooled sugar
   (d) dipping a spoon into the syrup, removing it carefully, and measuring the length of the thread of hardened syrup that is produced
27. Which of the following series of stages of doneness in sugar cooking is arranged in the correct least done → most done order?
   (a) thread → hard ball → crack → caramel
   (b) caramel → crack → hard ball → thread
   (c) thread → caramel → crack → hard ball
   (d) caramel → hard ball → thread → crack

28. Which set of words completes the following sentence correctly? Baked custard and crème Anglaise are similar because they _______ and different because _______.
   (a) are both cooked in the oven, only one contains a flavoring
   (b) contain the same ingredients, one is not stirred and one is stirred
   (c) have the same consistency when done, they contain different ingredients
   (d) consist of a liquid thickened by eggs and corn starch, one uses whole eggs and the other uses egg whites

29. Pastry cream can be used as a ________.
   (a) custard sauce
   (b) filling for cream pies
   (c) cake and pastry filling
   (d) all of the above

30. As Chef Flan prepares her famous crème Anglaise, she is very careful to ________.
   (a) heat the sauce to 195°F (89°C)
   (b) heat the sauce in a double boiler and stir it constantly
   (c) beat the scalded milk into the beaten eggs and sugar all at once
   (d) cool the sauce slowly by turning off the heat but leaving the pan on the stove top

31. Although the title had been torn off the top of the page, Misha knew that it was a formula for ________ because the only items listed in its ingredients section were egg yolks, sugar, milk, and vanilla.
   (a) blanc mange
   (b) pastry cream
   (c) vanilla mousse
   (d) crème Anglaise

32. If crème Anglaise accidentally curdles, you should ________.
   (a) throw it out and start a new batch immediately
   (b) return it to a boil and stir in several beaten egg yolks
   (c) stir in an ounce of cold milk, pour it in a blender, and blend it at high speed
   (d) either b or c
33. Evander's pastry cream tastes starchy. Apparently he ________.
   (a) didn't bring it to a boil
   (b) forgot to scald his milk
   (c) used cornstarch instead of flour as a thickening agent
   (d) any of the above

34. When preparing pastry cream, it is essential to ________.
   (a) use only clean, sanitized equipment
   (b) taste it with a clean spoon, never with your finger
   (c) keep it, and all products made with it, refrigerated at all times
   (d) all of the above

35. To test a baked custard for doneness, you must insert a thin-bladed knife about an inch or two from the center, rather than directly into the center. Why is this done?
   (a) Piercing the center of a custard will leave a large, unsightly hole.
   (b) The custard will fall if it is pierced in the center at the end of its baking time.
   (c) The center will continue to cook for a few minutes after the custard has been removed from the oven.
   (d) all of the above

36. Butterscotch pudding is flavored with ________.
   (a) butter
   (b) brown sugar
   (c) scotch whisky
   (d) both a and c

37. Which of the following is a type of baked pudding?
   (a) rice pudding
   (b) bread pudding
   (c) pumpkin pie filling
   (d) all of the above

38. Bavarians, chiffons, mousses, and soufflés all gain their light, fluffy, or puffed texture from ________.
   (a) whipped cream
   (b) beaten egg white
   (c) a mixture of whipped cream and egg whites
   (d) any of the above
39. The base for a chiffon can be thickened with _________.
   (a) egg
   (b) starch
   (c) egg and starch
   (d) any of the above

40. Chef Winklebull was giving a lecture on how to prepare a mousse. Which of the following did she not say?
   (a) There are many kinds of bases for mousses.
   (b) Because there are so many varieties of mousses, it is impossible to give a specific rule for classifying all of them.
   (c) It is important to fold egg whites and/or whipped cream into a hot base so that they coagulate to make the mousse firmer and more stable.
   (d) A general rule is that a mousse is any soft or creamy dessert that is made light and fluffy by the addition of whipped cream, beaten egg whites, or both.

41. Which of the following dessert = base + ingredients + method combinations is incorrect?
   (a) soufflé = pastry cream + egg whites + baked
   (b) bavarian = crème Anglaise + gelatin and whipped cream + baked
   (c) mousse = many types + egg yolk and/or whipped cream + chilled
   (d) chiffon = starch-, egg-, or egg- and starch-thickened + gelatin and egg whites + chilled

42. Which of the following can Chef Avisé prepare without a refrigerator?
   (a) a chiffon
   (b) a soufflé
   (c) a mousse
   (d) a bavarian

43. Which of the following four statements about ice cream is incorrect?
   (a) French-style ice cream contains egg whites.
   (b) Philadelphia-style ice cream contains no eggs.
   (c) Ice milk contains less butterfat than ice cream.
   (d) Ice cream is a smooth, frozen mixture of milk, cream, sugar, flavorings, and sometimes eggs.

44. If you want to make a frozen dessert, but you don’t have the equipment to stir it while it is freezing, then you should make _________.
   (a) sherbet
   (b) ice cream
   (c) a frozen soufflé or mousse
   (d) either a or b
45. If ice cream or sherbet are not mixed constantly while they are being frozen, they will ___________.
   (a) never freeze
   (b) lose a great deal of flavor
   (c) freeze into solid blocks of ice
   (d) thaw too rapidly when served

46. Smoothness in ice cream ___________.
   (a) is related to the size of the ice crystals in the product
   (b) can be increased with the addition of eggs, emulsifiers, or stabilizers
   (c) can be preserved if the product is frozen rapidly and stored at a sufficiently low temperature
   (d) all of the above

47. Large ice crystals will form in ice cream ___________.
   (a) it is frozen too rapidly
   (b) it is not stored at a low enough temperature
   (c) eggs, emulsifiers, or stabilizers are added to it
   (d) all of the above

48. Ice cream that is __________ will lack smoothness.
   (a) frozen slowly
   (b) not stored at a low enough temperature
   (c) mixed incompletely during the freezing process
   (d) all of the above

49. During the production of ice cream, overrun refers to the __________.
   (a) increase in volume due to incorporation of air during the freezing process
   (b) amount of product that remains after the specified quantity has been produced
   (c) extra expense that results when a product expands out of its container when it freezes
   (d) none of the above

50. If the overrun in a batch of ice cream is 75%, then there is __________ finished product than original volume.
   (a) 25% less
   (b) 125% less
   (c) 50% more
   (d) 75% more

51. If ice cream has too much overrun, it will ___________.
   (a) be airy
   (b) be foamy
   (c) lack flavor
   (d) all of the above
52. The mouth feel or body of ice cream depends upon several factors. Which of the following is not one of them?
   (a) flavor
   (b) overrun
   (c) smoothness
   (d) ability to melt in the mouth to a smooth, not too heavy liquid

53. In the part of her lecture on serving ice cream, Chef Geler stressed that ice cream and sherbet should be all of the following except __________.
   (a) packed tightly when served
   (b) stored at 0°F (-18°C) or lower
   (c) portioned with standard scoops
   (d) tempered at 8°F to 15°F (-13°C to -9°C) for 24 hours before serving

54. A parfait is usually named after __________.
   (a) its syrup or topping
   (b) the shape of its glass
   (c) the fruit it is topped with
   (d) the flavor of ice cream it contains

55. If you saw the terms alternating layers; ice cream; a tall, narrow glass; and fruit or syrup in a dessert recipe, it would be a __________ recipe.
   (a) coupe
   (b) bombe
   (c) parfait
   (d) sundae

56. If a customer asked you to make her a coupe, you would make her most happy if you followed the directions for the preparation of a __________.
   (a) bombe
   (b) glacée
   (c) parfait
   (d) sundae

57. Peach Melba and Pear Belle Hélène are classic __________.
   (a) bombes
   (b) parfaits
   (c) sundaes
   (d) profiteroles

58. Which of the following is not a dessert sauce?
   (a) syrup
   (b) granité
   (c) fruit purée
   (d) custard sauce
True/False

59. Crème Anglaise is cooked until it reaches a temperature of 195°F (90°C).
60. Pastry cream should not be boiled or it will curdle.
61. Pastry cream must be cooled rapidly and kept cold at all times.
62. Baked custard should be baked in a water bath for more uniform cooking.
63. Cornstarch puddings are similar to cream puddings except that cornstarch puddings do not contain eggs.
64. Butterscotch pudding is given its flavor by sweetening it with a large amount of brown sugar.
65. Bavarians, mousses, and hot dessert soufflés are given their light texture by the addition of whipped cream.
66. Chiffon pie filling is made by dissolving gelatin in a base, chilling until set, then mixing in beaten egg whites.
67. Ice cream should be stored at 0°F (-18°C) or colder, but it should be brought to a slightly higher temperature for service.