Sample Test Questions Chapter 8: Stocks and Sauces

*True/False*

1. Chicken and fish bones must be blanched before being used to make stock.
2. When blanching bones for stock, you should first rinse the bones, then place them in cold water.
3. It is OK to add tomatoes when you are making brown stock.
4. The major difference between making brown stock and making white stock is browning the bones and mirepoix.
5. Gelatin extracted from bones is an important component of a good stock because it gives the stock body.
6. When you are making stock, it is all right to let it boil as long as you have skimmed it carefully.
7. Bones to be used in brown stocks should be rinsed or blanched before being used.
8. Strained, hot stock should be placed in the refrigerator immediately, so that it will cool.
9. Most vegetable stocks should be cooked for 1 1/2 to 2 hours.
10. If properly refrigerated, stocks will keep for 2 to 3 weeks.
11. It is not necessary to have a roux and a liquid at the same temperature when they are combined.
12. A brown roux is made the same way as a white roux except it is cooked longer.
13. Raw butter is sometimes added to a sauce to enrich it.
14. Because lemon juice makes sauce curdle it is rarely used as a seasoning for sauces.
15. Espagnole is made by combining equal parts demi-glace and brown stock and reducing it by half.
16. A Small Sauce is made by adding one or more flavoring ingredients to a Leading Sauce.
17. Black butter is clarified butter heated until it is black in color.
18. Because of the danger of food poisoning, Hollandaise Sauce must be held at 180°F (82°C).
19. In the production of Béarnaise Sauce, melted butter is beaten very slowly into egg whites.
20. The main difference between pan gravy and jus is that jus is not thickened with roux.

In the following chart, fill in the names of the five Leading Sauces, the liquid on which the sauce is based, and the thickening agent.

<table>
<thead>
<tr>
<th>Leading Sauce</th>
<th>Liquid</th>
<th>Thickening Agent</th>
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Multiple Choice

Note: For questions involving units of weight and volume measure, metric versions are given separately.

26. To make a gallon of white stock, you need:
   (a) 1 gallon of water, 2-3 lb. bones, 1 lb. mirepoix.
   (b) 5-6 qt. water, 5-6 lb. bones, 1 lb. mirepoix.
   (c) 5-6 qt. water, 2-3 lb. bones, 1 lb. mirepoix.
   (d) 1 gallon of water, 4 lb. bones, 2 lb. mirepoix.
   **Metric:** To make 4 liters of white stock, you need:
   (e) 4 liters of water, 1-1.5 kg bones, 500 g mirepoix.
   (f) 5-6 L water, 2.5-3 kg bones, 500 g mirepoix.
   (g) 5-6 L water, 1-1.5 kg bones, 500 g mirepoix.
   (h) 4 L water, 2 kg bones, 1 kg mirepoix.

27. Some of the herbs most frequently used in a sachet for stocks include:
   (a) Thyme, parsley, bay leaf.
   (b) Parsley, basil, sachet.
   (c) Thyme, tarragon, bay leaf.
   (d) Sage, cloves, peppercorns.
   (e) All of the above.

28. Recommended simmering time for beef and veal stock is:
   (a) 1-3 hours.
   (b) 3-4 hours.
   (c) 6-8 hours.
   (d) 10-12 hours.

29. Recommended simmering time for fish stock is:
   (a) 15-20 minutes.
   (b) 30-45 minutes.
   (c) 1-2 hours.
   (d) 2-3 hours.

30. Chicken stock should be simmered for about:
   (a) 30-60 minutes.
   (b) 1-2 hours.
   (c) 3-4 hours.
   (d) 6-8 hours.
   (e) none of the above.
31. The technique used to make meat glaze from stock is called:
   (a) straining.
   (b) viande.
   (c) reduction.
   (d) dilution.
   (e) tempering.

32. To make a white roux with 8 oz. of clarified butter, you will need:
   (a) 8 oz. flour.
   (b) 4 oz. flour.
   (c) 1 cup flour.
   (d) 2 cups cornstarch.

   **Metric:** To make a white roux with 250 g of clarified butter, you will need:
   (e) 250 g flour.
   (f) 125 g flour.
   (g) 250 mL flour.
   (h) 500 mL cornstarch.

33. A thickening agent made of the same ingredients as roux but made without cooking is:
   (a) slurry.
   (b) whitewash.
   (c) beurre manié.
   (d) liaison.

34. Sauces that are to be frozen should be thickened with:
   (a) cornstarch.
   (b) either cornstarch or roux.
   (c) waxy maize.
   (d) arrowroot.

35. A liaison is added to a sauce:
   (a) at the beginning of cooking:
   (b) at the end of cooking:
   (c) at any time during cooking:
   (d) just before the sauce is reduced.

36. The process of reduction may be used in sauce making for the purpose of:
   (a) concentrating the sauce.
   (b) correcting the texture of a sauce.
   (c) concentrating flavoring ingredients to be added to a sauce.
   (d) all of the above.
37. If you start with 1 pint of white wine and reduce it au sec, you will have,
   (a) 1/2 pint of liquid.
   (b) 4 ounces of liquid.
   (c) 5 1/3 ounces of liquid.
   (d) none of the above.

**Metric:** If you start with 500 mL of white wine and reduce it au sec, you will have:
   (e) 250 mL of liquid.
   (f) 125 mL of liquid.
   (g) 165 mL of liquid.
   (h) none of the above.

38. Compound butter is:
   (a) raw butter mixed with flavoring ingredients.
   (b) brown butter mixed with flavoring ingredients.
   (c) another name for clarified butter.
   (d) a mixture of equal parts raw butter and flour.

39. The ratio of egg to butter in Hollandaise is approximately:
   (a) 2 egg yolks per pound (450 g) of clarified butter.
   (b) 6 egg yolks per pound (450 g) of clarified butter.
   (c) 9 egg yolks per pound (450 g) of clarified butter.
   (d) none of the above.

40. Which of the following sentences are you least likely to encounter as you read the introduction to a book on stocks and sauces written by an expert on these subjects?
   (a) The French word for stock is fond, which means foundation or base.
   (b) In classical cuisine, the most basic of all skills is the ability to prepare good stocks.
   (c) A good stock is the foundation of soups, sauces, and most braised foods and stews.
   (d) Stock production is as important today in American kitchens as it was 100 years ago in French kitchens.

41. Stock preparation has lost much of its importance in modern kitchens because
   __________.
   (a) more food today is served without sauces
   (b) the reliance on portion-cut meat has made bones a rarity in many modern kitchens
   (c) stock preparation requires extra labor, which most modern restaurants are unable to provide
   (d) all of the above
42. In which of the following ways has stock production been simplified since the days of Escoffier?
   (a) Stocks are cooked for a shorter time.
   (b) The number and variety of ingredients in stocks have been simplified.
   (c) Chefs no longer bother to tie their vegetables for a stock into a bundle.
   (d) all of the above

43. The definition of a stock contains all of the following components except
clear and thin.
   (a) liquid
   (b) thickened
   (c) clear and thin
   (d) flavored by soluble substances

44. A stock may be flavored by cooking
   (a) vegetables
   (b) seasonings
   (c) meat, poultry, fish, and their bones
   (d) all of the above

45. Which of the following statements is true about stock ingredients?
   (a) All stocks derive their flavor from bones.
   (b) Bones from lean white fish make the best fish stock.
   (c) Fumet is a flavorful veal stock often made with wine.
   (d) The color of a brown stock comes from a well cooked roux.

46. gives body to a stock.
   (a) Wine
   (b) Gelatin
   (c) Mirepoix
   (d) A bouquet garni or sachet

47. If Chef Knochen wants his stock to have as much body as possible, he will use
   (a) whole bones
   (b) knuckle bones
   (c) bones from older animals
   (d) all of the above

48. When Rico chilled his stock, it didn't solidify like the stocks of the other students in his class. Apparently, Rico's stock contains less
   (a) meat
   (b) gelatin
   (c) acid products
   (d) carrots and more onions and celery
49. If a stock is flavored with meat instead of bones, it is known as a __________.
   (a) soup  
   (b) broth  
   (c) sauce  
   (d) mirepoix

50. Chef Legume's standard mirepoix contains all of the following vegetables except __________.
   (a) celery  
   (b) onions  
   (c) carrots  
   (d) potatoes

51. The standard proportions of ingredients in mirepoix are __________.
   (a) 50% onions, 25% celery, and 25% carrots  
   (b) 25% onions, 50% celery, and 25% carrots  
   (c) 25% onions, 25% celery, and 50% carrots  
   (d) none of the above

52. Which set of words completes the following sentence correctly? When Chef Legume makes a white mirepoix, he substitutes __________ for __________.
   (a) potatoes, celery  
   (b) mushrooms, carrots  
   (c) light roux, dark roux  
   (d) fish or chicken, beef or veal

53. Which of the following is least likely to be found in a bouquet garni?
   (a) leek  
   (b) celery  
   (c) cloves  
   (d) parsley stems

54. Which of the following is least likely to be found in a sachet?
   (a) garlic  
   (b) dried thyme  
   (c) peppercorns  
   (d) bay leaf

55. Which set of words completes the following sentence correctly? The ingredients in a __________ are __________.
   (a) mirepoix, tied in a bundle  
   (b) bouquet garni, contained in a cheesecloth bag  
   (c) sachet, cut into small pieces and browned before they are added to a stock  
   (d) none of the above
56. The correct proportion of basic ingredients in a stock is ____% bones, ____% mirepoix, and ____% water.
   (a) 10, 50, 100
   (b) 50, 10, 100
   (c) 100, 10, 50
   (d) 50, 100, 10

57. When Chef Fond makes a brown stock, he uses all of the following except ________.
   (a) wine
   (b) bones
   (c) mirepoix
   (d) tomato product

58. When Chef Meade makes a fish stock, she uses all of the following except ________.
   (a) wine
   (b) bones
   (c) mirepoix
   (d) tomato product

59. If Chef Meade wants her vegetable stock to be as clear as possible, then she should not use ________.
   (a) potatoes
   (b) winter squash
   (c) sweet potatoes
   (d) all of the above

60. Which of the following statements is true about vegetable stocks?
   (a) The best times for cooking vegetable stocks are between 30 and 45 minutes.
   (b) Brussels sprouts, cauliflower, and artichokes produce a stock with a mild flavor and odor.
   (c) Unless green, leafy vegetables (such as spinach) are cooked for a long time, they develop an unpleasant flavor.
   (d) Sweating vegetables in a small amount of oil or butter before adding them to water gives them a sharper, more distinct flavor.

61. The purpose of blanching bones before using them to make a stock is to ________.
   (a) kill bacteria
   (b) rid them of impurities that cause cloudiness
   (c) soften them so that they will release more flavor
   (d) all of the above
62. Chef Scarabee was watching his students prepare a basic white stock. To which of his students did the Chef say, "Keep up the good work; you're doing a fine job!"?
(a) John, who started his stock with hot water to speed up the extraction process.
(b) Yoko, who carefully skimmed the scum that rose to the surface of her stock to keep it clear.
(c) Paul, who cooled his stock slowly so it would not become contaminated with bacteria.
(d) Linda, who simmered her fish stock for 5 hours to extract the full flavor from the bones.

63. Which set of words completes the following sentence correctly? ________ bones should be simmered for approximately _________.
(a) Fish, 6 to 8 hours
(b) Chicken, 3 to 4 hours
(c) Beef and veal, 30 to 45 minutes
(d) none of the above

64. Flavored oils should be refrigerated because
(a) the flavor develops better under refrigeration.
(b) botulism could develop in unrefrigerated flavored oils.
(c) the oil will become rancid if left at room temperature.
(d) None of the above. Flavored oils are best stored at room temperature.

65. Stock will keep for ________ if properly refrigerated.
(a) 2 to 3 days
(b) 1 week
(c) 2 to 3 weeks
(d) indefinitely

66. The difference between brown stocks and white stocks is that _________.
(a) the bones and mirepoix in a brown stock are browned
(b) the bones in a brown stock are larger and from older animals
(c) a brown stock is simmered for a shorter time than a white stock
(d) a white stock is started in hot water and a brown stock is started in cold water

67. You would be required to deglaze a pan if you were making a ________ stock.
(a) fish
(b) white
(c) brown
(d) all of the above
68. Which of the following statements is true about reduction?
   (a) Reduction takes place during the venting process.
   (b) A reduced stock has more body than a nonreduced stock
   (c) A stock is reduced to decrease the amount of gelatin it contains.
   (d) Reduction takes place when the flavor of an overly strong stock is reduced by the addition of water or wine.

69. A properly prepared glaze or glace __________.
   (a) will coat the back of a spoon
   (b) is solid and rubbery when refrigerated
   (c) has been reduced by three-fourths or more
   (d) all of the above

70. Which of the following statements is a correct answer to the following question?
    "Describe one characteristic or use of a glaze or glace?"
   (a) If you add water to a glaze, it will taste exactly like the stock from which it was reduced.
   (b) A glace is often used in the preparation of desserts requiring multiple layers and complex frostings.
   (c) It is necessary to add only a small amount of a glaze to most recipes because glazes are so concentrated.
   (d) A glaze and a glace are not the same. A glaze is used as a topping and a glace is used as a flavor enhancer.

71. Which of the following is paired correctly?
   (a) meat glaze → glace de viande
   (b) fish glaze → glace de poisson
   (c) chicken glaze → glace de volaille
   (d) all of the above

72. A base __________.
   (a) is produced in the kitchen
   (b) can be better than a poorly made stock
   (c) will produce a high quality product if it contains a high proportion of salt
   (d) cannot be improved with the addition of mirepoix, a sachet, bones, or meat trimmings

73. A sauce adds __________ to foods.
   (a) moistness
   (b) flavor and richness
   (c) appearance, interest, and appetite appeal
   (d) all of the above
74. Which of the following is not one of the three main categories of ingredients of a sauce?
   (a) liquid  
   (b) mirepoix  
   (c) thickening agent  
   (d) additional seasonings and flavorings

75. A sauce should do all of the following except __________.
   (a) work like a seasoning  
   (b) accent the flavor of food  
   (c) enhance the flavor of food  
   (d) dominate the food it accompanies

76. The most frequently used sauces are based on __________.
   (a) bases  
   (b) glaces  
   (c) stocks  
   (d) reductions

77. Which Leading or Mother Sauce is paired incorrectly with its liquid ingredient?
   (a) Béchamel → milk  
   (b) Velouté → white stock  
   (c) Hollandaise → clarified butter  
   (d) Espagnole → tomato plus white stock

78. Which of the following statements is false?
   (a) A good roux should be stiff, not runny or pourable.  
   (b) A roux is a cooked mixture of two parts fat and one part flour.  
   (c) The finest roux-based sauces use clarified butter as their fat ingredient.  
   (d) A roux will change color--from white, to blond, and finally to dark--the longer it is cooked.

79. Which of the following statements is true?
   (a) Roux in another name for beurre manié.  
   (b) When adding a roux to a liquid, the roux may be cold or warm.  
   (c) Flour is often browned so that it has greater thickening power in a roux.  
   (d) Shortening can be used in place of butter to avoid a sauce that produces a "fuzzy" feeling in the mouth.

80. Which of the following is not recommended to thicken sauces?
   (a) whitewash  
   (b) bread crumbs  
   (c) instant starches  
   (d) vegetable purées or grain (grounded nuts is not in the textbook and I am not aware on how nuts can thicken a sauce)
81. To reduce a sauce au sec means to reduce it until it is _________.
   (a) dry or nearly dry
   (b) only half its former volume
   (c) only three-fourths of its former volume
   (d) clearly more flavorful than before it was reduced

82. The purpose of deglazing a pan is to _________.
   (a) dissolve particles of cooked food remaining on the bottom of the pan
   (b) give an attractive shine to the product that has been cooked in the pan
   (c) remove the glace that remains in the pan before it begins to lose its flavor
   (d) sanitize it so that it can be used to make another sauce without having to wash it

83. If a sauce is finished by the process called “monter au beurre,” it means that _________.
   has been added to it.
   (a) roux
   (b) butter
   (c) heavy cream
   (d) an egg-cream liaison

84. Which of the following Leading Sauce → thickening agent combinations is correct?
   (a) Velouté → heavy cream
   (b) Hollandaise → egg yolks
   (c) Béchamel → brown roux
   (d) Espagnole → white or blond roux

85. Which of the following Leading Sauce → liquid combinations is incorrect?
   (a) Béchamel → milk
   (b) Hollandaise → butter
   (c) Velouté → white stock
   (d) Espanole → tomato sauce

86. Liquid + thickening agent = _________.
   (a) Small Sauce
   (b) Leading Sauce
   (c) Main Small Sauce
   (d) Secondary Leading White Sauce

87. Leading Sauce + additional flavorings = _________.
   (a) Small Sauce
   (b) Leading Sauce
   (c) Main Small Sauce
   (d) Secondary Leading White Sauce
88. Demi-glace __________.
   (a) has been reduced by half
   (b) is a well flavored brown sauce
   (c) has been thickened with roux or cornstarch or left unthickened
   (d) all of the above

89. Which set of words completes the following sentence correctly? If Chef Fox wants to make __________ Sauce, she should begin with __________ Sauce.
   (a) Mornay, Tomato
   (b) Creole, Béchamel
   (c) Bordelaise, Espagnole
   (d) Normandy, Brown Stock

90. Which of the following is not a standard of quality for sauces?
   (a) flavor
   (b) piquancy
   (c) appearance
   (d) consistency and body

91. Which of the following is not an ingredient in the plain Béchamel Sauce that is used today?
   (a) milk
   (b) flour
   (c) stock
   (d) butter

92. Velouté Sauce can be made with __________ stock.
   (a) fish
   (b) chicken
   (c) white veal
   (d) all of the above

93. Which of the following lists contains a sauce that is not a small sauce?
   (a) Poulette, Aurora, Shrimp, Ivory (Albufera)
   (b) Normandy, Anchovy, Hungarian, Venetian
   (c) Curry, Mushroom, Bercy, Herb, Horseradish
   (d) none of the above

94. Espagnole or Brown Sauce is __________.
   (a) given flavor and richness with mirepoix
   (b) more complicated to make than Béchamel or Velouté Sauce
   (c) the starting point for the hearty, flavorful sauces that accompany red meat
   (d) all of the above

95. Fond Lié is __________.
   (a) the same as demi-glace
   (b) considered a small sauce
   (c) the foundation for tomato coulis
   (d) a brown stock thickened lightly with cornstarch
96. Small sauces (such as Bordelaise, Robert, Charcutière, and Chasseur) are made by adding ingredients such as wine, onion, pickles, or mushrooms to _________.
   (a) Fond Lie
   (b) Demi-glace
   (c) Tomato Sauce
   (d) clarified butter

97. Which of the following small sauces is paired correctly with its distinguishing ingredient?
   (a) Bordelaise → truffles
   (b) Charcutière → pickles
   (c) Lyonnaise → mushrooms
   (d) Marchand de Vin → white wine

98. If Chef Beausoleil has added onion, celery, green pepper, garlic, lemon rind, thyme, and a bay leaf to a sauce pan of Tomato Sauce, then she is making ________ Sauce.
   (a) Creole
   (b) Spanish
   (c) Perigueux
   (d) Portugaise

99. A purée of vegetables or fruits used as a sauce is known as a _________.
   (a) coulis
   (b) jus lié
   (c) Beurre Blanc
   (d) Beurre Rouge

100. The process of clarifying butter removes its _________.
    (a) water
    (b) butterfat
    (c) milk solids
    (d) both a and c

101. A compound butter is made by _________.
    (a) whipping butter, vinegar, and wine together
    (b) browning butter until its water and milk solids evaporate
    (c) softening raw butter and mixing it with a flavoring ingredient
    (d) adding coulis to a combination of clarified butter and red or white wine

102. Meunière Butter is served over _________.
    (a) fish
    (b) beef
    (c) chicken
    (d) vegetable
103. Which of the following is **not** one of the four ingredients in Maître d'Hôtel Butter?
   (a) butter 
   (b) lemon juice 
   (c) black pepper 
   (d) chopped parsley 

104. An emulsion is a(n) __________.
   (a) uniform mixture of two unmixable liquids
   (b) mixture that has been boil, cooled, and the boiled again
   (c) solid ingredient thoroughly mixed into a liquid ingredient
   (d) liquid that has enough body to stick to the back of a spoon

105. Which of the following statements is **true** about Hollandaise Sauce?
   (a) The egg in Hollandaise thickens by coagulation.
   (b) The classic version of Hollandaise is flavored only with lemon juice.
   (c) An advantage of Hollandaise is its high holding temperature that discourages the growth of bacteria and allows it to be kept as serving temperature for several hours.
   (d) none of the above

106. As Chef Heineken explained how to make Hollandaise Sauce to her students, she said all of the following except __________.
   (a) If your sauce curdles, try adding a teaspoon of water and beating vigorously.
   (b) Make sure your peppercorn, salt, and vinegar reduction is cooled before you add the beaten egg yolks.
   (c) Use the freshest eggs possible, and beat their yolks in a round-bottomed stainless steel bowl containing your reduction over hot water.
   (d) Have your clarified butter as hot as possible, add it all at once to your egg yolk and reduction mixture in the bowl, and whip vigorously.
In the first blank after the name of each Small Sauce, place the letter corresponding to the Leading Sauce it is made from. In the second blank, write the letter of the main flavoring ingredient(s).

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<tr>
<th>Small Sauce</th>
<th>Leading Sauce</th>
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<td>Example:</td>
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<td>Cream Sauce</td>
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<tr>
<td>107. Bordelaise Sauce</td>
<td>A. Béchamel</td>
<td>a) White wine</td>
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<td>108. Mousseline Sauce</td>
<td>B. Chicken</td>
<td>b) Onion, celery,</td>
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<td>109. Suprême Sauce</td>
<td>Velouté</td>
<td>garlic</td>
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<td>110. White Wine Sauce</td>
<td>C. Veal Velouté</td>
<td>c) Heavy cream</td>
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<td>111. Mushroom Sauce</td>
<td>D. Fish Velouté</td>
<td>d) Whipped cream</td>
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<td>112. Charcutière Sauce</td>
<td>E. Espagnole</td>
<td>e) Reduction of</td>
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<td>113. Allemande Sauce</td>
<td>F. Tomato</td>
<td>red wine, shallots,</td>
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<td>114. Madeira Sauce</td>
<td>G. Holladaise</td>
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<td>115. Creole Sauce</td>
<td>H. Béarnaise</td>
<td>f) Madeira wine</td>
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<td>116. Mornay Sauce</td>
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<td>g) Cheese</td>
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