Sample Test Questions Chapter 10: Understanding Meats and Game

Multiple Choice

1. About 75% of muscle tissue, or meat is
   (a) protein.
   (b) water.
   (c) fat.
   (d) collagen.

2. A federal inspection stamp on a cut of meat indicates that the cut was found to be
   (a) properly aged.
   (b) wholesome and fit to eat.
   (c) tender and of good quality.
   (d) a good proportion of lean to fat.
   (e) all of the above.

3. What percentage of Canadian beef product fall within “A Grades” and Prime classifications
   (a) 60%
   (b) 75%
   (c) 90%
   (d) 100%

4. The term “green meat” refers to meat that is
   (a) low grade meat.
   (b) spoiled meat that has developed mold.
   (c) meat that is not aged enough.
   (d) meat that is aged in a vacuum pack.

5. Tenderness in cooked meat is determined by
   (a) the cooking method used.
   (b) the maturity of the animal.
   (c) the specific cut used.
   (d) all of the above.

6. The most accurate way to test the doneness of a large roast is to
   (a) test the internal temperature with a meat thermometer.
   (b) pierce the meat with a skewer or fork and check the color of the juices.
   (c) observe the roasting time given on a meat roasting chart, based on the weight of the roast and the oven temperature.
   (d) press on the roast to feel how firm it is.

7. The doneness of broiled or grilled steaks is normally tested by
   (a) testing the internal temperature with a meat thermometer
   (b) piercing the meat with a skewer or fork and checking the color of the juices.
   (c) observing the broiling time given on a meat broiling chart, based on the weight of the steak and broiler temperature.
   (d) pressing on the steak to feel how firm it is.
8. Larding is
   (a) interior fat that occurs naturally within muscle tissue
   (b) the exterior fat covering of meats.
   (c) inserting strips of fat with a needle into meats.
   (d) basting meats with fat during cooking to prevent drying.

9. Browning meat at a high temperature before roasting may be done
   (a) with certain small roasts to develop flavor and color.
   (b) to seal the pores of the meat to keep in juices.
   (c) to speed cooking time.
   (d) none of the above. High heat should never be used for roast meats.

10. The correct order of the components of meat (from the highest percentage component →
    lowest percentage component) is __________.
    (a) protein → fat → water → carbohydrate
    (b) fat → water → carbohydrate → protein
    (c) water → protein → fat → carbohydrate
    (d) carbohydrate → protein → fat → water

11. Meat shrinkage--caused by moisture loss during the cooking process--is a major
    problem because too much moisture loss causes __________.
    (a) dry meat
    (b) loss of profit
    (c) loss of weight
    (d) all of the above

12. __________ is the main source of flavor in meat.
    (a) Fat
    (b) Protein
    (c) Carbohydrate
    (d) none of the above

13. A well-marbled prime (top grade) steak tastes "beefier" than the same cut of a lower
    grade because it contains more __________.
    (a) fat
    (b) protein
    (c) collagen
    (d) carbohydrates

14. Adding fat to the surface of a meat to protect it from drying out during the cooking
    process is known as __________.
    (a) larding
    (b) barding
    (c) marbling
    (d) coagulation
15. The texture or grain of a piece of meat is determined by _________.
   (a) its fat content
   (b) the size of its muscle fibers
   (c) the extent to which its protein has coagulated
   (d) all of the above

16. Which of the following is true about the connective tissue in meat?
   (a) It is tough.
   (b) It is concentrated most highly in younger animals.
   (c) It is concentrated most highly in muscles that are less exercised.
   (d) all of the above

17. Which of these sets of words correctly completes the following sentence? Collagen is ________, and elastin is _________.
   (a) yellow in color, white in color
   (b) dissolved by acid, not dissolved by acid
   (c) not broken down by cooking, broken down by cooking
   (d) all of the above

18. The collagen in meat can be broken down by _________.
   (a) acid
   (b) enzymes
   (c) long, slow cooking in the presence of moisture
   (d) all of the above

19. The elastin in meat can be broken down by _________.
   (a) acid
   (b) enzymes
   (c) long, slow cooking in the presence of moisture
   (d) none of the above

20. Meat containing elastin can be tenderized by _________.
   (a) grinding
   (b) pounding and cubing
   (c) slicing very thin against the grain
   (d) all of the above

21. Which of the following statements is false in regard to meat inspection?
   (a) It is required by law.
   (b) It is indicated by a round stamp.
   (c) It involves a quality designation.
   (d) It is a guarantee of wholesomeness.

22. Which of the following is naturally tender and does not require long, slow cooking with moist heat?
   (a) sweetbreads
   (b) tripe
   (c) oxtails
   (d) both a and b
23. What is yield grade?
   (a) Measurement of wholesomeness
   (b) Tenderness
   (c) Aging
   (d) Edible lean

24. Which of the following is the correct order of Canadian beef grades if they are arranged from the lowest grade—highest grade.
   (a) Canada AAA – Canada AA – Canada A
   (b) Canada 3 – Canada 2 – Canada 1
   (c) Canada A – Canada AA – Canada AAA – Canada Prime
   (d) Yield class 1 – Yield class 2 – Yield class 3

25. The softening that takes place in meat during the aging process is due to _____.
   (a) the effect of rigor mortis
   (b) continuing enzyme action in muscle tissue
   (c) ultraviolet lighting used during the aging process
   (d) keeping meats at below freezing temperatures for several days

26. Which of the following is the best method for cutting up oxtails?
   (a) cut into sections with a cleaver.
   (b) cut apart at the joints with a French knife or butcher knife.
   (c) cut into large pieces with a band saw.
   (d) none of the above.

27. Which of the following is not one of the steps in the preparation of sweetbreads?
   (a) Soak in several changes of cold water.
   (b) Peel membranes off the blanched sweetbread.
   (c) Press blanched sweetbreads between two trays.
   (d) Boil for 30 minutes in salted water containing lemon juice.

28. The trade name Cryovac is most closely related to __________.
   (a) dry aging
   (b) wet aging
   (c) yield grading
   (d) fabricated cuts

29. During dry aging, meat is __________.
   (a) protected from the air
   (b) packaged or wrapped carefully
   (c) sometimes treated with ultraviolet light
   (d) all of the above

30. Meat cuts are based on __________.
   (a) the muscle and bone structure of the meat
   (b) uses and appropriate cooking methods of various parts of the animal
   (c) both a and b
   (d) neither a nor b
31. A beef carcass is a whole animal, minus its _____.
   (a) hide
   (b) entrails
   (c) head and feet
   (d) all of the above

32. ________ is the correct sequence of meat cuts as they progress from largest → smallest?
   (a) Carcass → sides, quarters, fore/hindsaddles → primal/wholesale cuts → fabricated cuts
   (b) Sides, quarters, fore/hindsaddles → primal/wholesale cuts → fabricated cuts → carcass
   (c) Carcass → primal/wholesale cuts → fabricated cuts → sides, quarters, fore/hindsaddles
   (d) Fabricated cuts → primal/wholesale cuts → sides, quarters, fore/hindsaddles → carcass

33. A primal cut is fabricated when it is _______.
   (a) placed in a Cryovac bag while it is still green
   (b) cut up and trimmed in various ways
   (c) covered with cloth to protect it from mold and bacteria
   (d) allowed to age in a temperature- and humidity-controlled environment

34. Portion control cuts of meat require the _______ amount of work from the cook and are the _______ expensive per pound of all categories of cuts.
   (a) most, most
   (b) most, least
   (c) least, most
   (d) least, least

35. Chef Os asked the following four students to give him a reason why it is important to know the bone structure of meat animals. Which of them had apparently not read her/his assignment?
   (a) Celeste: "If you know bone structure, then you will be able to identify cuts of meat more accurately."
   (b) Teofilo: "Knowing where the bones are in a piece of cooked meat helps you to carve it more skillfully."
   (c) Savrista: "It is much easier to bone and cut meat if you are aware of the bone structure of the animal you are processing."
   (d) Laurent: "Knowing the location of the bones in a cut of meat will help you determine whether you should cook it with moist or dry heat."

36. If we moved along the backbone of a beef carcass from the front end to the tail end, we would encounter the following order of primal cuts.
   (a) chuck → rib → loin → round
   (b) round → loin → rib → chuck
   (c) loin → round → chuck → rib
   (d) rib → chuck → round → loin
37. If we moved along the underside of a beef carcass from the front end to the tail end, we would encounter the following order of primal cuts.
   (a) short plate → round → brisket → flank → shank
   (b) brisket → flank → short plate → round → round
   (c) round → flank → short plate → brisket → shank
   (d) shank → brisket → short plate → flank → round

38. Which of the following contains the other three?
   (a) strip loin
   (b) short loin
   (c) club steak
   (d) short tenderloin

39. Dry heat is the preferred cooking method for _____.
   (a) brisket
   (b) short ribs
   (c) stew meat
   (d) club steaks

40. Which of the following is an incorrect combination of beef primal cut → fabricated cuts?
   (a) shank→ hind shank, knuckle, and rump
   (b) chuck→ cube steaks, triangle, and shoulder clod
   (c) short plate→ short ribs, stew meat, and ground beef
   (d) short loin→ club steaks, T-bone steaks, and Porterhouse steaks

41. Which of the following is not from a forequarter of beef?
   (a) rib
   (b) chuck
   (c) round
   (d) brisket

42. Which of the following is not from a hindquarter of beef?
   (a) flank
   (b) sirloin
   (c) brisket
   (d) short loin

43. Chef Viande was lecturing about primal cuts of meat. If he wrote the words shoulder, breast, hotel rack, shank, loin, and leg on the blackboard, then he was talking about primal cuts of _________.
   (a) veal
   (b) pork
   (c) lamb
   (d) either a or c
44. Whether you buy whole carcasses, fabricated cuts, or anything in between, depends on four factors. Which of the following is not one of those factors?
   (a) Can you use all cuts and lean trim on your menu?
   (b) How much meat-cutting skills do you or your staff have?
   (c) Which form gives you the best cost per portion, after figuring in labor costs?
   (d) Does your clientele expect you to serve a particular grade of meat (e.g., prime or choice)?

45. Carcasses or primal cuts ________ than fabricated cuts.
   (a) require more labor
   (b) result in less waste
   (c) cost more per pound
   (d) all of the above

46. When Chef Viande orders a cut of meat, he must specify its _______.
   (a) state of refrigeration
   (b) item name and grade
   (c) weight range and fat limitation
   (d) all of the above

47. The heat of cooking affects tenderness of meat by ______.
   (a) toughening protein
   (b) tenderizing connective tissue
   (c) both a and b
   (d) neither a nor b

48. Which of the following statements is true?
   (a) Low heat toughens and shrinks protein and results in excessive moisture loss.
   (b) Roasts cooked at high temperature have better yields than those cooked at low temperature.
   (c) Because liquid or steam does not conduct heat as well as air, it is best to boil meat, not simmer it.
   (d) Broiled meat stays tender because it is done so quickly that the inside of the meat never gets very hot.

49. Rib and loin cuts of beef and lamb are almost always cooked in one of three ways. Which of the following is not one these ways?
   (a) grilling
   (b) broiling
   (c) braising
   (d) roasting
50. Which of the following is the correct series of beef cuts arranged from most → least tender?
   (a) loin and rib → chuck and shoulder → leg and round → shanks, breast, brisket, and flank
   (b) chuck and shoulder → leg and round → shanks, breast, brisket, and flank → loin and rib
   (c) shanks, breast, brisket, and flank → loin and rib → leg and round → chuck and shoulder
   (d) leg and round → loin and rib → shanks, breast, brisket, and flank → chuck and shoulder

51. Which of these sets of words correctly completes the following sentence?
   Fat is tied to meat during __________ and inserted into meat during __________.
   (a) barding, larding
   (b) larding, barding
   (c) marbling, fabricating
   (d) both a and c

52. In addition to tenderness, another goal of cooking is to _____.
   (a) develop flavor
   (b) develop appearance
   (c) prevent excessive shrinkage and nutrient loss
   (d) all of the above

53. Which of the following statements is true about searing and sealing meat?
   (a) An overcooked steak will not be dry if it has been seared first.
   (b) Dropping a piece of meat into boiling water before you broil it will help to seal in its juices as it broils.
   (c) Roasts cooked from the start at a high temperature retain more juices than roasts that are started on low heat.
   (d) none of the above

54. Why is it better to thaw meats before you cook them?
   (a) Cooking frozen meats requires more time and energy.
   (b) Frozen meats lose more moisture during cooking than thawed meats.
   (c) Cooking frozen meats complicates the cooking process and requires adjustments in procedures.
   (d) all of the above

55. You would be most likely to use a thermometer if you were measuring the doneness of a piece of meat cooked with __________ heat.
   (a) dry
   (b) wet
   (c) steam
   (d) pressure
56. I am a steak who has a browned surface, a thin layer of grey meat, and a red interior. I have been cooked _________.
   (a) rare  
   (b) medium  
   (c) well done  
   (d) none of the above

57. Which of these sets of words or phrases correctly completes the following sentence? If the interior temperature of a piece of beef is ________, then it is _________.
   (a) 130°F (54°C), medium  
   (b) 160°F (71°C), well done  
   (c) 104-145°F (60-63°C), rare  
   (d) none of the above

58. The U.S. Department of Agriculture and other agencies suggest that meats should be cooked to at least ________ in order to be completely safe.
   (a) 130°F (54°C)  
   (b) 140°F (60°C)  
   (c) 150°F (66°C)  
   (d) 160°F (71°C)

59. If a piece of meat feels moderately firm and resilient, and springs back readily when it is pressed, then it has been cooked to _________.
   (a) rare  
   (b) medium  
   (c) well done  
   (d) none of the above

60. The ________ of a cut of meat determines its cooking time.
   (a) age  
   (b) grade  
   (c) weight  
   (d) thickness

61. In which of the following parts of the dressed carcass are variety meats (or offal) found?
   (a) flank  
   (b) brisket  
   (c) short plate  
   (d) variety meats are not part of a dressed carcass

62. Which of the following is not a glandular meat?
   (a) liver  
   (b) tripe  
   (c) brains  
   (d) sweetbreads
63. Which of the following is not a muscle meat?
   (a) tripe
   (b) heart
   (c) tongue
   (d) sweetbreads

64. Which of the following statements about variety meats is false?
   (a) Liver should always be cooked well done.
   (b) Veal and lamb kidneys are usually broiled or sautéed
   (c) If brains are to be deep-fried, they should be poached first.
   (d) You would not find sweetbreads in a mature beef animal.

65. Which of the following is true about sweetbreads?
   (a) They are relatively inexpensive.
   (b) They are found in mature cattle, but not in calves.
   (c) They should be soaked and blanched before they are cooked.
   (d) They tend to be strong in flavor and tough in texture, so they must be cooked for much longer times in order to weaken their flavor and break down their connective tissues.

66. Which of the following combinations is incorrect?
   (a) tongue — often served cold
   (b) heart — tough and lean
   (c) oxtails — cut up with a cleaver
   (d) tripe — simmered to make it tender

67. Which of the following muscular variety meats would you be most likely to slice and serve in a sandwich?
   (a) tripe
   (b) heart
   (c) oxtails
   (d) tongue

68. Which of the following muscular variety meats would you be most likely use to prepare a soup?
   (a) tripe
   (b) heart
   (c) oxtails
   (d) tongue

69. Which of the following is true about storing fresh meats?
   (a) Store fresh meat at 32°F to 36°F (0°C to 2°C).
   (b) Meat that is going bad can be rescued by freezing it.
   (c) Open Cryovac-wrapped meats as soon as they are delivered.
   (d) Be sure to wrap fresh meat tightly to protect it from bacterial growth.
70. Which of the following is true about storing frozen meats?
   (a) Defrost frozen meats at room temperature.
   (b) Store frozen meats at 0°F (-18°C) or colder.
   (c) Refreezing thawed meats does not decrease their quality.
   (d) both a and b

71. Because of its lack of _______________, loin of venison is usually cooked rare.
   (a) connective tissue
   (b) fat
   (c) flavor
   (d) tenderness

72. The French word for rabbit, often used on menus, is
   (a) lapin
   (b) chevreuil
   (c) lièvre
   (d) rabbé

In the blanks following each of the cuts listed in Column 1, write the letter from Column 2 corresponding to the primal cut form which it is taken.

<table>
<thead>
<tr>
<th>Column 1—Beef Cuts</th>
<th>Column 2—Primal Cuts</th>
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<tbody>
<tr>
<td>73. Tenderloin</td>
<td>a. Square-cut chuck</td>
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<td>74. Strip Loin Steak</td>
<td>b. Rib</td>
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<td>75. Short ribs</td>
<td>c. Full loin</td>
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<td>76. Eye of round</td>
<td>d. Round</td>
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<td>77. Prime rib roast</td>
<td>e. Flank</td>
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<td>78. Shoulder clod</td>
<td>f. Brisket</td>
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<td>79. Corned beef brisket</td>
<td>g. Flank</td>
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<td>80. Hamburger</td>
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<td>81. Porterhouse steak</td>
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<td>82. T-bone steak</td>
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<td>83. Knuckle</td>
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<td>84. Rump roast</td>
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### Column 1—Lamb and Veal Cuts

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<tbody>
<tr>
<td>85. Rib chop</td>
<td>_____</td>
<td>a. Shoulder</td>
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<td>86. Loin chop</td>
<td>_____</td>
<td>b. Hotel rack</td>
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<td>87. Crown roast</td>
<td>_____</td>
<td>c. Loin</td>
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<td>88. Boneless shoulder</td>
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<td>d. Leg roast</td>
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<td>89. Scaloppine</td>
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### Column 1—Pork Cuts

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<td>b. Boston butt</td>
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<td>93. Loin chops</td>
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<td>c. Loin</td>
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<td>94. Smoked daisy</td>
<td>_____</td>
<td>d. Ham</td>
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<td>95. Smoked picnic</td>
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<td>96. Canadian-style bacon</td>
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<td>97. Smoked ham steak</td>
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*For each of the following, indicate whether you would most likely use a dry-heat cooking method or a moist-heat cooking method.*

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<tbody>
<tr>
<td>98. Lamb rib chop</td>
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<td>99. Veal shank</td>
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<td>100. Beef strip loin steak</td>
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<td>106. Beef inside (top) round</td>
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<td>107. Beef tenderloin</td>
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