Sample Test Questions Chapter 13: Cooking Poultry and Game Birds

Multiple Choice

1. To roast a 25-lb (11-kg) turkey, you would
   (a) roast it at 300°F (150°C) until done.
   (b) roast it at 375°F (190°C) until done.
   (c) start it at 375-400°F (190-200°C) to brown it, then turn it down to 300°F (150°C) and roast until done.
   (d) roast it at 275-300°F (135-150°C) until nearly done, then turn the temperature to 375-400°F (190-200°C) so that the turkey browns.

2. The internal temperature of roast turkey that is cooked to doneness is
   (a) 145°F (63°C).
   (b) 165°F (74°C).
   (c) 180°F (82°C).
   (d) none of the above.

3. To check roast chicken for doneness, you would
   (a) pour out the juices from the body cavity to see if they are no longer pink or red.
   (b) feel the leg joints to see if they are loose.
   (c) test the temperature of the inner part of the thigh with a meat thermometer.
   (d) all of the above.

4. For deep-fried chicken, which of the following types of chicken is most appropriate?
   (a) Broilers
   (b) Roasters
   (c) Capons
   (d) Fowl

5. Chicken fricassée is
   (a) a highly seasoned chicken dish prepared by broiling.
   (b) a white stew cooked by braising.
   (c) a braised dish in which the chicken in browned and then simmered with onions, tomatoes, stock, and seasonings.
   (d) a simmered chicken stew made with mushrooms and parsley.

6. Chicken is usually broiled
   (a) at a lower temperature than most steaks.
   (b) at a higher temperature than most steaks.
   (c) at the same temperature as most steaks.
   (d) after first being breaded.
7. The part of a chicken most appropriate for poaching is the
   (a) thigh.
   (b) breast.
   (c) wing.
   (d) drumstick.

8. The first step in braising poultry is
   (a) blanching it in water.
   (b) simmering it in a seasoned liquid.
   (c) boiling it to remove impurities.
   (d) searing it in hot fat.

9. The breast meat of chicken and turkey is so similar to ________ that they are interchangeable in many recipes.
   (a) veal
   (b) beef
   (c) pork
   (d) all of the above

10. When seasoning and basting poultry, it is important to _____.
    (a) baste ducks and geese frequently
    (b) season the skin, even if it will not be eaten
    (c) baste large turkeys every 20 to 30 minutes if they are subjected to dry heat for several hours
    (d) carefully protect the skin from oil because oil will dry the skin and prevent it from browning

11. If you were cooking a ________, you would you not need to baste it while it cooked.
    (a) duck or goose
    (b) turkey, breast side down
    (c) both a and b
    (d) neither a nor b

12. Which of the following combinations is correct?
    (a) searing — small chickens and chicken parts
    (b) high-temperature roasting — turkeys and capons
    (c) low-temperature roasting — squab and game birds
    (d) all of the above

13. When broiling or grilling chicken, it is helpful to ________.
    (a) start with the pieces skin side up
    (b) use higher temperatures than for beef
    (c) brush generously with butter or fat before and during broiling
    (d) none of the above
14. ________ may be successfully "flash roasted" at high temperatures.
   (a) Ducks  
   (b) Cornish hens  
   (c) Squab and game birds  
   (d) all of the above

15. Because chicken and turkey are lean and tender meats, it is appropriate to cook them in fat by ________ them.
   (a) sautéing  
   (b) pan-frying  
   (c) deep-frying  
   (d) all of the above

16. Which of the following statements is false about pan-frying poultry?
   (a) The side that is to face up on the plate should be browned first.
   (b) About 1/4 inch (1/2 cm) of fat in the pan is needed to pan-fry chicken.
   (c) Breading or flouring should be used so that the product will achieve even browning and crispness.
   (d) After browning on all sides on moderate heat, the temperature should be raised to high to insure doneness.

17. When deep-frying chicken, it is important to ________.
   (a) fry chicken at 325°F to 350°F (160°C to 175°C)  
   (b) use pieces from larger chickens so they will not overcook  
   (c) turn the products often so they will brown evenly on all sides  
   (d) all of the above

18. The major difference between simmering and poaching is the ____.
   (a) type of liquid used  
   (b) type of poultry being cooked  
   (c) temperature of the liquid used  
   (d) presence or absence of mirepoix

19. If you want the meat you are simmering to retain the most flavor, you should ________.
   (a) sear it first  
   (b) start it in hot water  
   (c) start it in cold water  
   (d) season it before simmering it

20. All of the following statements about poaching are true except one. Which one is false?
   (a) Poaching is used to gently cook tender poultry.  
   (b) Poaching helps poultry retain its moisture and develop a light, subtle flavor.  
   (c) Cooking time for poaching is usually very long due to the low temperature used.  
   (d) The liquid used in poaching can be used to make a sauce to serve with the cooked product.
21. Braising can add __________ to poultry products.
   (a) flavor 
   (b) moisture 
   (c) tenderness 
   (d) all of the above

22. Coq au vin is an example of a __________ chicken dish.
   (a) braised 
   (b) sautéed 
   (c) poached 
   (d) simmered

23. Which of the following cooking methods most closely resemble a classical "sauté?"
   (a) braising 
   (b) pan-frying 
   (c) fricasséeing 
   (d) simmering or poaching

24. In a fricassée, chicken is __________
   (a) seared, but not browned 
   (b) barded with bacon to increase its moistness 
   (c) poached in a broth fortified with white wine 
   (d) first seared and then cooked in a dark roux with vegetables

25. Chef Bourre suspected that his students had not read the section of their text book on dressings and stuffings, so he asked them the following a one-question pop quiz: Give one reason why baking stuffing separately—not stuffed into a chicken or turkey—produces better results. Which of his students failed this quiz?
   (a) Bill: "The flavor of dressing cooked outside a bird is superior to stuffing that has been cooked inside a bird."
   (b) Hillary: "Additional time is needed to cook stuffing thoroughly, and this often results in an overcooked bird."
   (c) Barbara: "It is less practical to fill a bird with stuffing and then have to remove the stuffing after the bird is cooked."
   (d) George: "Stuffing a chicken or turkey is unsafe because the inside of a bird is an ideal breeding ground for the types of bacteria that can produce food poisoning."

26. Although it is not advisable to stuff most poultry, __________ are often stuffed.
   (a) very large turkeys 
   (b) Cornish hens and quail 
   (c) ducks, geese, and other waterfowl 
   (d) capons and other neutered poultry
27. Which of the following can be added to dressing to add flavor, character, and/or bulk?
   (a) oysters
   (b) giblets or sausage
   (c) nuts, fruits, or chestnuts
   (d) all of the above

28. When Chef Matiere lectured on the guidelines for making dressing, she said all of the following except, _________.
   (a) "Bake dressing in shallow pans."
   (b) "Do not pack dressing or stuffing tightly into baking pans or poultry."
   (c) "Be sure to cool all the ingredients thoroughly before combining them in order to avoid the growth of dangerous bacteria."
   (d) "It is not necessary to cook the ingredients in stuffing before you combine them because they will cook during the baking process."

29. Roberto answered "true" to all of the following true-false questions. Which one did he miss?
   (a) Roasting and baking are the same process.
   (b) Poultry items are almost always cooked well done.
   (c) Simmering temperature is lower than poaching temperature.
   (d) The presentation side of a piece of poultry is usually the skin side.

30. The true meaning of the term “teriyaki” is __________________________.
   (a) marinated in soy sauce
   (b) glaze-grilled
   (c) deep-fried in a light batter
   (d) simmered in a soy sauce mixture

31. Unlike salsas, Mexican moles always __________________________.
   (a) are cooked
   (b) contain chocolate
   (c) contain tomatoes
   (d) all of the above

32. Which part of the duck or goose is most often used to make confit?
   (a) leg
   (b) breast
   (c) livers
   (d) the whole, uncut bird

33. If poultry is basted during roasting, it should be basted with fat.
34. Ducklings should be basted frequently during roasting in order to reduce their high fat content.
35. After roasting, turkey should be allowed to stand for at least 15 minutes before carving.
36. Rock Cornish Game Hens should not be broiled because they become overcooked very quickly at high temperatures.
37. Pan-fried chicken pieces should be browned on the skin side first.
38. A major difference between deep-frying and pan-frying chicken is that deep-fried chicken is usually breaded, while pan-fried chicken is never breaded or dredged in flour.
39. When celery is added to bread dressing, it should be cooked before being combined with the other ingredients.
40. In order to prevent the growth of bacteria that cause food poisoning, pans of baked dressing should be reheated by removing them from the refrigerator and placing them directly in the steam table.
41. The correct order of steps in making gravy for poultry are to brown the mirepoix, deglaze the roasting pan with stock, strain the liquid, and thicken with roux.
42. Broiled chicken may be seasoned on the skin side before cooking.
43. During braising of poultry, the pot should be kept uncovered.