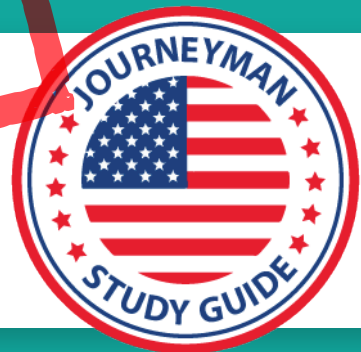


JOURNEYMAN STUDY GUIDE COOK YEAR 2

SAMPLE
250 EXAM PREP QUESTIONS,
WITH ANSWERS



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JourneymanStudyGuide.com

UNITY CREST SOLUTIONS INC.

Who Is Journeyman Study Guide For?

Welcome to *Journeyman Study Guide*—your key to unlocking success in your trade, earning the recognition you deserve, and building a solid career in America. Whether you're an apprentice just starting out, a seasoned professional, or someone new to the country and adjusting to U.S. trade standards, this guide is designed to complement your learning and support you along the way. While it provides valuable insights and resources, it's not a substitute for official materials required for certification.

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— Carlos Ramirez, Electrician, originally from Mexico

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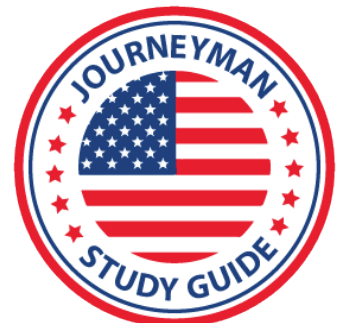
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SNOWS QUEST



Year 2: Intermediate Culinary Techniques

Subject 3. Soup, Sauce, and Stock Preparation

1. What is the main ingredient in chicken stock?

- a) Vegetables
- b) Spices
- c) Chicken bones
- d) Water

Correct Answer: c) Chicken bones

Explanation: Chicken stock is primarily made using chicken bones, which provide a rich flavor and gelatin when simmered. The bones release collagen, enhancing the stock's body and mouthfeel. While water and vegetables may be included to add depth, the essential component is indeed the chicken bones, which form the foundation of the stock.

2. Which sauce is a mother sauce?

- a) Gravy
- b) Salsa
- c) Tomato
- d) Béchamel

Correct Answer: d) Béchamel

Explanation: Béchamel is one of the five mother sauces in classical French cuisine. It is a white sauce made from a roux of butter and flour, combined with milk. This sauce serves as a base for many derivative sauces, such as cheese sauce and cream sauce, highlighting its fundamental role in sauce preparation.

3. What is a common use for vegetable stock?

- a) Dessert topping
- b) Base for soups
- c) Meat marinade
- d) Salad dressing

Correct Answer: b) Base for soups

Explanation: Vegetable stock is primarily used as a base for soups, providing flavor without the use of meat. It is made by simmering various vegetables, herbs, and spices, allowing the flavors to meld together. This stock is versatile and can also be used in risottos, sauces, and braising liquids to enhance dishes.



4. Which ingredient thickens a velouté sauce?

- a) Milk
- b) Flour
- c) Cream
- d) Egg

Correct Answer: b) Flour

Explanation: Velouté is a sauce thickened with a roux, which consists of equal parts flour and fat, typically butter. The roux is cooked to eliminate the raw flour taste, then stock is added to create the velouté. This sauce serves as a foundation for many secondary sauces and is essential in classical cooking.

5. How long should stock simmer?

- a) 1 hour
- b) 4 hours
- c) 24 hours
- d) 30 minutes

Correct Answer: b) 4 hours

Explanation: To properly develop flavor and extract nutrients, stocks should be simmered for several hours. For chicken and beef stocks, around 4 hours is ideal, while vegetable stocks may require less time, about 1-2 hours. This prolonged cooking allows the flavors to concentrate and results in a rich, aromatic liquid.

6. What flavor balance is essential in soups?

- a) Sweetness
- b) Bitterness
- c) Saltiness
- d) Acidity

Correct Answer: d) Acidity

Explanation: Balancing flavors in soups often requires the addition of acidity to brighten the overall profile. Lemon juice, vinegar, or tomatoes can be added to counteract heaviness and enhance other flavors. This balance creates a more harmonious dish, ensuring that no single flavor dominates the palate and enhances the overall experience.



7. What is a key ingredient in a tomato sauce?

- a) Garlic
- b) Sugar
- c) Flour
- d) Cream

Correct Answer: a) Garlic

Explanation: Garlic is a fundamental ingredient in tomato sauce, as it adds depth and richness to the flavor. When sautéed, garlic releases its aromatic qualities, complementing the acidity of the tomatoes. While sugar can be used to cut acidity and flour for thickening, garlic remains a crucial component in traditional tomato sauce preparation.

8. What is the main purpose of a stock?

- a) Thickening agent
- b) Flavor base
- c) Garnish
- d) Color

Correct Answer: b) Flavor base

Explanation: The primary purpose of stock is to serve as a flavor base for soups, sauces, and various dishes. Stocks are made by simmering bones, meats, or vegetables, allowing the essential flavors to extract into the liquid. This rich infusion enhances the taste of a wide range of culinary preparations, making it a cornerstone of cooking.

9. Which sauce is made with milk?

- a) Marinara
- b) Béchamel
- c) Velouté
- d) Hollandaise

Correct Answer: b) Béchamel

Explanation: Béchamel sauce is a classic French mother sauce made with milk and a roux. The roux, made of equal parts flour and butter, serves to thicken the milk, creating a creamy texture. This versatile sauce is used in numerous recipes, including lasagna and macaroni and cheese, showcasing its importance in cooking.



10. What technique helps balance flavors?

- a) Chopping
- b) Boiling
- c) Tasting
- d) Simmering

Correct Answer: c) Tasting

Explanation: Tasting is crucial in balancing flavors during cooking. By regularly sampling a dish, cooks can make adjustments, adding ingredients such as salt, acid, or spices to enhance flavor. This iterative process ensures the final product achieves the desired taste profile, creating a well-rounded dish that pleases the palate.

11. What type of stock uses fish bones?

- a) Beef
- b) Chicken
- c) Fish
- d) Vegetable

Correct Answer: c) Fish

Explanation: Fish stock, or fumet, is made using fish bones and often includes aromatics like onions, celery, and herbs. It is typically simmered for a shorter time compared to meat stocks, usually about 30-45 minutes, to preserve the delicate flavors. This stock is essential in seafood soups and sauces, enhancing the oceanic taste.

12. Which sauce is known for a buttery flavor?

- a) Velouté
- b) Tomato
- c) Béchamel
- d) Hollandaise

Correct Answer: d) Hollandaise

Explanation: Hollandaise sauce is renowned for its rich, buttery flavor and creamy texture. Made from egg yolks, butter, and lemon juice, it is one of the five mother sauces in classical French cuisine. This sauce is commonly used in dishes like Eggs Benedict and provides a luxurious finish to vegetables and seafood.



13. What is a common thickening agent in sauces?

- a) Cornstarch
- b) Sugar
- c) Vinegar
- d) Oil

Correct Answer: a) Cornstarch

Explanation: Cornstarch is a widely used thickening agent in sauces, providing a smooth texture without altering flavor significantly. When mixed with cold water to create a slurry and added to a sauce, it thickens upon heating. This technique is especially useful for gravies and stir-fry sauces, enhancing consistency without heaviness.

14. Which vegetable is commonly used in mirepoix?

- a) Tomatoes
- b) Spinach
- c) Potatoes
- d) Carrots

Correct Answer: d) Carrots

Explanation: Mirepoix is a fundamental flavor base in cooking, traditionally composed of onions, carrots, and celery. Carrots add natural sweetness and color to the mixture, which is typically sautéed to release their flavors. This combination forms the aromatic foundation for stocks, soups, and sauces, contributing to the overall depth of flavor in dishes.

15. What is the function of a roux?

- a) Enhance color
- b) Preserve food
- c) Thicken sauces
- d) Add flavor

Correct Answer: c) Thicken sauces

Explanation: A roux is a mixture of equal parts flour and fat, typically butter, used primarily to thicken sauces and soups. By cooking the roux, the raw flour taste is eliminated, and it can effectively bind and add body to liquids. This technique is essential in creating velouté, béchamel, and gumbo, enhancing the texture of the dish.



16. Which herb is often added to stock?

- a) Oregano
- b) Thyme
- c) Basil
- d) Rosemary

Correct Answer: b) Thyme

Explanation: Thyme is a common herb added to stocks for its aromatic qualities. It complements other ingredients, enhancing the overall flavor profile. Thyme's earthy notes infuse the stock, making it a versatile and essential herb in the preparation of both meat and vegetable stocks, contributing to a well-rounded taste.

17. What is the primary liquid in sauces?

- a) Stock
- b) Milk
- c) Juice
- d) Water

Correct Answer: a) Stock

Explanation: Stock serves as the primary liquid in many sauces, providing a depth of flavor that water cannot achieve. It is the base that carries the essence of the ingredients used in the sauce, enhancing the overall dish. Using stock allows cooks to create rich, flavorful sauces that complement a variety of meals.

18. Which sauce is usually served cold?

- a) Aioli
- b) Tomato
- c) Béchamel
- d) Hollandaise

Correct Answer: a) Aioli

Explanation: Aioli is a traditional Mediterranean sauce typically served cold, made from garlic, olive oil, and sometimes egg yolks. This sauce acts as a flavorful condiment for a variety of dishes, including seafood and vegetables. Its cool, creamy consistency differentiates it from other sauces that are usually served warm or hot.



19. Which ingredient can add sweetness to tomato sauce?

- a) Sugar
- b) Vinegar
- c) Garlic
- d) Salt

Correct Answer: a) Sugar

Explanation: Adding sugar to tomato sauce helps balance its natural acidity, enhancing the overall flavor. When tomatoes are cooked, their acidity can be quite pronounced, and a touch of sugar can neutralize this tartness, creating a smoother, more palatable sauce. This technique is commonly employed in Italian cooking to achieve a harmonious taste.

20. Which stock is quickest to prepare?

- a) Vegetable
- b) Fish
- c) Chicken
- d) Beef

Correct Answer: b) Fish

Explanation: Fish stock is the quickest to prepare, requiring only about 30-45 minutes of simmering. Due to the delicate nature of fish bones, prolonged cooking can lead to bitterness. This stock is ideal for seafood-based soups and sauces, providing a light yet flavorful base that complements the natural taste of fish.

21. What is a common garnish for soups?

- a) Butter
- b) Sugar
- c) Croutons
- d) Flour

Correct Answer: c) Croutons

Explanation: Croutons are a popular garnish for soups, adding a crunchy texture and enhancing the overall presentation. Made from toasted or fried bread, they provide a delightful contrast to the smoothness of the soup. Croutons can be seasoned to complement various flavors, making them a versatile addition to any soup dish.



22. What is the primary flavor in a fish stock?

- a) Tomato
- b) Chicken
- c) Vegetable
- d) Fish

Correct Answer: d) Fish

Explanation: The primary flavor in fish stock comes from fish bones, which impart a distinct seafood taste. When simmered with aromatics like onions and herbs, the stock captures the essence of the ocean, making it ideal for seafood soups, sauces, and risottos. This stock is light yet flavorful, enhancing various dishes featuring fish.

23. Which sauce is a derivative of béchamel?

- a) Salsa
- b) Pesto
- c) Mornay
- d) Marinara

Correct Answer: c) Mornay

Explanation: Mornay sauce is a derivative of béchamel, enriched with cheese, typically Gruyère or Parmesan. This creamy, cheesy sauce is commonly used in dishes like macaroni and cheese or as a topping for vegetables and gratins. The combination of béchamel and cheese creates a luxurious flavor that elevates various culinary creations.

24. What is a common base for creamy soups?

- a) Milk
- b) Water
- c) Cream
- d) Stock

Correct Answer: c) Cream

Explanation: Cream serves as a common base for creamy soups, providing a rich, velvety texture and enhancing the flavor profile. Soups like cream of mushroom or tomato bisque utilize cream to achieve that smooth consistency. The addition of cream allows for a luxurious mouthfeel, making these soups comforting and indulgent.



25. What does blanching vegetables do before stock preparation?

- a) Remove bitterness
- b) Cook
- c) Enhance color
- d) Add flavor

Correct Answer: c) Enhance color

Explanation: Blanching vegetables before adding them to stock enhances their color and flavor. The process involves briefly boiling vegetables, then shocking them in ice water to halt cooking. This technique preserves the vibrant colors and nutrients, ensuring that the vegetables contribute positively to the stock's appearance and taste, making it more visually appealing.



Subject - 1

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About the Creators:

Bobby Bedi:

Bobby Bedi, co-creator of the Journeyman Study Guide, calls the Pacific Northwest home, where he has built an extensive career spanning more than two decades. His diverse background, which includes architecture, digital innovation, and industrial marketing, has given him a unique ability to bridge traditional industries with cutting-edge digital solutions. Bobby has worked across a spectrum of industries, from agile startups to publicly traded companies and educational platforms, bringing a depth of experience that has been crucial to the platform's success.

Bobby's precision and problem-solving skills, refined through his years in architecture, have seamlessly transitioned into his work in digital marketing and technology. Since 2006, Bobby has been at the forefront of digital innovation, applying his expertise to transform trade education. He has been instrumental in developing cutting-edge, user-friendly platforms that make learning accessible across the globe, combining technology with education to create impactful online experiences.

As co-creator of the platform, Bobby also plays a key role in the industrial sector, where he helps companies scale by leveraging his expertise in digital marketing and business strategy. His dedication to making education affordable and impactful has driven the growth of the Journeyman Study Guide, ensuring that individuals at every stage of their careers have access to quality learning tools.

Kris McFarlane:

Kris McFarlane, co-creator of the Journeyman Study Guide, has over two decades of experience in business development, education, and the trades. Based in the Pacific Northwest, Kris has worked with a range of organizations—from agile startups to publicly traded companies—driving business growth and developing successful strategies across industries. His expertise in scaling businesses and creating educational platforms has been key to the guide's reach and effectiveness.

Kris's deep roots in the trades and industrial sector, paired with his extensive experience in business development, give him a unique ability to understand both the practical and strategic needs of companies and individuals. His leadership and ability to mentor others have helped shape the platform, making it a go-to resource for tradespeople seeking career advancement and certification.

Having struggled with traditional education early in life, Kris understands the importance of making learning accessible for everyone. His passion for empowering others, especially those who feel underserved by conventional education systems, is reflected in every aspect of the Journeyman Study Guide. Kris's work is driven by a commitment to helping aspiring tradespeople succeed in their careers through affordable, practical, and accessible learning resources.

Work with the Creators

As co-creators of the Journeyman Study Guide, Bobby Bedi and Kris McFarlane draw from extensive experience working with agile startups, publicly traded companies, and education platforms. Their combined expertise has shaped a platform that empowers businesses and individuals alike. To learn more or explore opportunities with the *Unity Crest Solutions team*, visit UnityCrestSolutions.com, where they continue to help organizations and people succeed.



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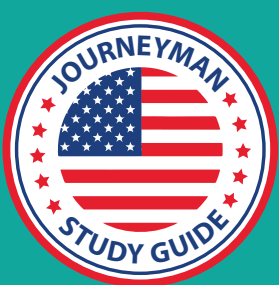
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