**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_**

**PROSTART FRMCA CHAPTER 13 – KITCHEN BASICS**

1. WHAT IS THE DIFFERENCE BETWEEN A “WORK STATION” AND A “WORK SECTION”
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_AND \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ARE THE 2 MAJOR ISSUES THAT ARE CONSIDERED WHEN DETERMINING HOW MANY WORKSTATIONS TO BUILD IN A KITCHEN.
3. WHAT ARE THE 3 THINGS THAT MAXIMIZING THE FLOW IN A KITCHEN CAN CREATE?

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1. TELL ME THE NAME OF THE WORK STATION THAT WOULD BE RESPONSIBLE FOR THE LISTED DUTIES.

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| DUTIES | WHICH STATION? |
| HOT AND COLD DRINKS |  |
| GRIDDLE AND SAUTE |  |
| STEAMING, ROASTING AND BROILING |  |
| SANDWICH AND SALADS (COLD FOODS) |  |
| FRIED FOODS |  |
| DESSERTS, PIES, BREADS |  |

1. WHO WAS RESPONSIBLE FOR INVENTING THE “KITCHEN BRIGADE”
2. EXPLAIN THE KITCHEN BRIGADE SYSTEM OF STAFFING A RESTAURANT
3. WHEN IT COMES TO SIZE AND NUMBER OF EMPLOYEES, HOW WOULD YOU COMPARE KITCHEN BRIGADES TODAY TO THAT OF 100 YEARS AGO?
4. WHICH PERSON IN A KITCHEN BRIGADE IS RESPONSIBLE FOR THE ENTIRE OPERATION?
5. IN A CLASSIC KITCHEN BRIGADE, WHAT POSITION IS KNOWN AS THE “SECOND CHEF” AND USUALLY CHECKS PLATES BEFORE GOING TO THE GUEST?
6. WHAT IS ANOTHER NAME FOR THE DINING ROOM MANAGER, WHO LEADS THE FRONT OF THE HOUSE BRIGADE?
7. IT’S NOT IN THE BOOK BUT TELL ME THE FRENCH NAME GIVEN TO THE WINE STEWARD.
8. WHICH DINING ROOM POSITION IS RESPONSIBLE FOR EXPLAINING THE MENU, TAKING ORDERS AND TABLESIDE COOKING?
9. WHICH DINING ROOM POSITION IS WHAT WE WOULD CALL THE “BUS-BOY”?
10. WHAT IS THE ROLE OF THE “FRONT WAITER”?
11. WHICH POSITION IN THE DINING ROOM BRIGADE IS RESPONSIBLE FOR SERVICE THROUGHT THE DINING ROOM OR A SECTION OF THE DINING ROOM?
12. WHAT ROLE DOES THE “EXPEDITER” PLAY IN A MODERN KITCHEN BRIGADE?
13. WHAT DOES “MISE EN PLACE” MEAN?
14. WHAT ARE THE 4 BASIC BUILDING BLOCKS OF A PROFESSIONAL CHEF WHEN IT COMES TO MISE EN PLACE?

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1. WHAT IS THE DEFINITION OF “SEASONING”?

1. WHAT ARE THE FOUR BASIC SEASONINGS?

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1. NAME 4 TYPES OF SALT USED AS SEASONING:

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1. TYPICALLY, SEASONINGS ARE USALLY ADDED ***WHEN DURING*** THE PROCESS OF COOKING?
2. WHAT ARE 4 DIFFERENT TYPES OF ACIDS USED IN COOKING?

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1. WHAT IS THE DEFINITION OF A “FLAVORING”?
2. WHAT ARE 3 EXAMPLES OF “AROMATIC LIQUIDS”?

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1. HERBS COME FROM WHAT PART OF THE PLANT?
2. SPICES COME FROM WHAT PART OF THE PLANT?
3. WHICH ARE STRONGER IN FLAVOR, FRESH OR DRIED HERBS?
4. WHAT IS THE RULE OF THUMB WHEN USING FRESH HERBS IN PLACE OF DRIED HERBS IN A RECIPE?

1. NAME THE **TWO FORMS** IN WHICH YOU CAN PURCHASE SPICES.
2. WHAT IS THE BEST WAY TO STORE HERBS AND SPICES?

WHAT THREE THINGS “SPEED UP” THE LOSS OF FLAVOR TO HERBS AND SPICES?

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1. WHEN WE “CLARIFY” BUTTER, WHAT INGREDIENT ARE WE REMOVING THAT CAN CAUSE BUTTER TO BURN IN A HOT PAN (SAUTEE)?
2. WHAT IS THE ADVANTAGE TO COOKING A CUSTARD OR CHEESECAKE IN A HOT WATER BATH?
3. WHEN WHIPPING EGG WHITES, OUR UTENSILS NEED TO BE CLEAN AND DRY. WHAT INGREDIENT IS KNOWN TO REDUCE THE VOLUME OF WHIPPED EGG WHITES?
4. WHY DO WE USE PARCHMENT PAPER WHEN BAKING AND COOKING?
5. WHAT ARE THE 5 BASIC COOKING TECHNIQUES UTILIZED IN “PRE-PREPARATION”?

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1. WHEN IT COMES TO NUTRITIONAL LABELS ON PRODUCTS, THEY ARE ALL BASED ON A DAILY DIET OF HOW MANY CALORIES?
2. WHAT IS THE NAME OF THE “FAT” THAT IS ASSOCIATED WITH HIGH CHOLESTEROL AND POOR HEART HEALTH?

1. WHAT IS THE ACTUAL; DEFINITION OF “SERVING SIZE”?
2. WHICH GOVERNMENT AGENCY REQUIRES THESE LABELS TO BE PUT ON PRODUCTS…TELL ME THE NAME, NOT JUST THE INITIALS?
3. HOW MANY MILLIGRAMS OF SALT IS THE RECOMMENDED DAILY AMOUNT?
4. ABOUT HOW MANY TEASPOONS OF SALT IS THE ANSWER TO NUMBER 29?
5. WHAT OTHER INGREDIENT IS USUALLY FOUND IN TYPICAL SALT?
6. WHAT IS THE MAXIMUM DAILY RECOMMENDED ALLOWANCE FOR CHOLESTEROL?
7. WE NEED FIBER IN OUR DIET TO HELP CLEAN OUT OUR GUT AND INTESTINES. IT PROVIDES BULK TO OUR NATURAL WASTE (POOPY). HOW MANY GRAMS OF DIETARY FIBER IS RECOMMNDED FOR OUR DAILY DIET?