Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_

**PROSTART CHAPTER FOUR**

1. A professional is responsible to four entities. What are they? (217)

1. 3.

2. 4.

2. Define each of the culinary attributes listed below. (218-224)

|  |  |
| --- | --- |
| Knowledge |  |
| Skill |  |
| Flavor, Aroma  Taste |  |
| Judgment |  |
| Dedication |  |
| Pride |  |
| Respect |  |
| Personal  Responsibility |  |

3. What is a workstation? Give examples. (225-226)

4. Escoffier is credited with the development of the kitchen brigade system. Give the responsibility for each of the following: (228-228)

**Kitchen Brigade**

|  |  |
| --- | --- |
| Chef |  |
| Sous Chef |  |
| Station Chefs |  |

**Dining-Room Brigade**

|  |  |
| --- | --- |
| Wine  Steward |  |
| Headwaiter |  |
| Captains |  |
| Front Waiter |  |
| Back Waiter |  |

5. Why are math skills important in restaurants? (234-235)

6. Fill in the equivalents: (242)

Liquid/Volume

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 gallon | Quarts | Cups | Fluid Ounces | Tbsp | Tsp |
| 1 quart | Pints | Cups | Fluid  Ounces | Tbsp | Tsp |
| 1 pint |  | Cups | Fluid ounces | Tbsp | Tsp |
| 1 cup |  |  | Fluid  Ounces | Tbsp | Tsp |
| 1 fluid  Ounce |  |  |  | Tbsp | Tsp |
| 1 Tbsp |  |  |  |  | Tsp |

Dry/Volume

|  |  |  |
| --- | --- | --- |
| 1 cup | Tbsp | Tsp |
| 1 Tbsp |  | Tsp |

7. What are the metric units of measure? (243)

|  |  |  |  |
| --- | --- | --- | --- |
| Volume | Temperature | Weight | Length |
| 1  2 | 1  2 | 1  2  3 | 1  2  3 |

8. What is a standardized recipe? (245)

9. What are the seven parts of a standardized recipe? (245-256)

1. 5.

2. 6.

3. 7.

4.

10. Define mise en place. (246)

11. What is the formula used to convert a recipe? (248)

12. What is the most accurate way to measure? (249)

13. What 4 cups are included in a customary measuring set? (250)

14. What are the 3 steps to measuring dry ingredients? (250)

1.

2.

3.

15. What are the 6 steps to measuring liquid ingredients? (251)

1. 4.

2. 5.

3. 6.

16. What 4 spoons are included in a customary measuring spoon set? (251)

17. What is taring the scale? (252)

18. What are the three types of scales? (252)

1.

2.

3.

19. Name the 3 methods for measuring fat and briefly describe each. (253)

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |

20. What is sifting and when do you do it? (254)

21. What is AP/EP? (254)

22. How do you determine how much of a certain vegetable to purchase? (256)

23. Why is it better to sometimes purchase convenience items? (257)

24. Cost the following recipe: (258)

|  |  |  |
| --- | --- | --- |
| **Ingredient** | **Amount** | **Unit Cost** |
| Orange Juice | 1 cup | $2.40/quart |
| Olive Oil | 1 oz | $8.00/pint |
| Roma Tomato | 3 | .30/each |
| Green Pepper | 1 | $1.00/each |
| Mango | 1 | $1.50/each |
| Cilantro | 1 bunch | .50/bunch |
| Avocado | 1 | $1.00 |
| Flour Tortilla | 1 | $1.20/dozen |
|  |  |  |
| **Ingredient** | **Amount x Unit Cost** | **Ingredient Cost** |
| Orange Juice | 1 cup x |  |
| Olive Oil | 1 oz x |  |
| Roma Tomato | 3 x |  |
| Green Pepper | 1 x |  |
| Mango | 1 x |  |
| Cilantro | 1 bunch x |  |
| Avocado | 1 x |  |
| Flour Tortilla | 1 x |  |

25. Exam Prep Questions

1. \_\_\_\_\_ 6. \_\_\_\_\_

2. \_\_\_\_\_ 7. \_\_\_\_\_

3. \_\_\_\_\_ 8. \_\_\_\_\_

4. \_\_\_\_\_ 9. \_\_\_\_\_

5. \_\_\_\_\_ 10. \_\_\_\_\_