

Red Seal Cook 415C Practice Test Questions and Answers

1. What is consommé?

- A) A thick, cream-based soup
- B) A clarified stock that is crystal clear and full-flavoured
- C) A purée soup made from root vegetables
- D) A hearty meat and vegetable stew

2. What is a demi-glace?

- A) A light vegetable broth reduced by half
- B) A rich sauce made by combining equal parts espagnole sauce and brown stock, then reducing by half
- C) A cream sauce with Dijon mustard
- D) A tomato sauce reduced until very thick

3. What is a 'cycle menu'?

- A) A menu that changes based on customer feedback
- B) A set menu that rotates on a fixed schedule (e.g., weekly or monthly) used in institutional foodservice
- C) A menu listing dishes by preparation method
- D) A menu created for a specific one-time event

4. What is 'laminated dough'?

- A) Dough that has been stretched very thin for phyllo pastry
- B) Dough with alternating layers of dough and fat created through repeated folding, used for croissants and puff pastry
- C) Dough that has been coated with an egg wash before baking
- D) Any dough rolled flat with a rolling pin

Answers: 1-B 2-B 3-B 4-B

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