

## Prep Test

1. Brisket should be cooked at what temperature, and for how long?
  - A. 375 degrees for 5 hours
  - B. 400 degrees for 5 hours
  - C. 350 degrees for 6 hours
  - D. 450 degrees for 4 hours
  
2. Pork should be cooked at what temperature, and for how long?
  - A. 350 degrees for 5 hours
  - B. 450 degrees for 4 hours
  - C. 375 degrees for 3.5 hours
  - D. 350 degrees for 6 hours
  
3. Which of the following, list the correct amounts of ingredients for prepping Fire-Roasted Salsa?
  - A. 10 onions / 1 LBS jalapenos / 5 red bell peppers / 4 green bell peppers
  - B. 5 onions / 2 LBS jalapenos / 3 red bell peppers / 3 green bell peppers
  - C. 4 onions / .5 LBS jalapenos / 5 red bell peppers / 5 green bell peppers
  - D. 3 onions / 1.5 LBS jalapenos / 5 red bell peppers / 5 green bell peppers
  
4. When prepping Queso, how many cups of water are added per can of cheese sauce?
  - A. 2 cups
  - B. 4 cups
  - C. 1 cup
  - D. 3 cups
  
5. When cooking the Cilantro-Lime rice, how long should the pan stay covered, even after the heat has been turned off?
  - A. 30 min.
  - B. 35 min.
  - C. 10 min.
  - D. 45min.



6. When prepping Mix-Mex rice, how long do you cook the vegetables in the braising pan, before you add the rice?

- A. 5 min
- B. 10 min
- C. 3 min
- D. 1 hour

7. How much Beef Enchilada Sauce goes into making 10lbs of Special Ground Beef?

- A. 3 cups
- B. 4.5 cups
- C. 5 cup
- D. 9 cups

8. When prepping Chicken (CK) /Ground Beef (GB) /Brisket (B) /Pork (P), what are the minimum internal temperatures that must be reached for each to ensure it is fully cooked?

- A. (CK)-165 / (GB)-165 / (B)-145 / (P)-145
- B. (CK)-155 / (GB)-165 / (B)-150 / (P)-140
- C. (CK)-150 / (GB)-160 / (B)-145 / (P)-150
- D. (CK)-160 / (GB)-150 / (B)-155 / (P)-155

9. When prepping Green Enchilada Sauce, how many cups of flour are required? How many for Beef Enchilada Sauce?

- A. 8 cups / 10 cups
- B. 8 cups / 8 cups
- C. 5 cups / 8 cups
- D. 7 cups / 12 cups

10. Match the following menu items with their correct prepped portion: (answers may be used more than once)

- Chicken Fajita / Beef Fajita \_\_\_\_\_
- Mixed Veggies \_\_\_\_\_
- Fajita Veggies \_\_\_\_\_
- Chorizo \_\_\_\_\_
- Salad Mix \_\_\_\_\_
- Salad dressings \_\_\_\_\_
- Verde Sauce \_\_\_\_\_

- A) 5oz
- B) 3oz
- C) 2oz container
- D) 4oz container
- E) 2oz



11. Match the color of cutting boards to their corresponding prep items:

Red \_\_\_\_\_

Yellow \_\_\_\_\_

Blue \_\_\_\_\_

Brown \_\_\_\_\_

Green \_\_\_\_\_

White \_\_\_\_\_

A) Seafood/Fish

B) Produce

C) Cooked Meats

D) Chicken

E) Dairy/Ready to Eat foods

F) Raw Meats

12. How much of each ingredient are required to prep Pico De Gallo?

\_\_\_\_\_ (cups) Tomato

\_\_\_\_\_ (cups) Onion

\_\_\_\_\_ (cups) Jalapeno

\_\_\_\_\_ (cups) Lime Juice

\_\_\_\_\_ Kosher Salt

\_\_\_\_\_ (cups) Cilantro

\_\_\_\_\_ (cups) Fajita Seasoning

13. List all ingredients required to prep Garlic sauce:

14. List all ingredients required to prep Guacamole, and describe the process:

15. Cilantro-Lime Rice has chicken base and food coloring in the liquid mixture.

A. True

B. False



16. When prepping Sriracha–Lime Sauce, butter is melted on high heat and left alone for 5 minutes so it can properly separate.

- A. True
- B. False

17. Before prepping any items that include produce, it is VERY important to thoroughly wash the produce in a prep sink before any other step.

- A. True
- B. False

18. When prepping the Mix–Mex Rice, you must drain the carrots before putting them into the pan with the corn and peas?

- A. True
- B. False

19. No prepped items at Fuzzy's have a shelf life longer than 72 hours

- A. True
- B. False

20. Baja Tortilla Soup has all of the following ingredients, EXCEPT:

Olive Oil  
Onions  
Hot Water  
Vegetable Base  
Pinto beans  
Black beans  
Fire–Roasted Salsa  
Corn

Peas  
Cilantro  
Minced Garlic  
Beef Enchilada Sauce  
Habanero Sauce  
Cumin  
Black Pepper



21. What is the shelf life of prepped Tempura Fish and Tempura Shrimp?

22. When prepping Bacon, what size should the Bacon be cut before being cooked on the grill, cooled, and portioned?

23. List the ingredients in Black Beans and Borracho Beans.

Black Beans

Borracho Beans

24. Why is it important to drain Tomatoes after we dice them & to put false bottoms on items like diced Tomatoes and Pico?

25. Name the three recipes that include Parsley in the ingredient list: