

## Chapter 3

### Baking and Pastry Equipment

#### TEST QUESTIONS

##### Multiple Choice

- The mixer that can handle the largest quantity of dough is the \_\_\_\_\_.
  - planetary mixer
  - spiral mixer
  - horizontal mixer
  - vertical mixer
- A \_\_\_\_\_ can be used to shape French baguettes.
  - rounder
  - molder
  - retarder
  - savarin mold
- An oven in which loaves are baked directly on the floor of the oven is a \_\_\_\_\_.
  - deck oven
  - hearth oven
  - rack oven
  - both a and b
- To cut a 3-pound piece of bread dough into 36 equal pieces for making dinner rolls, you would use a \_\_\_\_\_.
  - divider
  - molder
  - banneton
  - roller docker
- A \_\_\_\_\_ is used to bake loaves of bread that yield square or rectangular slices.
  - pullman pan
  - springform pan
  - barquette pan
  - brioche pan
- A mechanical oven gets its name because \_\_\_\_\_.
  - the controls and switches have mechanical connections, rather than electric
  - it uses a mechanically linked fan to circulate hot air in the oven
  - whole racks of sheet pans can be rolled into the oven
  - trays holding the baking food rotate through the oven's interior
- A trunnion kettle is a steam-jacketed kettle that \_\_\_\_\_.
  - can be programmed to chill foods as well as heat them
  - tilts
  - doubles as a deep-fryer
  - holds less than 10 quarts of liquid

8. \_\_\_\_\_ is another name for a charlotte ring.
- Cake ring
  - Savarin mold
  - Bombe
  - Tube pan
9. A banneton is used to \_\_\_\_\_.
- proof bread
  - cut bread dough into equal-size portions
  - bake cheesecakes
  - bake petits fours and tartlets
10. A madeleine is shaped like a \_\_\_\_\_.
- tube
  - cornstick
  - dome
  - seashell
11. To cut croissants quickly from rolled-out dough, you would use a \_\_\_\_\_.
- couche
  - roller cutter
  - roller docker
  - bowl knife
12. Clear flexible strips for lining charlotte molds are made of \_\_\_\_\_.
- acetate
  - silicone
  - nylon
  - plasticene
13. A hydrometer \_\_\_\_\_.
- retards and then proofs yeast doughs
  - measures the temperature of boiling sugar syrups
  - measures the density of sugar syrups
  - measures the amount of water in a batter or dough
14. The three main attachments for a vertical mixer are \_\_\_\_\_.
- dough arm, pastry hook, and whip
  - dough arm, paddle, and whip
  - paddle arm, pastry blender, and whip
  - paddle, pastry blender, and dough hook
15. A retarder is a type of \_\_\_\_\_.
- oven
  - proofer
  - mixer
  - refrigerator

## Chapter 4

### Ingredients

#### TEST QUESTIONS

##### True/False

- T F 1. The hard outer covering of wheat kernels and other grains is called bran.
- T F 2. Strong flour is made from wheat with a high protein content.
- T F 3. Cake flour is usually weaker than pastry flour.
- T F 4. Rye blend is a mixture of various grades of rye flour.
- T F 5. Bread flour stays in a lump when squeezed in the hand, but cake flour does not.
- T F 6. Not all sugars have the same degree of sweetness.
- T F 7. Invert sugar is a complex sugar that is formed when maltose and sucrose are combined with certain enzymes.
- T F 8. High-protein wheat flour absorbs less water than low-protein wheat flour.
- T F 9. An emulsion is formed when a solid ingredient dissolves in a liquid.
- T F 10. Emulsified shortening is usually softer in texture than regular shortening.
- T F 11. You can use either butter or shortening to make cookie dough, but you should never mix these two fats together or use both of them in the same dough.
- T F 12. Margarine contains 10 to 15% water.
- T F 13. Cultured buttermilk is milk that has been made sour by adding bacteria to it.
- T F 14. If you substitute buttermilk for regular milk in a recipe for muffins, you must increase the quantity of baking powder.
- T F 15. Egg whites act as tenderizers in baked goods.
- T F 16. High-extraction flour is likely to be darker in color than low-extraction flour.
- T F 17. If a bread formula calls for 1 ounce of instant dry yeast, you could substitute 2 ounces of compressed yeast.
- T F 18. Baking ammonia is a chemical leavener used in such products as cream puffs, pound cakes, and sponge cakes.
- T F 19. Cocoa is the same as bitter chocolate except that it contains less fat.

##### Multiple Choice

20. Which of the following flours is the strongest?
- Patent bread flour
  - Pastry flour
  - Pumpernickel flour
  - Cake flour

21. Clear flour is normally used to make which of the following baked goods:
- Pie dough
  - Rye bread
  - White sandwich bread
  - All of the above
22. Which of the following starches is used to thicken pie fillings that are to be frozen?
- Cornstarch
  - Wheat starch
  - Waxy maize
  - Instant starch
23. Which of the following is not a function of sugar in baked goods?
- To increase keeping qualities.
  - To create firmness or structure.
  - To help develop crust color.
  - To provide food for yeast.
24. The starchy interior of the wheat grain is called the \_\_\_\_\_.
- gliadin
  - gluten
  - germ
  - endosperm
25. Which of the following may be used by bakers to make clear syrups?
- 10X sugar
  - 4X sugar
  - Coarse granulated sugar
  - All of the above
26. Which of the following sugars is most often used to make cake batters and cookie doughs?
- Fine granulated sugar
  - Sanding sugar
  - 6X sugar
  - Dehydrated fondant

27. Invert sugar has which of the following properties?
- It is sweeter than regular granulated sugar (sucrose).
  - It helps keep baked goods moist.
  - It doesn't crystallize as easily as regular granulated sugar.
  - All of the above
  - None of the above
28. Diastase is:
- An enzyme found in some types of malt syrup
  - An enzyme found in most wheat flour
  - An enzyme that turns starch into sugar
  - All of the above
  - None of the above
29. Which of the following is not a function of fat in baked goods?
- To increase keeping quality.
  - To provide structure.
  - To increase moistness.
  - To tenderize the product.
30. High-ratio shortening is another name for:
- Regular shortening
  - Pastry shortening
  - Emulsified shortening
  - Hydrogenated shortening
31. A suitable fat to use for pie crusts is:
- Regular shortening
  - Butter
  - Lard
  - All of the above
32. Fresh whole milk contains about:
- 2% butterfat
  - 3½% butterfat
  - 5½% butterfat
  - None of the above
33. Which of the following is not a function of whole eggs in baked goods?
- Adding moisture.
  - Emulsifying of fats and liquids.
  - Reacting with baking soda to provide leavening.
  - None of the above; they are all functions of eggs.

34. Yeast is killed at a temperature of:
  - a. 100°F (38°C)
  - b. 140°F (60°C)
  - c. 180°F (82°C)
  - d. 212°F (100°C)
35. You can use baking soda as a leavening agent if the formula also contains:
  - a. Buttermilk
  - b. Sugar
  - c. Nonfat dry milk
  - d. All of the above
  - e. None of the above
36. Beating fat and sugar together to incorporate small bubbles of air is called?
  - a. Creaming
  - b. Foaming
  - c. Fermentation
  - d. Emulsifying
37. Salt is used in bread making because it:
  - a. Improves flavor.
  - b. Strengthens gluten.
  - c. Slows yeast action.
  - d. All of the above
38. Osmotolerant yeast is best used for:
  - a. Sweet roll dough
  - b. Bagel dough
  - c. Whole wheat bread
  - d. French bread
39. Which of the following has the highest cocoa content?
  - a. Milk chocolate
  - b. Bittersweet chocolate
  - c. White chocolate
  - d. Sweet dark chocolate
40. Which of the following wheat varieties has the lowest protein content?
  - a. Durum wheat
  - b. Soft winter wheat
  - c. Hard winter wheat
  - d. Hard spring wheat

41. The outer portion of the wheat endosperm \_\_\_\_\_ than the inner portion.
- is darker in color
  - is harder
  - breaks into larger pieces during milling
  - all of the above
42. The protein content of white wheat flours ranges from \_\_\_\_\_.
- 4% to 10%
  - 6% to 18%
  - 12% to 24%
  - 30% to 40%
43. The mineral content of flour is expressed in the term \_\_\_\_\_.
- pentosan
  - carotenoid
  - ash
  - extraction

## Chapter 5

### Basic Baking Principles

#### TEST QUESTIONS

##### Multiple Choice

- The three phases of mixing in the production of doughs are \_\_\_\_\_.
  - blending the ingredients, developing the dough, scaling the dough
  - scaling the ingredients, mixing the ingredients, forming the dough
  - blending the ingredients, forming the dough, developing the dough
  - combining the ingredients, forming the dough, forming the air cells
- Sugar has a \_\_\_\_\_ effect on gluten.
  - tenderizing
  - stretching
  - strengthening
  - drying
- Milk contains an enzyme that interferes with gluten development. This problem can be avoided by \_\_\_\_\_.
  - heating the milk to a simmer, then cooling it before adding to a dough
  - using only pasteurized milk
  - using dough conditioners
  - all of the above
- Walls of air cells in doughs are made primarily of \_\_\_\_\_.
  - gluten proteins
  - egg albumin proteins
  - both a and b
  - none of the above
- Adding too much leavening to a cake batter is likely to make the cake \_\_\_\_\_.
  - too high
  - too light and airy
  - too dense
  - tough
- For best gluten development, most bread doughs should be mixed at a temperature of \_\_\_\_\_.
  - 50° to 60°F (10° to 15°C)
  - 70° to 80°F (21° to 27°C)
  - 40° to 50°F (4° to 10°C)
  - None of the above
- When a bread dough is mixed to its ideal state of development, it is said to be \_\_\_\_\_.
  - combined
  - tight
  - hydrated
  - mature



8. Outside of wheat flour, which of the following flours contains enough gluten to form an elastic dough for yeast breads?
  - a. Rye
  - b. Buckwheat
  - c. Spelt
  - d. None of the above
9. Staling is caused primarily by changes in the \_\_\_\_\_ content of baked goods.
  - a. starch
  - b. protein
  - c. fat
  - d. sugar
10. If lean French bread must be stored until the next day, the best way to prevent staling is to \_\_\_\_\_.
  - a. wrap it tightly
  - b. store it in a moist place
  - c. refrigerate it
  - d. freeze it
11. A good way to protect a cake from staling is to \_\_\_\_\_.
  - a. wrap it
  - b. freeze it
  - c. frost it
  - d. all of the above
12. Browning of a crust during baking is due to \_\_\_\_\_.
  - a. caramelization
  - b. Maillard reaction
  - c. coagulation of proteins
  - d. both a and b
13. \_\_\_\_\_ is the process in which starch granules absorb water, swell in size, and break open to release individual starch molecules.
  - a. Coagulation
  - b. Gelatinization
  - c. Caramelization
  - d. Hydration
14. Salt is an important ingredient in bread dough because \_\_\_\_\_.
  - a. it enhances flavor
  - b. it makes gluten more elastic
  - c. both a and b
  - d. none of the above
15. Which of the following is not a function of water in doughs and batters?
  - a. It enables baking powder to release gases.
  - b. It keeps starches from gelatinizing too early.
  - c. It enables yeast to become active.
  - d. It enables the formation of gluten.

16. Oxygen absorbed by the dough during mixing has which of the following effects on yeast doughs?
- It strengthens gluten.
  - It bleaches color.
  - It decreases flavor.
  - All of the above.
17. Oxidation can be decreased by \_\_\_\_\_.
- decreasing mixing time
  - adding salt at the beginning of mixing
  - both of the above
  - none of the above

## Chapter 6

### Understanding Yeast Doughs

#### TEST QUESTIONS

##### Fill in the blanks

1. A lean dough is one that is low in \_\_\_\_\_ and \_\_\_\_\_.
2. A laminated or rolled-in dough consists of alternating layers of \_\_\_\_\_ and \_\_\_\_\_.
3. Two examples of yeast-leavened rolled-in (laminated) dough products are \_\_\_\_\_ and \_\_\_\_\_.
4. The three main purposes of mixing yeast doughs are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
5. The mixing method in which all ingredients are mixed together at once is called the \_\_\_\_\_.
6. Yeast acts on sugar in a dough and produces a gas called \_\_\_\_\_. This process is called \_\_\_\_\_.
7. After bread is made up and panned, it is placed in a warm, moist place and allowed to rise or expand. This process is called \_\_\_\_\_.
8. If you want to make baked loaves of bread that weigh 14 ounces, you should scale the dough at \_\_\_\_\_ ounces.
9. Weighing ingredients for a dough is called \_\_\_\_\_.
10. The rapid rising of yeast products in the oven due to the production and expansion of gases in the dough is called \_\_\_\_\_.
11. Breads baked directly on the bottom of the oven are called \_\_\_\_\_.
12. A dough that is made with a large quantity of yeast and is made up into loaves and rolls only a few minutes after being mixed is called \_\_\_\_\_.
13. Given the following factors, calculate the water temperature needed to make a mixed dough with a temperature of 80°F:  
Flour temperature = 72°F  
Room temperature = 70°F  
Machine friction = 20°F  
Water temperature = \_\_\_\_\_
14. The three basic mixing techniques, based on total mixing time and speed, are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

15. The baker's term meaning the ability of a dough to be stretched is \_\_\_\_\_.
16. Yeast fermentation takes place during which stages of yeast dough production?
- 
- 

**True/False**

- T F 17. The ideal temperature for fermenting most bread doughs is about 95°F (35°C).
- T F 18. French bread, hard rolls, white sandwich bread, whole wheat bread, and pizza dough are all examples of lean dough products.
- T F 19. Salt inhibits yeast fermentation.
- T F 20. In the modified straight dough method, the first step in mixing is to combine the yeast with part of the flour, water, and sugar.
- T F 21. If active dry yeast is used, it is mixed with water before being added to a dough.
- T F 22. In the sponge method, part of the yeast is mixed into a soft dough or batter in the first stage of mixing. The rest of the yeast is added at a later stage, with the remaining ingredients.
- T F 23. Rich sweet doughs must be mixed longer than lean doughs because their high fat content weakens the gluten.
- T F 24. An overfermented dough is called an old dough.
- T F 25. The high heat of a baker's oven kills the yeast as soon as the dough is placed in the oven.
- T F 26. Doughs that are used to make products requiring a long makeup time should be given extra fermentation time.
- T F 27. Forcing the gases out of a fermented dough is called folding.
- T F 28. Large loaves require a higher baking temperature than small ones, so that the heat penetrates to the center quickly.
- T F 29. One way of checking the doneness of breads in the oven is to look at the crust color.
- T F 30. Hard-crust breads such as French bread are usually baked with steam in the oven during the first part of the baking period.
- T F 31. Bread that is not to be served the same day it is baked should be wrapped while it is still warm to preserve its freshness.
- T F 32. High sugar and fat content in a dough slow down fermentation, so the sponge method is often used for sweet doughs.
- T F 33. Made-up loaves and rolls to be retarded are given a full proof before being placed in the retarder.
- T F 34. Instant dry yeast is usually mixed directly with the flour.

- T F 35. Long fermentation is necessary to develop a dough made by the short mix technique.
- T F 36. The mixing technique with the least amount of oxidation is the improved mix.
- T F 37. Active dry yeast and instant yeast are two names for the same product.
- T F 38. More folds are needed for a short mix dough than an intensive mix dough.

## Chapter 7

### Understanding Artisan Breads

#### TEST QUESTIONS

##### Multiple Choice

- Which of the following is usually a characteristic of artisan bread?
  - It is handmade.
  - It is made with special artisan yeasts.
  - It is made into elaborate, decorative loaves.
  - It richer and higher in fat than normal commercially made breads.
- Which of the following ingredients is not used in artisan breads?
  - Special dough conditioners and additives
  - Dried fruit
  - Nuts
  - Flour high in ash content
- Flour used in European-style artisan breads typically has a protein content of \_\_\_\_\_.
  - 9.5%
  - 11.5%
  - 12.5%
  - 14%
- Flour for European-style artisan breads typically has an extraction ratio of \_\_\_\_\_.
  - 55%
  - 60%
  - 77%
  - 100%
- The amount of water needed to make a dough of the desired stiffness is determined by the \_\_\_\_\_.
  - absorption ratio of the flour
  - ash content of the flour
  - coarseness or fineness of the flour
  - quantity of yeast used
- Another name for a natural starter is \_\_\_\_\_.
  - yeast pre-ferment
  - yeast starter
  - artisan starter
  - sourdough starter

7. Sourdoughs are “sour” because they contain \_\_\_\_\_.
  - a. yeast
  - b. acid
  - c. less salt than nonsourdoughs
  - d. rye flour
8. Which of the following is not a type of yeast pre-ferment?
  - a. Levain
  - b. Levain-levure
  - c. Biga
  - d. Poolish
9. What is the main difference between a biga and a poolish?
  - a. A biga contains more water.
  - b. A biga contains less water.
  - c. A biga contains more yeast.
  - d. A biga contains less yeast.
10. Pâte fermentée is another name for \_\_\_\_\_.
  - a. pre-fermented dough
  - b. sourdough starter
  - c. poolish
  - d. mixed fermentation
11. Which of the following may be used to start a sourdough culture?
  - a. Whole rye flour
  - b. Fresh fruit
  - c. Scrap dough
  - d. Both a and b
12. Which of the following ingredients are combined in the process called autolyse?
  - a. Water and yeast
  - b. Flour and water
  - c. Flour, water, and yeast
  - d. Flour, water, salt, and yeast
13. Autolyse is beneficial because \_\_\_\_\_.
  - a. it gives the fermentation a head start
  - b. it improves the gluten structure of the bread
  - c. it enables the salt to condition the dough
  - d. it makes the yeast stronger
14. Which of the following is a normal fermentation temperature range for sourdough breads?
  - a. 50–60°F (10–15°C)
  - b. 60–65°F (15–18°C)
  - c. 72–75°F (22–24°C)
  - d. 80–85°F (27–29°C)

15. Refrigerating a sourdough starter has what effect?
  - a. It slows fermentation.
  - b. It increases the strength of the acid flavor.
  - c. It makes it possible to store the starter longer without refreshing it.
  - d. All of the above.
  
16. A common fault or error in baking artisan breads is \_\_\_\_\_.
  - a. overbaking
  - b. underbaking
  - c. baking at an excessively high temperature, such as 425°F (218°C)
  - d. using steam at the beginning of baking instead of at the end



## Chapter 8

### Lean Yeast Doughs

#### TEST QUESTIONS

##### Multiple Choice

1. A \_\_\_\_\_ is a bread that looks like a beat-up old slipper.
  - a. fougasse
  - b. ciabatta
  - c. pain de campagne
  - d. baguette
2. A characteristic of ciabatta dough is that \_\_\_\_\_.
  - a. the dough should be very stiff
  - b. it should be carefully shaped into a loaf before it is baked
  - c. the dough should be kneaded long enough to develop its gluten and produce a smooth texture
  - d. it should produce a loaf with a very light and open texture
  - e. none of the above
3. You are looking at the following four types of bread. Which one has holes through it?
  - a. ciabatta
  - b. fougasse
  - c. pain de campagne
  - d. baguette
4. Another name for milk bread is \_\_\_\_\_.
  - a. challah
  - b. pita
  - c. Pullman
  - d. pain au lait
5. The purpose of a sour in a dough is to provide \_\_\_\_\_.
  - a. flavor
  - b. leavening power
  - c. both a and b
  - d. neither a nor b
6. Which of the following sentences is *not* usually found in the instructions for producing a sour rye dough?
  - a. Bake the dough with steam.
  - b. Underproof the dough.
  - c. Use a high speed to mix the dough.
  - d. Do not overmix the dough.
  - e. Handle the dough carefully because it will be very sticky.

7. Which of the following can be an ingredient in a sour?
  - a. Apples
  - b. Yogurt
  - c. Potatoes
  - d. Honey
  - e. All of the above
8. \_\_\_\_\_ are cooked on a griddle.
  - a. Bagels
  - b. Crumpets
  - c. English muffins
  - d. Both b and c
9. Which of the following is true about both English muffins and crumpets?
  - a. They are cooked on a griddle.
  - b. They are toasted before being eaten.
  - c. They are split before they are toasted.
  - d. Both a and b
10. \_\_\_\_\_ puffs up when baked to form a hollow center.
  - a. Focaccia
  - b. Challah
  - c. Pita
  - d. Ciabatta
  - e. None of the above
11. True bagels are \_\_\_\_\_.
  - a. light and tender
  - b. made with high gluten flour
  - c. made with a high proportion of water
  - d. flavored with berries, raisins, and nuts
  - e. none of the above
12. Which of the following resembles pizza dough most closely?
  - a. Pita
  - b. Focaccia
  - c. Prosciutto
  - d. Ciabatta
13. Using too much dusting flour during makeup can make loaves that have \_\_\_\_\_.
  - a. streaks in it
  - b. seams that do not seal
  - c. both a and b
  - d. neither a nor b
14. When making crescent rolls, you must \_\_\_\_\_.
  - a. roll the dough in a tight circle
  - b. press a crease in the center of each roll
  - c. cut each dough circle into wedges with a pastry wheel
  - d. flatten the dough into a rectangle

15. A banneton is used to make \_\_\_\_\_.  
a. round loaves like French rye or pain de campagne  
b. kaiser rolls  
c. English muffins and crumpets  
d. fougasse  
e. none of the above
16. For which of the following types of bread do you cut completely through the dough before baking it?  
a. French rye  
b. Pain de campagne  
c. Fougasse  
d. Challah
17. When making cloverleaf rolls, you must \_\_\_\_\_.  
a. cut the dough with a scissors  
b. fold the dough  
c. divide each piece of dough into 3 equal parts  
d. cut into strips and then stack the strips
18. When making French baguettes, you should make the ends of the loaves \_\_\_\_\_.  
a. tapered  
b. rounded  
c. not pointed  
d. all of the above
19. Which of the following four statements about pullman loaves is incorrect?  
a. A pullman loaf is baked in a pan with a lid.  
b. Pullman loaves are used to make sandwiches.  
c. Pullman loaves should be baked with steam.  
d. The slices from a pullman loaf are square.
20. Braided loaves are \_\_\_\_\_.  
a. made from relatively stiff dough  
b. often made from egg-enriched dough  
c. commonly made from one to six individual strands of dough  
d. egg-washed after proofing  
e. all of the above
21. Which of the following breads is most likely to be braided?  
a. Challah  
b. Pullman  
c. Baguette  
d. Banneton

Identify the following yeast products by writing the letter corresponding to the appropriate product name in the blank provided below each description.

22. A dark rye bread made with coarse rye meal. \_\_\_\_\_
23. A lean, crisp-crust bread usually made in long, thin loaves. \_\_\_\_\_
24. A bread made from a dough rich in eggs and oil. \_\_\_\_\_
25. A type of loaf made in a covered rectangular pan, so that the slices have a square

- shape ideal for sandwiches. \_\_\_\_\_
26. A type of lean yeast roll made by boiling the rolls in a malt solution before baking them. \_\_\_\_\_
27. A flat, lean yeast roll baked on a griddle. \_\_\_\_\_
28. A type of dinner roll made by placing three small balls of dough in a muffin tin. \_\_\_\_\_
- \_\_\_\_\_
- a. Challah
  - b. Pumpernickel
  - c. French bread
  - d. English muffin
  - e. Pullman
  - f. Cloverleaf roll
  - g. Bagel

**True/False**

- T F 29. French bread dough is sometimes made only of flour, water, yeast, and salt.
- T F 30. Crisp-crust breads are usually baked in loaf pans in order to produce a desirable crust.
- T F 31. The purpose of a sour starter is to provide flavor and leavening.
- T F 32. Sourdough must be mixed for a long time, in order to reduce the stickiness of the dough.

## Chapter 9

### Rich Yeast Doughs

#### TEST QUESTIONS

##### Multiple Choice

- Rich doughs contain a \_\_\_\_\_ than lean doughs.
  - higher proportion of fat
  - lower proportion of sugar
  - lower proportion of eggs
  - all of the above
- What is rolled into rolled-in dough?
  - Fat
  - Sugar
  - Eggs
  - Flour
- Why are most rich doughs mixed using the sponge method?
  - The high percentage of fat and sugar in these doughs inhibits fermentation, and in the sponge method, most of the fermentation has already taken place before the fat and sugar is added.
  - The sponge method requires more time than other mixing methods, thereby allowing more gluten to form in these doughs than in leaner doughs.
  - The sponge that is formed traps more moisture, which inhibits the fermentation process and allows these doughs to rise higher than lean doughs.
  - All of the above.
- Which of the following is made from a rich sweet dough and contains raisins, almonds, nutmeg, rum, orange, and lemon?
  - Kugelhupf
  - Stollen
  - Babka
  - Panettone
- Which of the following is a part of the rolling-in procedure in rolled-in dough?
  - Enclosing the fat in the dough
  - Rolling out and folding the dough
  - Both a and b
  - Neither a nor b

6. What is created when many layers of fat are sandwiched between many layers of dough in rolled-in dough?
  - a. Flakiness
  - b. Gluten
  - c. Fermentation
  - d. All of the above
7. Why is it important not to overmix rolled-in doughs?
  - a. The rolling-in process continues to develop the gluten.
  - b. The yeast should not be thoroughly mixed with the other ingredients.
  - c. Too much air will be incorporated into the dough.
  - d. Overmixing produces a dough that will be too soft to work with successfully.
8. Which of the following statements is/are true?
  - a. For flavor, butter is the preferred fat in rolled-in dough.
  - b. The problem with using butter in rolled-in doughs is that it is hard when cold and soft when too warm, making it difficult to work with.
  - c. Specially formulated shortenings and margarine can be substituted for butter in rolled-in doughs when cost and ease of handling are concerns.
  - d. All of the above.
9. Cinnamon sugar, streusel topping, almond filling, and clear glaze are used in the production of \_\_\_\_\_.
  - a. Danish pastry
  - b. coffee cakes
  - c. other sweet yeast products
  - d. all of the above
10. Frangipane is made from \_\_\_\_\_.
  - a. almonds
  - b. cheese
  - c. hazelnuts
  - d. a combination of dried fruits such as apricots, dates, and prunes
11. Temperature is particularly important in the production of rich doughs because \_\_\_\_\_.
  - a. butter that is either too cold or too warm is hard to work with
  - b. the dough can become overproofed if it becomes too warm
  - c. both a and b
  - d. neither a nor b

12. Danish pastries and many sweet dough products should be glazed with a clear or apricot glaze \_\_\_\_\_.  
a. before they are baked  
b. during the baking process  
c. after they are baked, but when they are still warm  
d. after they are baked, but when they have completely cooled
13. Which of the following requires a small round piece of dough to be pressed into a larger round piece of dough?  
a. Snails  
b. Danish spirals  
c. Bear claws  
d. Brioche
14. Which of the following can be made from a filled dough roll or Danish spiral?  
a. Combs and bear claws  
b. Figure-eight rolls  
c. Three-leaf rolls  
d. Butterfly rolls  
e. All of the above
15. Another name for a Danish twist is a \_\_\_\_\_.  
a. snail  
b. apricot pinwheel  
c. rosette  
d. vol-au-vent
16. Wreath coffee cakes, filled coffee cakes, loaf coffee cakes, Danish pretzels, and Danish strip coffee cakes can be made from \_\_\_\_\_.  
a. plain sweet dough  
b. Danish dough  
c. either a or b  
d. neither a nor b
17. Osmotolerant yeast is used when \_\_\_\_\_.  
a. the fat content of a dough is above 12%  
b. the fat content of a dough is above 25%  
c. the sugar content of a dough is above 12%  
d. the sugar content of a dough is above 25%
18. Which of the following is true about Danish dough products?  
a. They are egg-washed twice.  
b. They are proofed at a temperature above 80°F (27°C).  
c. They are removed from sheet pans as soon as they are taken from the oven.  
d. None of the above.

Identify the following yeast products by writing the letter corresponding to the appropriate product name in the blank provided after each description.

19. A rich, crescent-shaped roll made from a rolled-in dough that is low in sugar. \_\_\_\_\_
20. A sweet yeast roll soaked in rum-flavored syrup. \_\_\_\_\_
21. A yeast roll rich in butter and eggs but relatively low in sugar, often made up with a little round topknot and baked in flaring, fluted tins. \_\_\_\_\_
22. A sweet, rolled-in dough made into many shapes, usually with a sweet filling or topping. \_\_\_\_\_
23. A type of sweet, crumbly topping made of fat, sugar, and flour. \_\_\_\_\_.

- a. Brioche
- b. Streusel
- c. Baba
- d. Croissant
- e. Danish



## Chapter 10

### Quick Breads

#### TEST QUESTIONS

##### Multiple Choice

- Which of the following is an advantage that quick breads have over yeast breads?
  - Quick breads can be produced in a much shorter time because no fermentation is necessary.
  - Quick breads are easier to produce because so little mixing is required.
  - There is an almost unlimited variety of quick breads that can be produced.
  - All of the above.
- Quick breads are quick because they \_\_\_\_\_.
  - can be mixed in only a few minutes
  - require no fermentation time
  - can be produced from prepared mixes
  - all of the above
- As you are reading the section of your textbook that describes quick breads made from soft doughs, you are most likely to encounter the words \_\_\_\_\_.
  - liquid and poured
  - lumps and dropped
  - rolled and cut
  - all of the above
- Which of the following products is produced from a soft dough?
  - Popovers
  - Muffins
  - Biscuits
  - Scones
  - Both c and d
- Drop batters differ from pour batters because drop batters \_\_\_\_\_.
  - are thicker
  - contain completely different ingredients
  - produce superior products
  - all of the above
- Gluten development in quick breads \_\_\_\_\_.
  - should be minimized in order to avoid toughness
  - helps to strengthen flavors that might otherwise go unnoticed
  - takes place as a result of the action of chemical leavening agents
  - is necessary to avoid a variety of problems, including tunneling and toughness
  - all of the above

7. If a muffin batter is overmixed, the muffins may \_\_\_\_\_.
  - a. have irregular shapes
  - b. be tough
  - c. exhibit tunneling
  - d. all of the above
8. Tunneling in quick bread products \_\_\_\_\_.
  - a. results from undermixing
  - b. refers to elongated holes inside the product
  - c. can be avoided by decreasing the proportion of fat and sugar in the formula
  - d. all of the above
9. Which of the following quick bread preparation methods often involves kneading?
  - a. Biscuit
  - b. Muffin
  - c. Creaming
  - d. None of the above
10. Biscuit dough should be kneaded long enough to produce \_\_\_\_\_, but not so long as to produce \_\_\_\_\_.
  - a. flakiness; toughness
  - b. toughness; flakiness
  - c. tunneling; tenderness
  - d. both a and c
11. Which of the following statements about popovers is correct?
  - a. Popovers are made from a soft dough.
  - b. Popovers are leavened only by steam.
  - c. Popovers should never be made with bread flour.
  - d. Popover batter should be mixed only until the dry ingredients are moistened.
12. Popovers are different from other quick breads because they \_\_\_\_\_.
  - a. are mixed well to produce gluten
  - b. are leavened only by steam
  - c. are made with bread flour and a high percentage of eggs
  - d. all of the above
13. Which of the following mixing methods for quick breads is paired correctly with one of its characteristics?
  - a. Biscuit method: similar to the method for making pie pastry
  - b. Muffin method: involves “cutting in” the fat
  - c. Creaming method: uses melted fat or oil
  - d. All of the above

14. The advantage of the muffin method is that \_\_\_\_\_. The disadvantage of this method is that \_\_\_\_\_.
- it is fast and easy; overmixing can produce toughness
  - it is cheaper to produce: it takes longer to prepare than the biscuit or creaming method
  - it is easier to learn; it requires more expensive equipment
  - it is used for all quick breads; it completely eliminates tunneling
  - none of the above
15. A major disadvantage of the muffin method is \_\_\_\_\_.
- the expense of the equipment involved
  - that it requires more time than the other methods
  - toughness caused by overmixing
  - the great deal of skill and experience it requires
16. Which of the following sentences would you find in the instructions for both a formula requiring the biscuit method and a formula requiring the muffin method?
- Cut in the shortening.
  - Add the melted fat or oil.
  - Do not overmix.
  - Continue until the mixture resembles a coarse cornmeal.
17. Which of the following statements about making biscuits is *not* correct?
- When using a round hand cutter, cut straight down. Do not twist it as you cut.
  - If you want biscuits with brown tops, brush the tops with milk or egg wash before baking.
  - If you want your biscuits to be soft and without crusty sides, place them on the pan so they touch each other.
  - If you want to cut down on scraps, use a round hand cutter rather than a roller cutter or pastry cutter knife.
18. Before they are filled, muffin tins and loaf pans should be \_\_\_\_\_.
- greased with shortening and dusted with flour
  - greased with a commercial pan grease preparation
  - either a or b
  - neither a nor b
19. You will find that your muffins will rise more freely and take a better shape if you \_\_\_\_\_ your muffin tins.
- preheat
  - do not grease and flour
  - do not use paper liners in
  - avoid using commercial pan grease preparations in
20. When portioning batter into muffin tins, it is best to \_\_\_\_\_.
- stir the mix between each portion to make sure it is thoroughly combined
  - scoop the batter for each portion from the middle of the mixing bowl
  - dip the portioning scoop in warm water between portions
  - all of the above
  - none of the above

21. Which of the following pairs of quick bread products use the same mixing method?
- Biscuits and scones
  - Muffins and scones
  - Popovers and soda bread
  - Gingerbread and soda bread
  - None of the above
22. Popovers should be prepared using the \_\_\_\_\_ method.
- biscuit
  - muffin
  - creaming
  - none of the above

**True/False**

- T F 23. Muffins, biscuits, and popovers must not be mixed for a long time or they will be tough.
- T F 24. To produce a flaky biscuit, knead the dough lightly.
- T F 25. Biscuit dough will rise to about four times its original height when baked.
- T F 26. Muffins that contain a high percentage of sugar are likely to be tenderer than those with less sugar.
- T F 27. The most commonly used leavening agent for popovers is baking powder.
- T F 28. Muffin batter may be mixed in advance and refrigerated, as long as the batter is mixed well again before baking.
- T F 29. When you are cutting biscuits with a round hand cutter, you should press the cutter straight down, not twist it.

**Short Answer**

30. Briefly, what are the steps in the biscuit method?
31. What are the steps in the muffin method?
32. What are the steps in the creaming method for muffins?

## Chapter 11

### Doughnuts, Fritters, Pancakes, and Waffles

#### TEST QUESTIONS

##### Multiple Choice

1. Although doughnuts, fritters, pancakes, and waffles are considered to be baked products, they are cooked \_\_\_\_\_ instead of in an oven.
  - a. by deep-frying
  - b. in greased fry pans or on griddles
  - c. in specially designed griddles that heat the product from both sides at once
  - d. all of the above
2. French doughnuts are \_\_\_\_\_.
  - a. the same as American doughnuts
  - b. a fried version of the pastry used to make cream puffs and éclairs
  - c. cooked in a special griddle that heats the dough from both sides
  - d. both b and c
3. French pancakes or crêpes are made from thin, unleavened batters made from \_\_\_\_\_.
  - a. milk
  - b. eggs
  - c. flour
  - d. all of the above
4. American pancakes differ from French pancakes or crêpes because they (American pancakes) are \_\_\_\_\_.
  - a. made from chemically leavened batters
  - b. mixed with the muffin method
  - c. both a and b
  - d. neither a nor b
5. Yeast-raised doughnuts are mixed with the \_\_\_\_\_ method.
  - a. muffin
  - b. creaming
  - c. biscuit
  - d. modified straight dough
6. Doughnut dough is similar to sweet dough or bun dough except that it does *not* contain as much \_\_\_\_\_.
  - a. fat
  - b. egg
  - c. sugar
  - d. all of the above

7. Yeast doughnuts may be greasy if \_\_\_\_\_.
  - a. the dough is allowed to ferment too much
  - b. they are fried at too high a temperature
  - c. both a and b
  - d. neither a nor b
8. Which of the following statements about yeast doughnut production is *not* true?
  - a. Doughnuts must be proofed at a lower temperature and humidity than breads.
  - b. Handle your fully proofed doughnuts carefully because they will dent easily.
  - c. Fry your doughnuts for approximately 2½ minutes.
  - d. Do not turn your doughnuts over while they are in the fryer.
9. Cake doughnuts may be tough if \_\_\_\_\_.
  - a. the dough is overmixed
  - b. they are not given a rest before frying
  - c. both a and b
  - d. neither a nor b
10. Although solid shortenings are popular for frying doughnuts, they are *not* the best choice because \_\_\_\_\_.
  - a. they are unstable
  - b. products fried in them appear more greasy when cooled
  - c. they do not congeal when the doughnuts cool
  - d. they have an unpleasant texture because the fat does not melt in the mouth
  - e. all of the above
11. Which of the following pairs of doughnut type and mixing method is correct?
  - a. Cake doughnuts and modified straight dough method
  - b. Yeast-raised doughnuts and creaming method
  - c. Rich vanilla spice doughnuts and muffin method
  - d. All of the above
  - e. None of the above
12. When finishing doughnuts, it is important to allow them to \_\_\_\_\_.
  - a. cool
  - b. drain
  - c. both a and b
  - d. neither a nor b
13. Doughnuts can be finished with \_\_\_\_\_.
  - a. cinnamon sugar or 4X sugar
  - b. fondant or fudge icing
  - c. doughnut glaze
  - d. coconut or chopped nuts
  - e. all of the above

14. Which of the following types of doughnut is most like a fritter?
  - a. Yeast
  - b. Cake
  - c. French
  - d. Dutch
15. Which of the following statements about fritters is *not* true?
  - a. Fritters can be either sweet or savory.
  - b. Fritters are not always fried.
  - c. Fritters can be made from any vegetable, but are never made from meat or fish.
  - d. Don't confuse fritters and beignets. They are very different products.
16. Which of the following fried products is shaped like a cylinder?
  - a. Viennoise
  - b. Fattigman
  - c. Beignets de carnival
  - d. Cannoli
17. American-style pancakes and waffles are made from \_\_\_\_\_ batters mixed by the \_\_\_\_\_ method.
  - a. drop; muffin
  - b. drop; creaming
  - c. pourable; muffin
  - d. pourable; creaming
18. Waffle batter differs from pancake batter because waffle batter usually contains \_\_\_\_\_.
  - a. more fat
  - b. less liquid
  - c. whipped eggs
  - d. all of the above
19. Which of the following should be used as a leavening agent for waffles if the batter is made several hours ahead of time?
  - a. Baking soda
  - b. Baking powder
  - c. Baking powder and beaten egg whites
  - d. None of the above
20. A gaufre is a \_\_\_\_\_.
  - a. crêpe filled with bitter chocolate cream
  - b. French waffle
  - c. cannoli made with almond flour and brandy
  - d. salted beignet
21. A thin, unleavened pancake is known as a \_\_\_\_\_.
  - a. Suzette
  - b. fattigman
  - c. gaufres
  - d. crêpe

22. Crêpes \_\_\_\_\_ are traditionally made tableside by the waiter.
- a. soufflé
  - b. frangipane
  - c. Suzette
  - d. gâteau

**True/False**

- T F 23. Yeast-raised doughnuts are made from a dough that is similar to regular sweet dough or bun dough, except that the doughnut dough is often lower in fat and sugar.
- T F 24. Doughnuts that have fermented or proofed too long brown too quickly in the fryer.
- T F 25. Yeast doughnuts fry best when they are chilled in the retarder before frying.
- T F 26. Frying time for doughnuts is about 5 minutes.
- T F 27. Hand-rolled and hand-cut cake doughnuts should be allowed to rest before being fried.
- T F 28. Proper frying temperature for cake doughnuts is about 350–365°F (176–185°C).
- T F 29. Doughnuts and fritters that are fried at too low a temperature are likely to be greasy.
- T F 30. Doughnuts should be glazed while still hot, as soon as they come from the fryer.
- T F 31. French doughnuts and beignets soufflés are both made from éclair paste.
- T F 32. French doughnuts that are not fried long enough sometimes collapse when cooling.
- T F 33. The procedure for making pancake batter includes sifting together the dry ingredients, adding the combined liquids to the dry ingredients, and beating well to make a smooth batter.
- T F 34. Waffle batter often contains more fat than pancake batter.
- T F 35. Buttermilk pancake batter leavened with baking soda should be mixed just before serving time.
- T F 36. Crêpes or French pancakes are leavened with soda or baking powder.
- T F 37. Crêpe batter can be mixed ahead of time, but the crêpes should be fried just before serving time.



## Chapter 12

### Basic Syrups, Creams, and Sauces

#### TEST QUESTIONS

##### Multiple Choice

1. Pastry cream can be used for \_\_\_\_\_.
  - a. pie fillings
  - b. puddings
  - c. soufflés
  - d. all of the above
2. When sugar caramelizes, it \_\_\_\_\_.
  - a. changes color
  - b. retains its flavor
  - c. both a and b
  - d. neither a nor b
3. Which of the following statements is true about syrup production?
  - a. A syrup cooked to a lower temperature is harder when it is cooled than a syrup cooked to a higher temperature.
  - b. Syrups should always be cooked over low heat.
  - c. If you continue to heat sugar after it is caramelized, it will eventually darken and burn.
  - d. All of the above.
4. \_\_\_\_\_ sugar is used to make syrups.
  - a. Brown
  - b. Granulated
  - c. Confectioners'
  - d. Any of the above
5. When boiling a sugar syrup, washing down the inner sides of the pan with a brush dipped in water is a technique that is used to \_\_\_\_\_.
  - a. speed up the caramelizing process
  - b. avoid crystallization
  - c. produce syrups with a deep, rich flavor
  - d. prevent inversion
  - e. both b and d
6. What is likely to happen if you stir a cooking syrup with a spoon that has a few sugar crystals stuck to it?
  - a. Your finished syrup will have a grainy texture.
  - b. The caramelization process will stop immediately.
  - c. Your syrup will never reach the "hard crack" stage.
  - d. Inversion will occur, which will cause your syrup to turn cloudy and bitter.

7. Crystallization can be partially controlled during syrup production by adding \_\_\_\_\_ before or during the cooking process.
  - a. lemon juice
  - b. cream of tartar
  - c. corn syrup
  - d. glucose
  - e. any of the above
8. When a sugar is inverted, it is less likely to \_\_\_\_\_.
  - a. caramelize
  - b. turn brown and change flavor
  - c. crystallize
  - d. both a and b
9. The best way to test the doneness of a syrup is to \_\_\_\_\_.
  - a. taste it
  - b. use a candy thermometer
  - c. watch it carefully, and stop cooking it just before it crystallizes
  - d. drop a small amount of the syrup in a bowl of cold water and check the hardness of the cooled sugar
10. Which of the following is the correct sequence of doneness stages in sugar cooking when going from the lowest to highest temperature?
  - a. Caramel to crack to soft ball to thread
  - b. Small crack to soft ball to thread to crack
  - c. Caramel to thread to firm ball to hard ball
  - d. Thread to hard ball to hard crack to caramel
11. Simple syrup is \_\_\_\_\_.
  - a. also known as dessert syrup
  - b. a flavored syrup
  - c. a solution of 10 parts water to 1 part sugar
  - d. used to dilute fondant
  - e. all of the above
12. Dessert syrup is \_\_\_\_\_.
  - a. flavored
  - b. made from simple syrup
  - c. used to flavor sponge cakes and other desserts
  - d. all of the above
13. Which of the following is *not* an ingredient in vanilla syrup?
  - a. Water
  - b. Sugar
  - c. Cornstarch
  - d. Vanilla bean or vanilla extract

14. Which of the following statements about whipped cream is *incorrect*?
  - a. Cream with a fat content of at least 30% can be whipped into a foam.
  - b. Always add flavoring ingredients to cream before it has been whipped so that they can be distributed evenly in the finished product.
  - c. If you use a machine to whip your cream, use the wire whip and medium speed.
  - d. Chill your cream and all your equipment—especially in hot weather—before you begin whipping.
15. Crème chantilly contains all of the following ingredients *except* \_\_\_\_\_.
  - a. vanilla
  - b. egg whites
  - c. confectioners' sugar
  - d. cream
16. Whipped egg whites sweetened with sugar are known as \_\_\_\_\_.
  - a. crème chantilly
  - b. crème anglaise
  - c. meringue
  - d. crème patissière
17. Meringues can \_\_\_\_\_.
  - a. be used for pie toppings and cake icings
  - b. give volume and lightness to buttercream icings, mousses, and dessert soufflés
  - c. be baked into cake layers or pastry shells
  - d. all of the above
18. Common meringue is also known as \_\_\_\_\_ meringue.
  - a. Swiss
  - b. French
  - c. Italian
  - d. English
19. Which of the following types of meringue is made with hot sugar syrup?
  - a. Swiss
  - b. French
  - c. Italian
  - d. English
20. Which of the following meringues is warmed over a hot-water bath as it is beaten?
  - a. Swiss
  - b. French
  - c. Italian
  - d. English
21. Which of the following meringues is the most stable?
  - a. Swiss
  - b. French
  - c. Italian
  - d. They are all equally stable.

22. The difference between soft and hard meringues is that hard meringues \_\_\_\_\_.  
a. are baked  
b. contain more sugar than egg whites  
c. also contain egg yolks  
d. both a and b
23. Which of the following can prevent egg whites from foaming properly during meringue production?  
a. Fat  
b. Grease  
c. Egg yolks  
d. All of the above
24. Which of the following can be added to egg white foams to make them more stable?  
a. Sugar  
b. Lemon juice  
c. Cream of tartar  
d. Any of the above
25. One basic difference between whipping cream and whipping egg whites is that you should \_\_\_\_\_.  
a. whip cream when it's cold and whip egg whites when they are at room temperature  
b. add flavoring to cream before it is whipped and add flavoring to egg whites after they are whipped  
c. add a mild acid to cream before it is whipped and a small amount of fat to egg whites before they are whipped  
d. all of the above
26. Pastry cream is unlike vanilla custard sauce because it \_\_\_\_\_.  
a. is less likely to curdle  
b. is more difficult to make  
c. must not be brought to a full boil  
d. is less likely to be contaminated with bacteria
27. Which of the following ingredients is *not* found in the formulas for both vanilla custard sauce and pastry cream?  
a. Milk  
b. Eggs  
c. Sugar  
d. Vanilla  
e. Cornstarch
28. Ganache can be used \_\_\_\_\_.  
a. as a glaze or icing  
b. to make chocolate truffles  
c. as a filling for cakes, tortes, and meringue pastries  
d. all of the above

29. The quality of a ganache is primarily dependent upon \_\_\_\_\_.  
a. the use of copper utensils in its preparation  
b. maintaining a constant temperature during its production  
c. the quality of the chocolate used to prepare it  
d. all of the above
30. \_\_\_\_\_ can be used as a dessert sauce.  
a. Pastry cream thinned with heavy cream or milk  
b. Lemon filling prepared with a lower proportion of cornstarch or waxy maize  
c. Fruit jams or preserves diluted with simple syrup, water, or liquor.  
d. All of the above
31. The primary ingredient in a coulis is \_\_\_\_\_.  
a. chocolate  
b. fresh fruit  
c. liquor  
d. caramelized sugar
32. Creamy caramel sauce contains all the following ingredients *except* \_\_\_\_\_.  
a. sugar  
b. water  
c. cream  
d. eggs
33. When a sugar syrup is cooked long enough, it begins to turn brown. This process is called \_\_\_\_\_.  
a. crystallization  
b. caramelization  
c. coagulation  
d. inversion
34. The best way to tell when a sugar syrup has been boiled to the correct degree is to \_\_\_\_\_.  
a. remove it from the heat, let it cool down, and then test its hardness  
b. observe the rate of crystallization  
c. test it with a thermometer  
d. none of the above
35. To make dessert syrup, you start with a simple syrup and add \_\_\_\_\_.  
a. flavoring  
b. corn syrup  
c. cream of tartar  
d. either b or c
36. Meringue made by whipping a boiling syrup into egg whites is called \_\_\_\_\_.  
a. common meringue  
b. Swiss meringue  
c. Italian meringue  
d. none of the above; meringue cannot be made this way

37. The ingredients needed to make crème anglaise (vanilla custard sauce) are \_\_\_\_\_.
- milk, egg yolks, cornstarch, and vanilla
  - cream, whole eggs, sugar, cornstarch, and vanilla
  - cream, egg yolks, sugar, and vanilla
  - milk, egg yolks, sugar, and vanilla
38. Crème anglaise should be cooked until it \_\_\_\_\_.
- comes to a simmer
  - comes to a boil
  - thickens lightly
  - none of the above
39. Pastry cream is thickened with \_\_\_\_\_.
- eggs and starch
  - eggs only
  - starch and cream
  - none of the above
40. A mixture of pastry cream, whipped egg whites, and gelatin is called \_\_\_\_\_.
- pastry cream chantilly
  - crème soufflé
  - crème chiboust
  - crème anglaise
41. Ganache is \_\_\_\_\_.
- a rich filling or icing made of chocolate and cream
  - an icing or filling made of melted chocolate and fondant
  - a type of chocolate-flavored pastry cream
  - a rich chocolate mousse containing egg yolks and butter
  - none of the above

### True/False

- T F 42. To make a simple sugar syrup, you combine water and confectioners' sugar and then bring the mixture to a boil to dissolve the sugar.
- T F 43. One pint of water is enough to dissolve up to 3 or 4 pounds of sugar.
- T F 44. Cream of tartar is sometimes used to help keep boiled syrups from turning grainy.
- T F 45. Pastry cream should not be boiled or it will curdle.
- T F 46. Pastry cream must be cooled rapidly and kept cold at all times.
- T F 47. Heavy cream whips best when it is at room temperature.
- T F 48. A whipped egg white foam made without sugar is more stable than one containing sugar, because the weight of the sugar causes the foam to gradually collapse.
- T F 49. One quart of heavy cream will produce about 2 to 2½ quarts of whipped cream.

- T F 50. Soft meringues for pie toppings are made with about  $\frac{1}{4}$  pound of sugar per pound of egg whites.

## Chapter 13

### Pies

#### TEST QUESTIONS

##### Multiple Choice

- The fat used most frequently in volume production of pie doughs is \_\_\_\_\_.
  - regular shortening
  - emulsified shortening
  - lard
  - margarine
  - none of the above
- Salt is incorporated into pie dough by \_\_\_\_\_.
  - sifting it with the flour
  - dissolving it in the water
  - blending it with the fat
  - none of the above
- In the production of flaky pie dough, \_\_\_\_\_.
  - the fat is blended with the flour until smooth
  - the fat is cut into the flour until the particles are about the size of peas
  - the fat is cut into the flour until the mixture resembles cornmeal
  - the fat is rolled into the dough, which is then given 3 three-folds
- The main ingredients in graham cracker crumb crust are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
  - graham cracker crumbs, pastry flour, butter
  - graham cracker crumbs, sugar, ice water
  - graham cracker crumbs, sugar, melted butter
  - none of the above
- The best flour to use in flaky pie crust is \_\_\_\_\_.
  - patent flour
  - pastry flour
  - cake flour
  - short flour
- The most appropriate type of pie dough or crust to use for pumpkin pie is \_\_\_\_\_.
  - flaky pie dough, unbaked
  - mealy pie dough, unbaked
  - mealy pie dough, prebaked
  - crumb crust



7. A good baking temperature for a double-crust apple pie is \_\_\_\_\_.
  - a. 325°F
  - b. 375°F
  - c. 425°F
  - d. 500°F
8. To make a bottom crust for a 9-in. fruit pie, you will need about \_\_\_\_\_.
  - a. 4 oz of dough
  - b. 8 oz of dough
  - c. 15 oz of dough
  - d. 18 oz of dough
9. A soggy bottom crust might be caused by \_\_\_\_\_.
  - a. using the wrong dough
  - b. filling the pie with hot filling
  - c. using the wrong baking temperature
  - d. all of the above
  - e. none of the above
10. The best starch to use for thickening cream pie fillings is \_\_\_\_\_.
  - a. pastry flour
  - b. waxy maize
  - c. modified starch
  - d. cornstarch
11. The ideal starch to use for thickening apple pie filling is \_\_\_\_\_.
  - a. pastry flour
  - b. tapioca
  - c. waxy maize
  - d. cornstarch
12. The best starch to use in pie fillings that are to be frozen is \_\_\_\_\_.
  - a. waxy maize
  - b. cornstarch
  - c. tapioca
  - d. pastry flour
13. Canned fruit that contains no added water is called \_\_\_\_\_.
  - a. solid pack
  - b. water pack
  - c. heavy pack
  - d. natural pack
14. Fruits that are canned with added sugar and water or juice are called \_\_\_\_\_.
  - a. solid pack
  - b. water pack
  - c. syrup pack
  - d. sugar pack

15. Which method is usually used to make pie filling from canned peaches?
- Cooked fruit method
  - Cooked juice method
  - Canned fruit method
  - Drained weight method
16. To make raisin pie, you would most likely use the \_\_\_\_\_.
- cooked fruit method
  - cooked juice method
  - dried fruit method
  - old-fashioned method
17. Which of the following is not a step in the cooked juice method?
- Drain the juice from the fruit.
  - Bring the juice to a boil.
  - Sift the starch into the boiling juice.
  - Stir the fruit into the thickened juice.
18. The primary thickening agent in pecan pie is \_\_\_\_\_.
- cornstarch
  - waxy maize
  - corn syrup
  - eggs
19. Which of the following is not one of the steps in the procedure for making a chiffon pie filling containing gelatin?
- Soften the gelatin in cold liquid.
  - Stir the gelatin mixture into the hot base until dissolved.
  - Fold whipped cream into the warm base.
  - Fold in whipped egg whites then fill pie shells and chill.
20. If the filling of a fruit pie bubbles out during baking, which of the following factors is *not* likely to be the cause?
- Oven too hot
  - Filling hot when put in shell
  - Top and bottom crusts not sealed together
  - No steam vents in top crust

**True/False**

- T F 21. Water for pie dough should be lukewarm (90°F) when added to the flour and shortening.
- T F 22. To make mealy pie dough, the dough should be blended very thoroughly after the water is added.
- T F 23. The approximate ratio of ingredients in flaky pie dough is 5 lb fat to 3½ lb flour to 1½ lb liquid.
- T F 24. When you are lining pie tins with dough, the dough should be stretched slightly to fill the tin and to avoid folds or wrinkles in the dough.

- T F 25. In a double-crust pie, it is important to seal the top and bottom crusts together well all around the rim.
- T F 26. Fresh pie dough, not rerolled scraps, should be used for lattice-top crusts.
- T F 27. Fruit fillings should be cooled before filling pie shells.
- T F 28. Pumpkin pie should be started at high heat in the lower part of the oven.
- T F 29. To prepare baked pie shells for cream pies, you should pierce the dough with a fork all over the bottom before baking.
- T F 30. When topping a pie with meringue, you must be careful not to let the meringue touch the rim of the crust.
- T F 31. Frozen fruits made into pie fillings are partially thawed before being used.
- T F 32. Uncooked pineapple should not be added to a gelatin-based filling.
- T F 33. When making fruit fillings with a large quantity of sugar, part of the sugar should be added after the starch has finished its thickening process.
- T F 34. The best way to thaw a 30-lb container of frozen fruit is to set the container in a warm place, such as near an oven, until the fruit has thawed.
- T F 35. To flavor chocolate cream pie, you can use either cocoa or chocolate.
- T F 36. Butterscotch pie filling is given its flavor primarily by sweetening it with a large quantity of brown sugar.
- T F 37. If an empty pie shell shrinks excessively when baked, this fault might be caused by not enough gluten development in the dough.

## Chapter 14

### Pastry Basics

#### TEST QUESTIONS

##### Multiple Choice

1. The term *pastry* \_\_\_\_\_.
  - a. comes from the word “paste”
  - b. is basically a mixture of flour, liquid, and fat
  - c. refers to both pastes and doughs and the products made from them
  - d. all of the above
2. Which of the following doughs is paired correctly with its French name?
  - a. Puff pastry: *pâte à choux*
  - b. Éclair paste: *pâte feuilletée*
  - c. Both of the above
  - d. Neither of the above
3. Which of the following statements about the pastry used for tarts and tartlets is true?
  - a. These doughs should be made with shortening, not butter.
  - b. Because tarts contain such flavorful fillings, the flavor of their pastry is not important.
  - c. These pastries should be made thicker than those for typical American pies because tarts and tartlets typically contain more filling.
  - d. None of the above.
4. If you want to make a large tart, a good choice for the crust would be \_\_\_\_\_.
  - a. *pâte à choux*
  - b. *pâte feuilletée*
  - c. *pâte brisée*
  - d. strudel or phyllo dough
5. Which of the following is most similar to *pâte brisée*?
  - a. Puff pastry
  - b. Éclair paste
  - c. Enriched pie pastry
  - d. Strudel or phyllo dough
6. Which of the following statements about puff pastry is incorrect?
  - a. Puff pastry is one of the most difficult bakery products to make.
  - b. Puff pastry is a rolled-in dough, like Danish and croissant doughs.
  - c. Puff pastry can rise to eight times its original thickness when baked.
  - d. A strong yeast is required to enable puff pastry to rise in such a spectacular manner.

7. Although special puff pastry shortening is available, butter is the preferred fat in puff pastry because butter is \_\_\_\_\_.
  - a. not as hard when it is refrigerated
  - b. doesn't soften and melt at room temperature
  - c. less expensive
  - d. more pleasant to eat
8. The word "blitz" in blitz puff pastry means that this type of pastry \_\_\_\_\_.
  - a. is very flaky
  - b. can be made quickly
  - c. rises higher than other puff pastries
  - d. is often shaped like a bolt of lightning
9. If you were comparing a sample of blitz puff pastry with a sample of classic puff pastry, the blitz puff pastry would \_\_\_\_\_.
  - a. have a finer texture
  - b. not have risen so high
  - c. both a and b
  - d. neither a nor b
10. Reversed puff pastry gets its name from the fact that \_\_\_\_\_.
  - a. this dough is allowed to rise after it is baked
  - b. the inside of the finished product is flakier than its crust
  - c. this dough puffs from the outside in, rather than from the inside out
  - d. the butter encloses the dough rather than the dough enclosing the butter
11. Which of the following statements about puff pastry products is correct?
  - a. Bake the products at 300° to 350°F.
  - b. Always place the units right side up on the baking sheets.
  - c. Be sure that the edges are completely covered with egg wash.
  - d. All of the above.
  - e. None of the above.
12. Although they had all been the same shape when he put them in the oven, a baker noticed that his puff pastry products were all different shapes when they finished baking. Which of the following could have been the cause of these irregular shapes?
  - a. The dough had not been allowed to relax before baking.
  - b. An improper rolling-in procedure had been used.
  - c. There was uneven heat in the oven.
  - d. There had been an uneven distribution of fat before rolling.
  - e. Any of the above.
13. Which of the following puff pastry products requires small circles of dough to be cut?
  - a. Napoleons
  - b. Patty shells
  - c. Cream horns
  - d. Pinwheels
  - e. All of the above

14. \_\_\_\_\_ are examples of puff pastry petits fours.
- Conversations and chaussons
  - Papillons and palmiers
  - Allumettes and sacristains
  - All of the above
  - None of the above
15. Three of the following are names for the type of dough from which éclairs and cream puffs are produced. Which one is *not*?
- Pâte à choux
  - Pâte brisée
  - Eclair paste
  - Choux paste
16. Unlike puff pastry, éclair paste \_\_\_\_\_.
- contains no fat
  - is fairly easy to make
  - should be prepared at least a day before it is baked
  - both a and c
17. Which of the following is an incorrect statement about the similarities between éclair paste and popover batter?
- Both éclair paste and popover batter are leavened by steam.
  - A strong flour is used for making both éclair paste and popover batter.
  - Both products should have large holes in their centers after baking.
  - Both products begin as a thick dough.
18. Which of the following directions would you find in the formula for products that begin as éclair paste?
- Pipe the dough onto parchment-lined baking sheets.
  - Begin baking at 375°F for the first 15 minutes then increase the temperature to 425°F for the remaining baking time.
  - Remove the products from the oven before they become firm and dry.
  - All of the above.
19. It is very important to bake cream puffs and éclairs thoroughly and to cool them slowly so that they do not \_\_\_\_\_.
- collapse
  - lose their color
  - form holes in their centers
  - all of the above
20. Mini Paris-Brest, mini éclairs, pralines, mini cream puffs, and choux florentines are all examples of \_\_\_\_\_ petits fours.
- puff pastry
  - choux
  - pâte brisée
  - phyllo

21. Which of the following products can be substituted for strudel dough when making apple strudel?
  - a. Puff pastry
  - b. Pâte brisée
  - c. Baked meringue
  - d. Phyllo dough
22. Which of the following is made with phyllo dough, nuts, and honey?
  - a. Paris-Brest
  - b. Vacherin
  - c. Baklava
  - d. Dacquoise
23. Although crisp meringues are not pastries in the original sense of the word, they are often classified as pastries because they \_\_\_\_\_.
  - a. are also made from a flour paste
  - b. have a pasty, sticky texture before they are baked
  - c. are used like flour pastries to make a wide range of desserts
  - d. are produced from the same basic formula that is used to produce flour-based pastries
24. Baked meringues used as pastry layers are most often what shape?
  - a. Square
  - b. Round
  - c. Triangular
  - d. Octagonal
25. In order to bake a crisp meringue without browning it, you should use a \_\_\_\_\_ oven.
  - a. hot
  - b. moderate
  - c. low
  - d. either a or b
26. The primary leavening agent in puff pastry is \_\_\_\_\_.
  - a. yeast
  - b. baking powder
  - c. baking soda
  - d. steam
27. A type of baked meringue layer made by folding chopped nuts into the meringue before shaping and baking is called \_\_\_\_\_.
  - a. japonaise
  - b. vacherin
  - c. meringue chantilly
  - d. baklava

28. Good baking temperatures for small puff pastry products, such as patty shells, are approximately:
- 300–325°F
  - 325–350°F
  - 375–400°F
  - 425–475°F
29. If puff pastry products come out of the oven with irregular or crooked shapes, a possible reason is that the \_\_\_\_\_.
- dough wasn't allowed to rest before baking
  - fat wasn't rolled in properly
  - heat in the oven was uneven
  - all of the above
30. The best flour to use for making éclair paste is \_\_\_\_\_.
- bread flour
  - pastry flour
  - cake flour
  - three parts cake flour plus one part cornstarch
31. The primary leavening agent in éclair paste is \_\_\_\_\_.
- yeast
  - baking powder
  - baking soda
  - steam

**True/False**

- T F 32. Crisp baked meringues are normally baked at a very low temperature, approximately 200–225°F.
- T F 33. Short dough, used for fruit tarts, is a type of cookie dough made with flour, butter, sugar, and eggs.
- T F 34. After it is removed from refrigeration, puff pastry should be allowed to warm up to room temperature before being rolled and cut.
- T F 35. The weight of rolled-in fat in puff pastry dough is generally about twice the weight of the flour.
- T F 36. Blitz puff pastry dough is made the same way as regular puff dough but given fewer turns.
- T F 37. Made-up puff pastry products should be allowed to rest for half an hour before being baked.
- T F 38. Puff pastry dough trimmings should be discarded, since they will not bake properly if rerolled.
- T F 39. Éclair paste produces the best results if it is mixed a day ahead and allowed to rest overnight under refrigeration.
- T F 40. Éclairs and cream puffs must be cooled rapidly, as soon as they are removed from the oven.
- T F 41. The basic steps in the production of éclair paste are as follows: boil the liquid,



- fat, and salt; stir in the flour all at once; cool slightly; and beat in the eggs a little at a time.
- T F 42. The main ingredients in strudel dough are pastry flour, water, salt, eggs, and oil.
- T F 43. Frozen phyllo dough must be thawed completely before being removed from the package and unrolled.
- T F 44. Pâte brisée is similar to pâte sucrée except that pâte brisée contains more sugar.
- T F 45. Pâte sablée generally contains less egg than pâte sucrée.
- T F 46. Products mixed by the sablage or sanding method are tender because moisture is mixed with the dry ingredients before the fat is added.

## Chapter 15

### Tarts and Special Pastries

#### TEST QUESTIONS

##### Multiple Choice

1. A tart \_\_\_\_\_.
  - a. is thicker and heavier than a pie
  - b. is simply a pie with no top crust
  - c. is always made with fresh fruit
  - d. none of the above
2. A pan with vertical fluted sides and a false bottom is a \_\_\_\_\_ pan.
  - a. pie
  - b. tart
  - c. either a or b
  - d. neither a nor b
3. A baking sheet serves as the bottom for a \_\_\_\_\_.
  - a. tart pan
  - b. flan ring
  - c. sfogliatelle mold
  - d. Pithiviers
4. A tartlet shell can be \_\_\_\_\_.
  - a. round
  - b. square
  - c. rectangular
  - d. any of the above
5. When making large baked tart shells, it is important to \_\_\_\_\_.
  - a. stretch the dough so it fits snugly in the pan
  - b. warm the dough until it is slightly above room temperature
  - c. prick the bottom of the dough all over with a fork
  - d. all of the above
6. Which of the following statements about tarts is incorrect?
  - a. Tarts are often made from short dough or pâte brisée.
  - b. Small tart pans do not have false bottoms.
  - c. Tarts cannot be made from puff pastry dough.
  - d. In its most simple form, a baked fruit tart is no more than an unbaked tart shell, filled with a layer of fresh fruit and a little sugar, and then baked.

7. Pastry chefs might sprinkle crumbs on the bottom of tart shells before baking when they \_\_\_\_\_.
- use meringue tart shells
  - want to prevent the tart shells from puffing and blistering
  - fill the tarts with juicy fruits
  - plan to glaze the tarts when they are finished baking
8. A barquette is shaped like a \_\_\_\_\_.
- tree
  - boat
  - bird
  - half moon
9. Tart shells are docked so they won't \_\_\_\_\_ as they bake.
- burn
  - tunnel
  - puff and blister
  - absorb as much fruit juice
10. Dried beans are used in the pastry shop to \_\_\_\_\_.
- help crisp a tart shell during baking
  - help keep tart pastry from blistering during baking
  - both of the above
  - none of the above
11. Baked fruit tarts can be enhanced with a layer of \_\_\_\_\_ between the dough and the fruit.
- frangipane
  - pastry cream
  - cake or cookie crumbs
  - any of the above
12. If the fruit pieces you are going to use in your tarts are hard, it is a good idea to \_\_\_\_\_ until they soften.
- boil them in salted water
  - sauté them lightly in butter and sugar
  - heat them in a microwave oven
  - either b or c
13. A \_\_\_\_\_ is an apple dessert that is made in a skillet and cooked both on the stovetop and in the oven.
- tarte Tatin
  - brulée tart
  - linzertorte
  - peasant tart

14. The work “Tatin” in tarte Tatin refers to the \_\_\_\_\_.
  - a. method used to prepare it
  - b. sisters who, according to tradition, invented it
  - c. way it feels in the mouth when eaten
  - d. region of France in which it was first cooked
15. Which of the following is finished with a blowtorch or in a salamander?
  - a. Praline millefeuille
  - b. Sfogliatelle
  - c. Linzertorte
  - d. Orange brûlée tart
16. Raspberry jam is an essential ingredient in a \_\_\_\_\_.
  - a. praline
  - b. Pithiviers
  - c. peasant tart
  - d. linzertorte
17. Which of the following pastries is made using half a bottle cap as a tool?
  - a. Pithiviers
  - b. Praline millefeuille
  - c. Nougatine Parisienne
  - d. Passionata
18. One of the tools needed to make \_\_\_\_\_ is a blowtorch.
  - a. passionata
  - b. nougatine Parisienne
  - c. Creole délices
  - d. both a and c
19. What pastry are you preparing if you are coating the bottom of a sheet pan with melted milk chocolate and cutting it into long strips with a scraper?
  - a. Sfogliatelle
  - b. Gâteau St-Honoré
  - c. Financiers au café
  - d. Pralinette
20. You will need a pasta machine to make \_\_\_\_\_.
  - a. nougatine Parisienne
  - b. gâteau St-Honoré
  - c. sfogliatelle
  - d. praline millefeuille
21. Docking a tart shell means \_\_\_\_\_.
  - a. prebaking it before adding a filling
  - b. fluting the rim to improve the appearance
  - c. pricking holes in the dough before baking
  - d. lining the bottom with a special filling before putting in the fruit

## Chapter 16

### Cake Mixing and Baking

#### TEST QUESTIONS

##### Short Answer

1. What are the three main goals of mixing cake batters?
2. A uniform mixture of two unmixable substances is called \_\_\_\_\_.
3. The following ingredients are used in a chocolate cake recipe mixed by the creaming method: flour, bitter chocolate, sugar, shortening, eggs, milk. List them in the order in which they are added to the mixing bowl.
4. What type of fat is used in cakes mixed by the two-stage method?
5. If shortening is substituted for butter in a creaming-method cake, what type of shortening is used?
6. A cake recipe calls for 1 lb 4 oz butter, and you want to use all shortening instead of butter. How much shortening will you need?
7. The following ingredients are used to make genoise or butter sponge: flour, sugar, butter, eggs. List them in the order in which they are added to the mixing bowl:
8. The main leavening agent for foam-type cakes is \_\_\_\_\_.
9. Two types of cakes that are based on egg white foams are \_\_\_\_\_ and \_\_\_\_\_.
10. Two ingredients that act as tougheners or structure builders in cakes are \_\_\_\_\_ and \_\_\_\_\_.
11. The two most important tenderizers in cakes are \_\_\_\_\_ and \_\_\_\_\_.
12. Name two cake ingredients that must usually be increased at high altitudes.
13. Name two cake ingredients that must usually be decreased at high altitudes.
14. In the following ingredients for a plain cake mixed by the creaming method, one of the ingredients is out of balance. Which one is it?
 

Flour	2 lb	
Regular shortening	1 lb	2 oz
Sugar	3 lb	
Eggs		14 oz
Milk	1 lb	2 oz
Baking powder		1.25 oz
15. The main difference between high-ratio yellow cake and high-ratio white cake is that the white cake contains no \_\_\_\_\_.

16. Devil's food cake has a reddish color because \_\_\_\_\_.

**True/False**

- T F 17. When eggs are added to a cake batter in the creaming method, they should be added all at once.
- T F 18. For best creaming action, shortening or butter should be at room temperature.
- T F 19. A cake mix made with butter will not hold as much liquid as one made with high-ratio shortening.
- T F 20. Fruit cakes are sometimes made with part bread flour in order to develop stronger gluten structure.
- T F 21. When chocolate is added to a cake batter made by the creaming method or two-stage method, it is melted and added with the other liquid ingredients.
- T F 22. Two-stage batters are mixed at high speed to ensure even mixing.
- T F 23. When mixing batters for high-fat cakes, you must scrape down the sides of the bowl several times.
- T F 24. To add flour and liquid alternately to a batter means to blend in a little of the flour, then a little liquid, then a little flour, and so on until they are all blended in.
- T F 25. Foam-type batters will lose volume if they are not panned and baked as soon as they are mixed.
- T F 26. Warm eggs achieve greater volume when whipped than chilled eggs.
- T F 27. Angel food cakes usually contain no fat.
- T F 28. Flour for sponge cakes must be weak, to avoid making the cake tough.
- T F 29. Chiffon cakes are leavened both by baking powder and by the air contained in an egg foam.
- T F 30. Chiffon cakes contain no fat except for the fat content of the egg yolks.
- T F 31. The weight of the sugar in a high-ratio cake is usually greater than the weight of the flour.
- T F 32. Angel food cake pans should be greased well before being filled with batter.
- T F 33. For uniform baking, cake pans should be pushed against each other in the oven so that they are all touching.
- T F 34. To test a cake for doneness, press the center lightly. If the cake is done, it will spring back lightly where it has been touched.
- T F 35. Cakes should be turned out of their pans onto cooling racks as soon as they are removed from the oven.

## Chapter 17

### Assembling and Decorating Cakes

#### TEST QUESTIONS

##### Multiple Choice

- Which of the following statements is true?
  - A cake must be assembled and iced before it can be decorated.
  - A pastry bag and a paper cone are the cake decorator's most important tools.
  - There are many different styles of cake decorating.
  - All of the above.
- Which of the following is not one of the three main functions of icings?
  - Icings improve the appearance of cakes.
  - Icings improve the keeping quality of cakes.
  - Icings draw excess moisture from cakes.
  - Icings contribute to the flavor and richness of cakes.
- There are eight basic types of icings. Which of the following four pairs contains an item that is *not* one of these basic types?
  - Fondant and buttercream
  - Foam-type and fudge-type icing
  - Flat-type and royal or decorator's icing
  - Glazes and syrups
- Which of the following statements about icings and icing production is true?
  - Icings are sweet coatings for cakes and other baked goods.
  - Icings are also called frostings.
  - Use only top-quality flavorings for icings.
  - All of the above.
- Fondant \_\_\_\_\_.
  - begins as a sugar syrup
  - is easy to prepare in the bakeshop
  - is not available as an already prepared product
  - all of the above
- Fondant contains all the following ingredients except \_\_\_\_\_.
  - sugar
  - water
  - egg yolks
  - glucose or cream of tartar

7. If you are preparing \_\_\_\_\_ in the bakeshop, you will need a marble slab and four steel bars.
  - a. fondant
  - b. buttercream icing
  - c. royal icing
  - d. flat-type icing
8. Buttercream icings are light, smooth mixtures of \_\_\_\_\_.
  - a. fat and sugar
  - b. whipped cream and egg yolks
  - c. shortening and butter
  - d. gelatin and cream
9. A buttercream icing would *not* be a good choice for a cake that \_\_\_\_\_.
  - a. is to be served outside on a hot day
  - b. requires decorations such as flowers made from icing
  - c. needs a flavored icing
  - d. all of the above
10. Marron-flavored buttercream icing tastes like \_\_\_\_\_.
  - a. walnuts
  - b. almonds
  - c. chestnuts
  - d. hazelnuts
11. One of the disadvantages of using butter to make buttercream icing is that it is less stable than many other icings because it melts so easily. One way to overcome this disadvantage is to \_\_\_\_\_.
  - a. use it only when the iced products will be served in cool weather
  - b. blend a small amount of shortening into the butter to stabilize it
  - c. both of the above
  - d. neither of the above
12. Which of the following buttercream icings is paired correctly with a sentence you would find in the procedure for producing it?
  - a. Decorator's buttercream: Beat boiling syrup into beaten egg yolks.
  - b. French buttercream: Cream it only a little.
  - c. Pastry cream-type buttercream: Mix together equal parts of thick pastry cream and softened butter.
  - d. Fondant-type buttercream: Cream together equal parts of fondant and cream.
13. Another term for decorator's buttercream is \_\_\_\_\_.
  - a. French buttercream
  - b. boiled icing
  - c. rose paste
  - d. fondant glaze



14. Foam-type icings are \_\_\_\_\_.
- also called boiled icings
  - meringues made with a boiling syrup
  - applied thickly and left in peaks and swirls
  - not stable and should be used the day they are prepared
  - all of the above
15. Fudge-type icings \_\_\_\_\_.
- are light and airy
  - are extremely unstable
  - are never used on layer or sheet cakes
  - can be reheated in a double boiler
  - all of the above
16. Flat icings \_\_\_\_\_.
- are simple mixtures of granulated sugar and water
  - are often used on Danish pastry, coffee cakes, and sweet rolls
  - must be cooled to 50°F before they can be applied
  - are also known as glazes
  - all of the above
17. Royal icings are \_\_\_\_\_.
- hard and brittle when dry
  - also known as decorating or decorator's icing
  - used almost exclusively for decorative work
  - similar to flat icings except they are thicker and made with egg whites
  - all of the above
18. Glazes \_\_\_\_\_.
- are thin, glossy coatings
  - help to prevent baked products from drying
  - give a shine to baked products
  - are often made by melting fruit preserves and forcing them through a strainer
  - all of the above
19. Which of the following statements would you find in an explanation of how to assemble layer cakes?
- Be sure the cake has not cooled completely before you begin.
  - Leave the crumbs on the cake because loose crumbs make icing spread more easily.
  - Place the bottom layer of the cake right side up on a cardboard cake circle.
  - Be sure you push the icing—rather than pulling or dragging it—as you spread it.
  - None of the above
20. Sheet cakes are useful for volume service because \_\_\_\_\_.
- sheet cakes are easy to bake, ice, and decorate
  - sheet cakes keep well as long as they are uncut
  - both a and b
  - neither a nor b

21. Cupcakes can be iced by \_\_\_\_\_.
- dipping the tops of the cupcakes in the icing
  - spreading the icing on the cupcakes with a spatula
  - applying the icing to the cupcakes with a pastry bag
  - all of the above
22. Which part of the name “Boston cream pie” is wrong, and why?
- Boston: Boston cream pie is never served in Boston.
  - Cream: Boston cream pie does not contain pastry cream.
  - Pie: Boston cream pie is a cake, not a pie.
  - All of the above.
23. If you purchased a French pastry in an American bakeshop, you would most likely receive a(n) \_\_\_\_\_.
- product imported from France
  - single-portion decorated cake or pastry
  - dessert that would be shared by your whole dinner party
  - elaborate pastry that would be prepared at your table by your waiter
24. Which of the following tools for assembling and decorating cakes is correctly paired with its function?
- Icing comb: Spreads and smooths icings and fillings.
  - Plastic or steel scraper: Makes the icing on the sides of a cake perfectly smooth.
  - Straight palette knife or steel spatula: Spreads batters and creams inside pans.
  - Offset palette knife: applies a grooved or ridged pattern to the sides of an iced cake.
  - None of the above.
25. Which of the following pastry bag tip shapes is correctly paired with its function?
- Plain: For writing and making lines, beads, and dots.
  - Star: For making rosettes, shells, stars, and various borders.
  - Rose: for making flower petals.
  - Ribbon or basketweave: For making smooth or ridged stripes and ribbons.
  - All of the above.
26. The majority of cake decorations are made with the \_\_\_\_\_ tip.
- star
  - plain
  - both a and b
  - neither a nor b
27. A coupler allows you to change the \_\_\_\_\_.
- tip in a pastry bag when it is full of icing
  - colors of icing in a pastry bag
  - consistency of the icing in a pastry bag
  - all of the above

28. Paper cones are particularly useful when doing delicate work because they are \_\_\_\_\_.  
a. small  
b. easy to control  
c. both a and b  
d. neither a nor b
29. If you are going to use a pastry bag or paper cone to decorate cakes, it is essential to be especially careful about the \_\_\_\_\_.  
a. consistency of the icing you are using  
b. the pressure you exert on the bag or cone  
c. both a and b  
d. neither a nor b
30. You would use the drop-string method—rather than the contact method—if you were \_\_\_\_\_.  
a. decorating the sides of a cake  
b. varying the thickness of a line of icing  
c. both a and b  
d. neither a nor b
31. When using a paper cone to apply decoration by the drop-string method, the \_\_\_\_\_.  
a. cone is always in contact with the surface of the cake  
b. tip of the cone is at an angle of about 30 to 45 degrees from the surface of the cake  
c. icing is allowed to drop onto the surface of the cake  
d. both b and c
32. You would be wise to choose a pastry bag over a paper cone if you needed to use \_\_\_\_\_ during the decorating process.  
a. different metal tips  
b. a large amount of icing  
c. many different colors of icing  
d. both a and b
33. Cotton pastry bags are \_\_\_\_\_.  
a. thrown away after they are used  
b. less absorbent than plastic or nylon bags  
c. easier to clean than plastic or nylon bags  
d. more hygienic than plastic or nylon bags  
e. none of the above
34. Marbling icing requires \_\_\_\_\_.  
a. more than one color of icing  
b. spirals or lines of icing  
c. icing that has not yet set  
d. a knife or spatula  
e. all of the above

35. Buttercream is made by mixing \_\_\_\_\_.
- fat and confectioners' sugar
  - fat and fondant
  - fat and meringue
  - all of the above
36. Marshmallow icing is a \_\_\_\_\_.
- type of buttercream made by blending butter into marshmallow cream
  - whipped icing made of egg whites, fondant, and butter or shortening
  - type of Italian meringue containing gelatin
  - type of white fudge icing
37. Royal icing is made from \_\_\_\_\_.
- butter, egg yolks, and sugar
  - corn syrup, egg whites, and confectioners' sugar
  - eggs and fondant
  - egg whites and confectioners' sugar

**True/False**

- T F 38. Cake layers should be cooled completely before being iced.
- T F 39. When you are icing a cake with fondant, you should spread the icing first on the sides, then on the top.
- T F 40. To use a pastry bag for decorating, a right-handed person should hold the top of the bag closed with the right hand and squeeze the bag with the left hand.
- T F 41. The best way to ice the top of a cake without mixing crumbs in with the icing is to deposit a generous quantity of icing on the center of the cake and push it toward the edges with a spatula.
- T F 42. If a cake is to be sold by the slice in a food service operation, it is best to cut the cake as soon as it is iced.
- T F 43. To make a shell border, you need a pastry bag with a plain tube.
- T F 44. To decorate a cake with marbled fondant icing, ice the cake with one color of fondant icing and let it set; then pipe on lines in a contrasting color and draw the edge of a spatula thorough the icing to marble it.
- T F 45. Fondant icing must be warmed before being applied to a cake, but it should not be warmed to more than about 100°F.
- T F 46. When melted bitter chocolate is added to fondant, the fondant tends to become thicker.
- T F 47. Fat and sugar are two of the main ingredients in buttercreams and fudge icings, but fudge icings usually have less fat than the buttercreams.
- T F 48. Cream cheese icing is made like simple buttercream, except that cream cheese is substituted for the butter.

- T F 49. French buttercream is made by whipping egg yolks into simple buttercream, to enrich it.
- T F 50. Marshmallow icing must be cooled completely before being applied to cakes.
- T F 51. The following icings all must be stored tightly covered, to keep them from drying out or crusting: fondant, fudge icing, flat icing, royal icing.
- T F 52. A preliminary masking layer of icing can be used to even out irregularities in a cake before applying the final icing.

## Chapter 18

### Specialty Cakes, Gâteaux, and Torten

#### TEST QUESTIONS

##### Multiple Choice

- Which of the following is *not* true about the procedure for glazing a cake?
  - The cake should be masked with a coat of icing before glazing.
  - The glaze should be warmed to 100°F (38°C) so that it is pourable.
  - The cake should be set on a rack or icing screen before glazing.
  - Small bubbles in the surface of the glaze can be removed with a blowtorch.
- The terms *gâteau* and *torte* both can refer to \_\_\_\_\_.
  - cakes
  - layer cakes
  - European-style cakes
  - all of the above
- To align the layers of a cake properly, it helps to \_\_\_\_\_ before you split the cake in half horizontally.
  - ice one side
  - cut a notch in the side
  - place a toothpick in the top
  - any of the above
- Assume you are assembling a European-style specialty cake. You have placed a short dough base on top of a cake card, spread it with fruit preserves, and then placed a layer of sponge cake on top of the short dough. Which of the following is the correct order for the next three ingredients you will place on top of the sponge cake layer?
  - Fruit → filling → syrup
  - Filling → syrup → fruit
  - Syrup → fruit → filling
  - Syrup → filling → fruit
  - Either c or d
- The utensil used to hold the filling of a layered cake in place until it has chilled enough to set is called a \_\_\_\_\_.
  - ring mold
  - cake ring
  - charlotte ring
  - all of the above
- Charlotte rings can be lined with \_\_\_\_\_.
  - fruit
  - chocolate
  - sponge strips
  - sliced sponge
  - all of the above

7. Baumkuchen is an example of a(n) \_\_\_\_\_ lining in a charlotte ring.
  - a. fruit
  - b. chocolate
  - c. acetate
  - d. sliced sponge
  
8. You would use a \_\_\_\_\_ to caramelize a strip of sponge used to line a charlotte ring.
  - a. well-seasoned cast iron skillet
  - b. blowtorch
  - c. handheld electric salamander iron
  - d. microwave oven
  
9. You should use a strip of acetate if you are lining a charlotte ring with \_\_\_\_\_.
  - a. fruit
  - b. fondant
  - c. chocolate
  - d. either a or c
  
10. You must *not* freeze your finished cake if you have lined your charlotte ring with \_\_\_\_\_.
  - a. fresh fruit
  - b. chocolate
  - c. sponge strips
  - d. sliced sponge
  
11. Which of the following is a correct statement about using fondant to ice cakes?
  - a. It's a good idea to brush hot apricot glaze on freshly applied fondant to avoid drying out and losing its shine.
  - b. Buttercream frosting is a good substitute for fondant in hot weather because fondant will melt unless it is refrigerated.
  - c. Fondant is spread like other frostings. Just be sure to push it—rather than pulling it—as you spread it with a bowl knife.
  - d. Fondant provides an excellent base for paper cone decorations.
  - e. None of the above.
  
12. To ice a cake with fondant, you will need a(n) \_\_\_\_\_.
  - a. palette knife
  - b. icing screen
  - c. both a and b
  - d. neither a nor b
  
13. Marzipan \_\_\_\_\_.
  - a. cannot be colored
  - b. can be used in place of icing to coat a cake
  - c. is a paste made of pecans and sugar
  - d. both b and c

14. Marzipan can be applied to a cake \_\_\_\_\_.
  - a. by rolling up a strip of marzipan loosely and then unrolling it against the sides of the cake
  - b. by carefully molding a sheet of marzipan against the sides of the cake
  - c. by turning the top layer of the cake upside down and pressing it onto a sheet of marzipan
  - d. all of the above
15. The following ingredients are used to make a \_\_\_\_\_: pitted cherries, chocolate sponge, kirsch, dessert syrup, whipping cream, and chocolate.
  - a. Dobos torte
  - b. Sachertorte
  - c. Black Forest torte
  - d. Napoleon gâteau
16. Molded and decorated Bavarian creams are known as \_\_\_\_\_.
  - a. tortes
  - b. rolls
  - c. charlottes
  - d. gâteaux
17. You would find coffee-flavored buttercream in a \_\_\_\_\_.
  - a. Sachertorte
  - b. mocha torte
  - c. Dobos torte
  - d. all of the above
18. A pastry chef has a large amount of scrap puff paste left over from his last product. He can use it to create a \_\_\_\_\_.
  - a. seven-layer cake
  - b. Napoleon gâteau
  - c. abricotine
  - d. any of the above
19. A seven-layer cake has \_\_\_\_\_ between its Dobos layers.
  - a. buttercream
  - b. fruit
  - c. chopped nuts
  - d. a combination of a, b, and c
20. Which of the following is likely to have the name of the cake written in icing on top?
  - a. Opera cake
  - b. Sachertorte
  - c. Both of the above
  - d. None of the above
21. A(n) \_\_\_\_\_ is browned in a hot oven after it has been decorated.
  - a. abricotine
  - b. almond gâteau
  - c. Brasilia
  - d. both a and b
  - e. none of the above



22. You are eating an almond gâteau. What flavor(s) are you tasting?
- Almond
  - Apricot
  - Rum
  - All of the above
23. A(n) \_\_\_\_\_ is wrapped in chocolate, and its top layer is decorated with chocolate ruffles.
- Brasilia
  - Alhambra
  - feuille d'automne
  - genoise à la confiture framboise
24. A Juliana is surrounded with \_\_\_\_\_.
- a wood-grain chocolate strip
  - slices of baumkuchen
  - a caramelized sponge
  - a strip of marzipan
25. Espresso and mascarpone cheese are used to make \_\_\_\_\_.
- Brasilia
  - an opera cake
  - tiramisu
  - bananier
26. Swiss rolls are similar to American jellyrolls because both are \_\_\_\_\_.
- assembled in much the same way
  - filled with a variety of jellies
  - iced and decorated
  - all of the above
27. French pastries \_\_\_\_\_.
- can be made in many shapes and flavors
  - are small fancy cakes
  - are made in individual portion sizes
  - all of the above
28. An Othello is a small cake with a \_\_\_\_\_ shape.
- square
  - triangular
  - round
  - rectangular
29. Which of the following types of Othellos is paired correctly with its primary flavor(s)?
- Rosalinds: rose
  - Iagos: vanilla and kirsch
  - Desdemonas: chocolate
  - All of the above

30. Which of the following is true about petits fours?
- The French translation of *petit four* is “little foot.”
  - Almost any type of small cake or pastry item falls into this category if it can be eaten in one or two bites.
  - Petits fours secs are small iced cakes, and petits fours glacés are small, dainty cookies, macaroons, baked meringues, and puff pastries.
  - All of the above.
31. It is important to choose a \_\_\_\_\_ cake for petits fours.
- firm and close-grained
  - soft and crumbly
  - coarse-grained
  - both b and c

In the blank after each description below, write the letter corresponding to the name of the product described.

- |           |  |           |  |
|-----------|--|-----------|--|
| 32. _____ | A rich chocolate cake coated with apricot jam and chocolate fondant icing.   | 42. _____ | Any of a variety of small, decorated, portion-size cakes or cake slices. |
| 33. _____ | A yellow cake, split in half and filled with pastry cream, and iced with chocolate fondant.  | 43. _____ | A layer cake iced and filled with coffee-flavored buttercream.           |
| 34. _____ | A cake made of many thin layers, filled with chocolate buttercream, and topped with a layer of caramelized sugar.                      | a.        | Mocha torte  |
| 35. _____ | A cake made of puff pastry layers filled with pastry cream.  | b.        | French pastry  |
| 36. _____ | A chocolate sponge cake flavored with kirsch and filled with cherries and whipped cream.   | c.        | Dobos torte  |
| 37. _____ | A multilayered sponge cake filled and iced with chocolate icing  | d.        | Seven-layer cake   |
| 38. _____ | A layer cake consisting of a top and bottom layer of crisp meringue and a middle layer of sponge cake flavored with a special liqueur. | e.        | Kirsch torte   |
| 39. _____ | A sponge layer cake iced with a macaroon mixture and browned in the oven.  | f.        | Almond gateau  |
| 40. _____ | A type of Swiss roll decorated to look like a log.   | g.        | Black Forest torte   |
| 41. _____ | A small bite-size cake.  | h.        | Petit four glace   |
|           |  | i.        | Sachertorte  |
|           |  | j.        | Napoleon gateau  |
|           |  | k.        | Boston cream pie   |
|           |  | l.        | Bûche de Noël  |

## Chapter 19

### Cookies

#### TEST QUESTIONS

##### Multiple Choice

1. Although cookies and cakes are very similar, they differ in terms of their \_\_\_\_\_.
  - a. size
  - b. formulas
  - c. makeup
  - d. all of the above
2. Which of the following is *not* one of the four basic characteristics of cookies?
  - a. Softness
  - b. Chewiness
  - c. Spread
  - d. Crispness
  - e. Texture
3. What can be done to make cookies crisper?
  - a. Make them larger or thicker.
  - b. Increase the proportion of liquid in the mix.
  - c. Bake them for a shorter time.
  - d. Increase their sugar and fat content and decrease the liquid.
  - e. None of the above.
4. In terms of cookie traits, softness is the opposite of \_\_\_\_\_.
  - a. chewiness
  - b. crispness
  - c. spread
  - d. either a or b
5. Which of the following statements is true about hygroscopic sugars?
  - a. Honey, molasses, and corn syrup are examples of hygroscopic sugars.
  - b. Hygroscopic sugars release moisture into the air around them.
  - c. Making cookies with a hygroscopic sugar will increase their crispness.
  - d. All of the above.
6. A cookie made with a high proportion of eggs, sugar, and liquid, a low proportion of fat, and a strong flour will be very \_\_\_\_\_.
  - a. crisp
  - b. chewy
  - c. soft
  - d. thin and wide

7. High \_\_\_\_\_ will decrease the spread of a cookie.
  - a. sugar content
  - b. baking soda content
  - c. liquid content
  - d. oven temperature
  - e. none of the above
8. If you want to decrease the spread of your cookies, but don't want to make them any less sweet, you can \_\_\_\_\_.
  - a. switch from granulated to confectioner's sugar in the formula
  - b. bake them at a lower temperature for a longer time
  - c. make a slacker batter by adding more liquid
  - d. use a weaker flour or decrease gluten in the dough by mixing it for a shorter time
9. Which of the following is *not* one of the basic cookie mixing methods?
  - a. One-stage
  - b. Creaming
  - c. Muffin
  - d. Sanding
10. Cookie mixing methods differ from cake mixing methods in that for cookie mixing methods \_\_\_\_\_.
  - a. more liquid is incorporated
  - b. more gluten is developed
  - c. it is more difficult to achieve a smooth, uniform mix
  - d. none of the above
11. Which of the following statements about the one-stage mixing method is *not* correct?
  - a. All ingredients are placed in the mixer at once.
  - b. This method is particularly useful for low-moisture cookies.
  - c. The baker has more control over mixing with this method than with either the creaming or the sponge method.
  - d. The one-stage method works particularly well for the production of chewy cookies.
12. A cookie is said to be "short" if it is \_\_\_\_\_ in fat and \_\_\_\_\_ in gluten development.
  - a. high; high
  - b. high; low
  - c. low; high
  - d. low; low
13. The amount of creaming performed in the creaming method will help determine the \_\_\_\_\_ of a batch of cookies.
  - a. texture
  - b. spread
  - c. leavening
  - d. all of the above
  - e. none of the above

14. In which cookie mixing method would you whip the eggs with the sugar?
- Sponge
  - Creaming
  - One-stage
  - Sanding
15. There are eight cookie makeup methods. Which of the following is *not* one of these eight?
- Dropped
  - Folded
  - Icebox
  - Stencil
16. If you garnish the tops of your cookies with nuts, fruits, or other items, it is important to \_\_\_\_\_ so that the garnishes do not fall off after baking.
- gently press the items on top of the cookies as soon as they are panned
  - macerate the items in a flavored syrup or liquor
  - add a drop of buttercream icing to the bottom of the item before it is pressed onto the baked cookie
  - remove the cookies from the oven halfway through their baking time, place the items on top of the cookies, and then return the cookies to the oven for the other half of their baking time
17. Three of the following methods are best suited for cookies that are produced from soft doughs or batters. Which method is better for cookies with a stiff dough?
- Bagged
  - Dropped
  - Rolled
  - Stencil
18. Which of the following is a key step in the sanding method for mixing cookie doughs?
- Whip the eggs and sugar until light.
  - Mix the dry ingredients with the fat.
  - Sift the flour and add it to the liquid ingredients.
  - Mix the sugar with the fat.
19. Cookies with multicolored patterns such as checkerboards and pinwheels are produced with the \_\_\_\_\_ method.
- stencil
  - bar
  - icebox
  - bagged
20. \_\_\_\_\_ cookies are cut after they are baked.
- Bar and sheet
  - Rolled and sheet
  - Stencil and rolled
  - Icebox and bar

21. \_\_\_\_\_ are twice-baked cookie made with the bar method.
- Tuiles
  - Macaroons
  - Biscotti
  - Shortbread
22. Biscotti means \_\_\_\_\_.
- little biscuit
  - two cuts
  - baked twice
  - none of the above
23. Which of the following cookies are iced in the pan where they were baked?
- Bar
  - Stencil
  - Molded
  - Sheet
24. A pastry chef has assembled a sheet pan with a silicon mat, an offset palette knife, a sheet of thin cardboard from a cake box, and a razor blade. You can assume that he or she is about to make \_\_\_\_\_ cookies.
- sheet
  - icebox
  - stencil
  - rolled
25. Which of the following techniques can be used to reduce the spread of cookies?
- Bake the cookies at a lower temperature.
  - Flour the pan after greasing it.
  - Sprinkle confectioner's sugar on the pan.
  - All of the above.
26. You made a batch of cookies that spread too much and were also hard, dry, and pale. The most likely cause of these results was \_\_\_\_\_.
- allowing them to cool in a cold draft
  - removing them from the pans before they cooled completely
  - baking them at too high a temperature
  - baking them at too low a temperature
27. Why would you double-pan a batch of cookies?
- To prevent burning the bottoms of the cookies.
  - To keep the cookies from cracking.
  - To prevent the cookies from becoming too crumbly.
  - To keep the cookies from being too soft.
28. Which of the following causes toughness in cookies?
- Mixing them too long.
  - Using flour that's too strong.
  - Not using enough shortening.
  - Any of the above.

29. Too low a baking temperature can cause a cookie to \_\_\_\_\_.  
a. be too dry  
b. be too hard  
c. spread too much  
d. all of the above
30. Not enough sugar can cause a cookie to \_\_\_\_\_.  
a. be too crumbly  
b. stick to the pan  
c. spread too much  
d. not brown enough
31. Pinwheels, bull's-eye, and checkerboard cookies are all made with the \_\_\_\_\_ method.  
a. stencil  
b. sheet  
c. bagged  
d. icebox
32. Which of the following is *not* a cookie traditionally made with the dropped method?  
a. Chocolate chip  
b. Oatmeal raisin  
c. Shortbread  
d. Double-chocolate macadamia chunk
33. If the only ingredients you used were butter, flour, and sugar, you would be making \_\_\_\_\_.  
a. a stencil cookie  
b. biscotti  
c. traditional Scottish shortbread  
d. speculaas
34. Tuiles are made with the \_\_\_\_\_ method.  
a. stencil  
b. dropped  
c. icebox  
d. either a or b

**True/False**

- T F 35. If you want to make crisp cookies, it helps to make them small and thin.
- T F 36. High fat and sugar content help make cookies crisp.
- T F 37. Cookies can be made chewier by decreasing their egg content.
- T F 38. Overbaking increases crispness.
- T F 39. The following factors all increase spread in cookies: heavily greased pans, high sugar content, high liquid content, high oven temperature.
- T F 40. In the one-stage mixing method, all ingredients are placed in the mixing bowl and mixed together at one time.

- T F 41. In the creaming method, the fat, sugar, and flour are creamed together; then the eggs and liquid are added and blended in.
- T F 42. Bagged cookies must be made with very stiff doughs so that they will hold their shapes.
- T F 43. Doughs for rolled cookies, molded cookies, and icebox cookies must usually be chilled before makeup.
- T F 44. Some cookies made up by the dropped method must be flattened on the pans, while others will spread by themselves.
- T F 45. Rolled cookies should be cut from the rolled-out dough about ½ inch apart.
- T F 46. Uniform thickness is an important consideration when cutting icebox cookies.
- T F 47. Most cookies are baked at a fairly high temperature for a short time.
- T F 48. Unless the pans have been lined with silicone paper, you should remove cookies from baking pans while they are still warm.
- T F 49. Cookies should be cooled as rapidly as possible.
- T F 50. There is more risk of overmixing in the creaming method than there is in the one-stage method.
- T F 51. If you make cookies by the creaming method and want the cookies to hold their shape and not spread too much, you should cream the fat and sugar longer.



## Chapter 20

### Custards, Puddings, Mousses, and Soufflés

#### TEST QUESTIONS

##### Multiple Choice

- Many puddings, Bavarians, mousses, soufflés, and frozen desserts are based on \_\_\_\_\_.
  - crème anglaise
  - pastry cream
  - either a or b
  - neither a nor b
- The light texture of Bavarians, mousses, and soufflés depends on \_\_\_\_\_.
  - whipped cream
  - meringue
  - either a or b
  - neither a nor b
- \_\_\_\_\_ puddings are usually rather heavy and filling and served during cold weather.
  - Baked
  - Steamed
  - Charlotte
  - Starch-thickened
- Which of the following statements will not be found in an explanation of custard preparation?
  - Do not stir baked custard as it cooks.
  - A custard is a liquid thickened or set by the coagulation of egg protein.
  - A watery custard is one that has been overbaked.
  - Do not cook a custard to an internal temperature higher than that of boiling water (212°F/100° C) or it will curdle.
- Crème anglaise \_\_\_\_\_.
  - is a stirred custard
  - consists of milk, sugar, and egg whites
  - is cooked over high heat
  - none of the above
- Pastry cream \_\_\_\_\_.
  - is a stirred custard that contains starch thickeners as well as eggs
  - can be cooked to a higher temperature than other custards without curdling
  - is thicker and more stable than crème anglaise
  - all of the above

7. Which of the following puddings is bound with gelatin?
  - a. Blancmange English style
  - b. Butterscotch
  - c. Panna cotta
  - d. Both a and b
8. Blancmange English style is \_\_\_\_\_.
  - a. baked
  - b. made of milk, sugar, flavorings, and gelatin
  - c. another name for cornstarch pudding
  - d. too thin to be molded
  - e. all of the above
9. Which of the following may be used as an ingredient in crèmeux?
  - a. Gelatin
  - b. Butter
  - c. Chocolate
  - d. All of the above
10. You cannot make \_\_\_\_\_ pudding without eggs.
  - a. cornstarch
  - b. cream
  - c. gelatin
  - d. English-style blancmange
11. \_\_\_\_\_ is a baked pudding.
  - a. Rice pudding
  - b. Bread pudding
  - c. Panna cotta
  - d. Both a and b
12. The amount of \_\_\_\_\_ in a custard determines its firmness.
  - a. egg
  - b. sugar
  - c. milk
  - d. gelatin
13. The eggs in a custard become completely cooked or coagulated at \_\_\_\_\_.
  - a. 185°F (85°C)
  - b. 212°F (100°C)
  - c. 325°F (165°C)
  - d. none of the above
14. Many baked puddings are cooked in a water bath so that \_\_\_\_\_.
  - a. their outside edges will not overcook before their inside is set
  - b. their internal temperature will remain at a constant 212°F (100°C) temperature as the water boils
  - c. they are steamed rather than baked
  - d. all of the above

15. The milk used in baked puddings should be scalded \_\_\_\_\_.
- to reduce cooking time
  - help the product cook more evenly
  - to partially coagulate the milk proteins
  - both a and b
16. Which of the following is *not* a baked custard?
- Pumpkin pie filling
  - Cheesecake
  - Bread pudding
  - Panna cotta
17. You might use a broiler to prepare \_\_\_\_\_.
- bread and butter pudding
  - plum pudding
  - blancmange
  - crème brûlée
18. A \_\_\_\_\_ cheesecake contains meringue.
- baker's
  - cream
  - French
  - New York-style
19. Steamed puddings are \_\_\_\_\_.
- heavy, dense, and rich
  - usually served during cold weather
  - warming and comforting
  - all of the above
20. Traditional English Christmas pudding contains all of the following ingredients except \_\_\_\_\_.
- plums
  - beef suet
  - bread flour
  - molasses
21. Steamed puddings can be cooked in a \_\_\_\_\_.
- water bath
  - compartment steamer
  - large, deep pan
  - all of the above
22. If your Bavarian cream is too rubbery, it's probably because you \_\_\_\_\_.
- forgot to add the whipped cream
  - used too much gelatin
  - forgot to whip the gelatin into the cream
  - softened your gelatin in cold water

23. A cold charlotte is an example of a \_\_\_\_\_.
- soufflé
  - Bavarian cream
  - frozen dessert
  - none of the above
24. It is possible to convert chiffon pie filling and Bavarian cream recipes to soft mousses by \_\_\_\_\_.
- changing the flavoring ingredients
  - substituting whipped cream for the meringue
  - reducing the amount of gelatin
  - all of the above
25. Whipped cream that is folded into a hot base will \_\_\_\_\_.
- melt
  - curdle
  - deflate
  - both a and c
26. You will need ladyfingers to make \_\_\_\_\_.
- unbaked orange cheesecake
  - rice impératrice
  - charlotte royale
  - charlotte russe
27. The primary flavor in mousse aux cassis is \_\_\_\_\_.
- raspberry
  - almond
  - vodka
  - blackcurrant
28. Which of the following statements about crèmeux is false?
- After combining crème anglaise and chocolate, the mixture should be whipped as it cools in order to create a light texture.
  - The first step in making crèmeux is to make crème anglaise.
  - Gelatin is sometimes added to crèmeux to give it body.
  - When butter is added to crèmeux, the base should be slightly warm but not hot.
29. Which of the following statements about soufflés is true?
- Soufflés are lightened with beaten egg yolks.
  - A soufflé should be cooled for approximately 30 minutes before it is served.
  - Soufflés are more stable than cakes.
  - Baking causes soufflés to rise, like cakes.
30. A standard soufflé contains \_\_\_\_\_.
- a base
  - egg whites
  - flavoring ingredients
  - all of the above

31. \_\_\_\_\_ can be used as a base for a soufflé.
- Pastry cream
  - A sweetened white sauce
  - Dried candied fruits or finely chopped nuts
  - Both a and b
32. Which of the following elements of a soufflé can be prepared ahead of time and refrigerated?
- The base
  - Flavoring ingredients
  - Egg whites
  - Both a and b
33. A dessert soufflé can be made more stable by \_\_\_\_\_.
- whipping part of the sugar with the egg whites
  - cooking it in a water bath
  - adding egg yolk to the egg whites as they are being whipped
  - heating the base before the egg whites are combined with it

**True/False**

- T F 34. Cornstarch puddings are similar to cream puddings, except that cornstarch puddings do not contain eggs.
- T F 35. Baked custard is done when its internal temperature reaches 195°F.
- T F 36. A suitable baking temperature for baked custard is 325°F.
- T F 37. Bread pudding is a baked mixture of bread and custard.
- T F 38. For more uniform baking, custards should be baked in a water bath.
- T F 39. A pot de crème is a type of Bavarian cream made in a special mold.
- T F 40. Bavarians, mousses, and hot soufflés are given their light texture by the addition of whipped cream.

**Short Answer**

41. A liquid that is thickened or set by the coagulation of egg protein is called \_\_\_\_\_.
42. Blancmange is an English pudding made of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, plus flavorings and salt.
43. Vanilla pudding is the same product as pastry cream, except that it usually contains less \_\_\_\_\_.
44. Crème caramel is a custard baked in a dish lined with \_\_\_\_\_.
45. Christmas pudding or plum pudding is cooked by \_\_\_\_\_.
46. Vanilla Bavarian cream is made by adding what two ingredients to vanilla custard sauce (crème anglaise)?
47. A charlotte made in a mold lined with slices of jelly roll is called \_\_\_\_\_.

## Chapter 21

### Frozen Desserts

#### TEST QUESTIONS

##### Multiple Choice

1. Until recently, few restaurants made their own ice cream because of the \_\_\_\_\_.
  - a. labor involved
  - b. equipment required
  - c. sanitation regulations and health codes
  - d. convenience and high quality of commercially made ice creams
  - e. all of the above
2. The base for French-style ice cream is \_\_\_\_\_.
  - a. pastry cream
  - b. crème anglaise
  - c. cream pudding
  - d. none of the above
3. An ice cream or sherbet that was not churned while it was frozen would \_\_\_\_\_.
  - a. never freeze
  - b. develop very small ice crystals
  - c. freeze into a solid block of ice
  - d. contain too much air
4. Which of the following products contain(s) no egg yolks?
  - a. French-style ice cream
  - b. Philadelphia-style ice cream
  - c. sherbets and ices
  - d. both b and c
5. Gelato is \_\_\_\_\_.
  - a. Italian ice cream
  - b. made without dairy products
  - c. the same as sorbetto
  - d. granité with egg whites added
6. Which one of the following is a quality factor of ice cream?
  - a. Smoothness
  - b. Overrun
  - c. Mouth feel
  - d. All of the above

7. One reason an ice cream might lack smoothness is that it \_\_\_\_\_.
  - a. has been frozen too rapidly
  - b. contains too much egg
  - c. has been stored at a temperature that is not low enough
  - d. all of the above
8. An ice cream with 50% overrun \_\_\_\_\_.
  - a. requires 50% more room to store than it did before it was churned
  - b. requires 50% less room to store than it did before it was churned
  - c. will be too airy and foamy
  - d. both a and c
9. Overrun can be controlled by \_\_\_\_\_.
  - a. the type of freezing equipment used
  - b. the fat content of the mix
  - c. the percentage of solids in the mix
  - d. how full the freezer is
  - e. all of the above
10. Which one of the following qualities of ice cream is at least partially dependent upon the other two?
  - a. Smoothness
  - b. Overrun
  - c. Mouth feel
11. Which of the following statements gives an important fact about the storage and service of ice creams and sherbets?
  - a. Ice creams and sherbets should never be stored below 0°F (−18°C).
  - b. Ice cream or sherbet must be packed tightly in a scoop when you serve it.
  - c. Bring ice cream or sherbet to approximately 32°F (0°C) before serving it.
  - d. Measure syrups to top ice cream or sherbet with a pump or standard ladle.
12. A dessert constructed of alternating layers of ice cream and fruit or syrup and served in a tall, narrow glass is a \_\_\_\_\_.
  - a. bombe
  - b. coupe
  - c. sundae
  - d. parfait
13. Ice cream parfaits are usually named after \_\_\_\_\_.
  - a. the flavor of ice cream they contain
  - b. their syrup or topping
  - c. the type of mold in which they are frozen
  - d. the chef who created them
14. Soufflé Surprise is also known as \_\_\_\_\_.
  - a. bombe tutti-frutti
  - b. cassata napoletana
  - c. dulce de leche
  - d. baked Alaska

15. If an ice cream or sorbet mix contains too much sugar, it will \_\_\_\_\_.
- not freeze enough to become firm
  - not be as smooth as one with the correct amount of sugar
  - both a and b
  - neither a nor b
16. For basic vanilla ice cream mix, the weight of the sugar should be approximately \_\_\_\_\_ of the total mix.
- 5–10%
  - 10–16%
  - 16–20%
  - 20–25%
17. A still-frozen dessert \_\_\_\_\_.
- has not been allowed to thaw to its appropriate serving temperature
  - was frozen in a container without being mixed
  - must be stirred to achieve its proper serving consistency
  - contains no whipped cream or whipped egg whites
  - both b and d
18. A frozen dessert that is \_\_\_\_\_ would freeze the hardest.
- high in alcohol and high in sugar
  - high in alcohol and low in sugar
  - low in alcohol and high in sugar
  - low in alcohol and low in sugar
19. Which of the following is *not* a basic element of a still-frozen parfait?
- Ice cream or sherbet
  - Whipped cream
  - A thick, sweet egg-yolk foam
  - Flavorings
20. Which of the following statements about bombes is incorrect?
- A bombe is an elegant dessert.
  - A bombe is often elaborately decorated.
  - A bombe is frozen twice during its production.
  - Only a special bombe mixture can be used to fill a bombe.
21. A frozen mousse always contains \_\_\_\_\_.
- meringue
  - crème anglaise
  - whipped cream
  - none of the above
22. A frozen mousse can have one of three bases. Which of the following is *not* one of these?
- Italian meringue
  - syrup and fruit
  - gelato
  - custard



23. A chef is tying a band of foil around a straight-sided mold so that it extends about 2 in. above the top of the mold's rim. He or she is most likely preparing to create a \_\_\_\_\_.
- bombe
  - parfait
  - frozen mousse
  - frozen soufflé

**Short Answer**

24. Ice creams made without eggs are called \_\_\_\_\_-style; ice creams made with eggs are called \_\_\_\_\_-style.
25. When ice cream is churn-frozen, it increases in volume because air is mixed in. This increase in volume is called \_\_\_\_\_.
26. The three basic ingredients of lemon sorbet are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
27. A famous sundae made with vanilla ice cream, peach half, and raspberry sauce is called \_\_\_\_\_.