

# JONES COUNTY CAREER-TECHNICAL CENTER

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Dear Parents and Career Tech Students:

From the Faculty, Staff and Administration of the Jones County Career Technical Center, it is our intent to provide enrichment activities for our students and support for our parents during these difficult times.

The following enrichment activities will allow students to review the instruction that they already have received this year.

You will find questions with answers for you to study and review. There are no assignments to be returned to school.

If the JCCTC can be of any assistance to our students and parents with the enrichment activities, please feel free to call us at 601-425-2378 between the hours of 9:00 a.m. and 1:00 p.m. or contact the instructor by email. Email addresses are located under the program name on our webpage.

Sincerely,



Rex Buckhaults  
Director, JCCTC

## CULINARY ARTS I

### ENRICHMENT ACTIVITY

Please write the correct answer in the space provided. After completing the activity, use the key to check your work.

1. A French word that refers to the mixture of coarsely chopped onions, carrots, and celery that provides a flavor base for stock is \_\_\_\_\_
2. A bundle of fresh herbs, such as thyme, parsley stems, and a bay leaf, tied together is an example of \_\_\_\_\_
3. A flavorful liquid made by gently simmering bones and/or vegetables is a \_\_\_\_\_
4. Which is a highly flavored type of stock made with fish bones \_\_\_\_\_
5. A reduced stock with a jelly-like consistency, made from brown stock, chicken stock, or fish stock is a \_\_\_\_\_
6. The process of eliminating bones or impurities that can cause cloudiness in a stock is called \_\_\_\_\_
7. What causes bone and mirepoix to release flavor more quickly when liquid is added? \_\_\_\_\_
8. The process of removing fat that has cooled and hardened from the surface of the stock is called \_\_\_\_\_
9. Which grand sauce is made from milk and white roux? \_\_\_\_\_
10. Creole is a derivative sauce of \_\_\_\_\_
11. What thickener is made of equal parts cooked flour and fat? \_\_\_\_\_
12. A cold mixture of fresh herbs, spices, fruits, and/or vegetables is called \_\_\_\_\_
13. A sauce made from the juices of cooked meat and brown stock is \_\_\_\_\_
14. A pierced-metal, cone-shaped strainer used to strain soups, stocks, and other liquids to remove all solid ingredients is a \_\_\_\_\_
15. A rich, flavorful broth or stock that has been clarified is \_\_\_\_\_
16. Which kind of soup is thickened by the starch of the main ingredient, such as potatoes, rather than an added starch, such as roux? \_\_\_\_\_
17. A hearty, thick soup made in much the same way as a cream soup is a \_\_\_\_\_
18. Bechamel sauce is a \_\_\_\_\_ sauce.
19. Which liquid is most often used in making stock? \_\_\_\_\_
20. The five grand sauces are known as mother sauces because they are \_\_\_\_\_
21. Which grand sauce is made from veal, chicken, or fish stock and a white or blond roux? \_\_\_\_\_
22. The two main ingredients of béchamel are \_\_\_\_\_
23. Which is usually a main ingredient in a bisque? \_\_\_\_\_

24. The correct mixture of mirepoix is \_\_\_\_\_
25. Which sauce is the base for béarnaise? \_\_\_\_\_
26. All refrigerators must maintain temperatures between \_\_\_\_\_
27. A \_\_\_\_\_ knife is used to separate raw meat from the bone.
28. Which type of knife is used to cut fish? \_\_\_\_\_
29. Which type of knife is used to slice bread and cake? \_\_\_\_\_
30. A parisienne scoop is most likely to be used to cut sections from which food? \_\_\_\_\_
31. A China cap and a chinois are each a type of \_\_\_\_\_
32. Which hand tool cuts a thick layer from vegetables and fruits more efficiently than a paring knife? \_\_\_\_\_
33. Which type of pot includes a lower pot that holds boiling or simmering water to gently cook the food in the upper pot? \_\_\_\_\_
34. To cook cream, milk, or chocolate gently over hot water, use a \_\_\_\_\_
35. A manually operated slicer made of stainless steel with adjustable blades that slice and julienne is a \_\_\_\_\_
36. Which type of broiler is used to brown, finish, and melt foods to order? \_\_\_\_\_
37. A \_\_\_\_\_ oven has a fan that circulates hot air around the food as it cooks.
38. A bain-marie is used to \_\_\_\_\_
39. Which dry-heat cooking method cooks food by surrounding the item with hot, dry air in the oven? \_\_\_\_\_
40. Which type of vegetarian consumes all the vegan items plus dairy products? \_\_\_\_\_
41. The hand that is not holding the knife is called the \_\_\_\_\_
42. A knife that is used to separate meat from the bone \_\_\_\_\_
43. An all-purpose knife \_\_\_\_\_
44. A knife used to peel apples and potatoes \_\_\_\_\_
45. A knife used to make football shaped vegetables \_\_\_\_\_
46. Graduated spoons used to measure small amounts of ingredients \_\_\_\_\_
47. A small tool used to pick up solid objects \_\_\_\_\_
48. A small tool used to add air to foods \_\_\_\_\_
49. A large pot with tall sides used to make stocks and soups \_\_\_\_\_
50. A bowl with holes in the bottom used to drain liquids from solids \_\_\_\_\_

## ANSWER KEY

1. Mirepoix
2. Bouquet garni
3. Stock
4. Fumet
5. Glace
6. Blanching
7. Sweating
8. Degreasing
9. Béchamel
10. Tomato sauce
11. Roux
12. Salsa
13. Jus-lie
14. China cap
15. Consommé
16. Puree
17. Chowder
18. Grand
19. Water
20. Used to create many other sauces
21. Veloute
22. Milk and white roux
23. Shellfish
24. 50% onion, 25% celery, 25% carrot
25. Hollandaise
26. 32°F and 41°F
27. Boning
28. Fillet
29. Serrated
30. Melon
31. Strainer
32. Peeler
33. Double boiler
34. Double boiler
35. Mandolin
36. Salamander
37. Convection
38. Keep foods warm
39. Roasting
40. Lacto-vegetarian

41. Guiding hand
42. Boning knife
43. Chef's knife
44. Paring knife
45. Tourne
46. Measuring spoons
47. Tongs
48. Wire whip
49. Stock pot
50. colander