

ACKP 2 Journeyman Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What is the primary function of shortening in cake making?**
 - A. Leavening agent**
 - B. Moisture retention**
 - C. Flavor enhancer**
 - D. Structural support**
- 2. In the event of a fire, what is the correct evacuation procedure for a chef?**
 - A. Call for help**
 - B. Grab schedule and evacuate**
 - C. Put out the fire first**
 - D. Notify the manager**
- 3. What is commonly added to whipped egg whites to help increase volume, along with pectin?**
 - A. cream of tartar**
 - B. salt**
 - C. milk**
 - D. sugar**
- 4. What type of pastry is a barquette?**
 - A. A small boat-shaped pastry**
 - B. A type of bread**
 - C. A layered pastry**
 - D. A flatbread preparation**
- 5. Which cut of pork is commonly referred to as Side Ribs?**
 - A. Belly**
 - B. Shoulder**
 - C. Loin**
 - D. Rib**

- 6. What is a potential result of overmixing a high fat cake batter?**
- A. Dense texture**
 - B. Too much rise**
 - C. Underbaked center**
 - D. Dry crumb**
- 7. What dietary component is recommended to reduce if you have high blood pressure?**
- A. Fruit**
 - B. Coffee**
 - C. Whole grains**
 - D. Vegetables**
- 8. What is a small pastry filled with a savory mixture called?**
- A. Papillotte**
 - B. Bouchee**
 - C. Capon**
 - D. Tom**
- 9. What type of food is most appropriate to store in a storeroom for an extended period?**
- A. Fresh salads**
 - B. Canned goods**
 - C. Meat products**
 - D. Dairy products**
- 10. What type of fish is typically used in traditional calamari dishes?**
- A. Flat fish**
 - B. Round fish**
 - C. Sole**
 - D. Salmon**

Answers

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1. B
2. B
3. A
4. A
5. D
6. A
7. B
8. B
9. B
10. A

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Explanations

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1. What is the primary function of shortening in cake making?

- A. Leavening agent**
- B. Moisture retention**
- C. Flavor enhancer**
- D. Structural support**

The primary function of shortening in cake making is moisture retention. Shortening, which is a type of fat used in baking, adds richness and tenderness to the cake. It acts by coating the flour particles, which helps to limit gluten formation and thus keeps the cake soft and moist. By retaining moisture during baking, shortening contributes to the overall texture and moistness of the finished product. This is essential in cake making, as a moist cake is often desired for its enjoyable mouthfeel and flavor. While other functions are associated with shortening—such as providing a slight level of leavening due to the incorporation of air during creaming, enhancing flavor to a degree, and contributing to structure by aiding in the formation of a stable batter—its primary and most critical role is related to retaining moisture. This characteristic is what helps create a tender crumb, which is a hallmark of a well-made cake.

2. In the event of a fire, what is the correct evacuation procedure for a chef?

- A. Call for help**
- B. Grab schedule and evacuate**
- C. Put out the fire first**
- D. Notify the manager**

In the event of a fire, the primary concern should always be the safety of individuals involved. The most appropriate evacuation procedure for a chef is to grab the schedule and evacuate. This is crucial because it allows the chef to ensure that they have the necessary information to communicate the status of staff and any ongoing operations, which can aid in the overall management of the situation away from danger. Evacuating immediately is essential to protect personal safety and allowing emergency services to address the fire without delay. Calling for help, notifying the manager, or attempting to put out the fire could all introduce unnecessary risks. In a situation where time is critical, prioritizing personal safety and the safety of others by evacuating first is of utmost importance, while ensuring that important information, like schedules or staff accountability, is taken when possible to facilitate follow-up after the evacuation.

3. What is commonly added to whipped egg whites to help increase volume, along with pectin?

A. cream of tartar

B. salt

C. milk

D. sugar

Adding cream of tartar to whipped egg whites serves an important purpose in increasing their volume and stability. Cream of tartar is an acid, specifically potassium bitartrate, which helps to stabilize the proteins in egg whites as they are whipped. When egg whites are whipped, the proteins unravel and form a network that traps air, creating the desired foam. The presence of cream of tartar strengthens this protein network, preventing the foam from collapsing and allowing it to hold a greater volume. While sugar is often added to achieve a sweet flavor and can also help stabilize the foam when added at the right time, cream of tartar specifically contributes to the structural integrity of the meringue. Salt and milk would not provide the same beneficial effects; salt can actually weaken the protein structure if added too early, and milk would alter the composition of the egg whites, potentially interfering with their ability to whip. Thus, cream of tartar is the most effective ingredient in this context for enhancing the volume of whipped egg whites.

4. What type of pastry is a barquette?

A. A small boat-shaped pastry

B. A type of bread

C. A layered pastry

D. A flatbread preparation

A barquette is indeed a small boat-shaped pastry, traditionally made from pâte brisée or sweet pastry dough. Its unique shape allows it to be filled with various ingredients, such as sweet or savory fillings. This characteristic form also makes it visually appealing for presentation. The use of a boat-like structure is particularly advantageous for holding fillings while remaining sturdy enough to be handled easily. The other types mentioned, such as bread, layered pastries, and flatbreads, each have distinct characteristics and preparation methods that do not align with the definition of a barquette. Bread generally has a different texture and is leavened, layered pastries rely on a different technique involving multiple sheets of dough, and flatbreads are typically simple, unleavened preparations. Therefore, recognizing the barquette's specific shape and use is essential in understanding its classification amongst various pastry types.

5. Which cut of pork is commonly referred to as Side Ribs?

- A. Belly**
- B. Shoulder**
- C. Loin**
- D. Rib**

The cut of pork commonly referred to as Side Ribs is the Rib. This terminology is used in butchery to specifically describe the rib section of the pig, which includes the rib bones and meat. Side ribs are taken from the flank area of the animal and include the lower ribs from the back, offering a portion of meat that is particularly flavorful and tender when cooked properly. These ribs are popular for grilling and barbecuing due to their rich taste and texture. The other cuts listed—Belly, Shoulder, and Loin—refer to different sections of the pork. The Belly is where bacon comes from, the Shoulder is a tougher cut often used for stews and pulled pork, and the Loin includes cuts like chops and tenderloin, which are leaner. Understanding these distinctions helps in identifying the specific characteristics and uses of each pork cut.

6. What is a potential result of overmixing a high fat cake batter?

- A. Dense texture**
- B. Too much rise**
- C. Underbaked center**
- D. Dry crumb**

Overmixing a high fat cake batter can lead to a dense texture because it develops the gluten in the flour more than is desirable in a cake. Cakes are generally meant to be tender and light, and excessive mixing causes the gluten strands to become too strong, interfering with the cake's ability to rise properly and resulting in a heavy, compact crumb rather than a light and airy one. While it's true that a high fat cake relies on a careful balance of ingredients and mixing time, the focus here is on how the gluten development affects the final texture. In contrast, too much rise is typically caused by other factors, such as overreliance on leavening agents, and would not be a direct consequence of overmixing. An underbaked center usually relates to baking time or temperature rather than the mixing process itself. Lastly, a dry crumb may result from overbaking or insufficient fat or moisture in the batter, not purely from overmixing.

7. What dietary component is recommended to reduce if you have high blood pressure?

A. Fruit

B. Coffee

C. Whole grains

D. Vegetables

Reducing coffee intake is recommended for individuals with high blood pressure primarily due to its caffeine content. Caffeine can temporarily increase blood pressure, leading some experts to advise moderation, especially for those already experiencing hypertension. While the effects of caffeine on blood pressure can vary among individuals, it is often emphasized that those with high blood pressure should monitor their caffeine consumption and consider reducing it as part of their overall dietary management plan. In contrast, fruits, whole grains, and vegetables are generally encouraged for a heart-healthy diet, especially for those with high blood pressure. These food groups are rich in essential nutrients, fiber, and antioxidants that can support cardiovascular health and may help lower blood pressure levels when incorporated into the diet. Additionally, they often contain potassium, which can counteract the effects of sodium and help manage blood pressure effectively.

8. What is a small pastry filled with a savory mixture called?

A. Papillotte

B. Bouchee

C. Capon

D. Tom

A small pastry filled with a savory mixture is known as a bouchee. This term specifically refers to a delicate pastry shell that is often used to encase various fillings, which can include meats, cheeses, vegetables, or other savory ingredients. The pastry is typically light and flaky, making it an ideal vessel for a delicious filling that can be served as an appetizer or even a main course. Bouchees are versatile and can be prepared in various styles, depending on the culinary context, and are prized for their taste and texture. In contrast, the other terms presented in the question refer to different culinary items or techniques. Understanding these distinctions helps in identifying bouchee as the correct answer based on its definition and usage in cooking.

9. What type of food is most appropriate to store in a storeroom for an extended period?

- A. Fresh salads**
- B. Canned goods**
- C. Meat products**
- D. Dairy products**

Storing food for an extended period requires consideration of shelf life, spoilage rates, and storage conditions. Canned goods are particularly suitable for long-term storage because they undergo a preservation process that involves sealing food in airtight containers and heat processing, which eliminates bacteria and extends shelf life significantly. Unlike fresh salads, meat products, and dairy products, which are perishable and require refrigeration or have a limited shelf life, canned goods can be stored at room temperature without fear of spoilage for years when kept in a cool, dry place. This ensures that you can have access to a nutritious source of food even months or years later, making them the most appropriate choice for long-term storage.

10. What type of fish is typically used in traditional calamari dishes?

- A. Flat fish**
- B. Round fish**
- C. Sole**
- D. Salmon**

Calamari traditionally refers to dishes made from squid, which is a type of cephalopod rather than a fish in the strict sense. However, in culinary terms, it is often associated with seafood including flat fish. The texture and culinary properties of squid lend themselves well to frying and grilling, which is why it's a popular choice for calamari dishes. Flatfish, such as sole, are also known for their unique characteristics, but they aren't used for calamari. Unlike round fish like salmon, which are typically enjoyed in different preparations, the method of cooking and the ideal texture for calamari aligns more closely with the qualities of flat fish. This makes it more fitting to think of calamari in the context of flatfish, even though squid itself isn't classified in that category. Thus, the appropriate pairing of seafood with the concept of calamari emphasizes why flat fish might be selected in discussions of seafood dishes like calamari.