

CULINARY I – STOCKS, SAUCES, SOUPS, & KNIFE CUTS COMMON ASSESSMENT 1 (CA1) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What cooking technique involves placing bones in cold water and bringing to a slow boil, then skimming to remove impurities?**
 - A. Blanching
 - B. Deglazing
 - C. Simmering
 - D. Braising

- 2. Which grand sauce is made from a stock and tomatoes (roux optional)?**
 - A. Bechamel
 - B. Veloute
 - C. Tomato Sauce
 - D. Brown/Espagnole Sauce

- 3. Which term describes a mixture of raw butter and flavoring ingredients used to finish meats and sauces?**
 - A. Roux
 - B. Beurre Manie
 - C. Compound Butter
 - D. Liaison

- 4. What is the purpose of simmering stock with the lid slightly ajar?**
 - A. To boil vigorously
 - B. To prevent evaporation
 - C. To control evaporation and maintain clarity while allowing some steam to escape
 - D. To chill quickly

- 5. Paysanne dimension (size).**
 - A. A thin, flat piece about 1/8 inch thick and 1–2 inches in its largest dimension.
 - B. A round coin about 1/4 inch.
 - C. A long strip about 1/16 inch by 3 inches.
 - D. A cube about 1/8 inch.

6. A cube shape with dimensions 1/8 inch x 1/8 inch x 1/8 inch yields which cut?
- A. Diagonal
 - B. Rondelle
 - C. Brunoise
 - D. Chiffonade
7. How should sauces be reheated to avoid separation, and what temperature range is typical?
- A. Boil rapidly to re-emulsify
 - B. Reheat over high heat until boiling
 - C. Heat until just steaming, then serve
 - D. Reheat slowly using gentle heat; avoid boiling; keep around 160–185F (71–85C) to prevent curdling or separation
8. After simmering a stock, what is the primary purpose of straining the liquid?
- A. Remove solids to produce a clear stock.
 - B. Add solids.
 - C. Increase viscosity.
 - D. Change color.
9. Which description best fits blonde roux in terms of color and flavor development?
- A. It remains a white color with no nutty flavor.
 - B. It has a light nutty flavor and pale golden color developed by cooking longer than a white roux.
 - C. It browns to a dark brown color.
 - D. It is used interchangeably with white roux.
10. Which cut corresponds to a cube with 1/2 inch on each side?
- A. Medium Dice
 - B. Brunoise
 - C. Dice
 - D. Chop

Answers

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

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Explanations

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1. What cooking technique involves placing bones in cold water and bringing to a slow boil, then skimming to remove impurities?

- A. Blanching**
- B. Deglazing
- C. Simmering
- D. Braising

This technique is blanching. Starting bones in cold water and bringing them to a gentle boil causes impurities and proteins to rise to the surface as foam, which you skim off. This cleans the bones and yields a clearer stock once you continue with the proper simmering in fresh water and aromatics. Deglazing is about loosening browned bits with liquid after sautéing, simmering is the ongoing gentle cooking itself, and braising is cooking with liquid in a covered pot until tender. The skimming step to remove impurities is the hallmark of blanching.

2. Which grand sauce is made from a stock and tomatoes (roux optional)?

- A. Bechamel
- B. Veloute
- C. Tomato Sauce**
- D. Brown/Espagnole Sauce

Tomato sauce is the grand sauce built from a stock plus tomatoes, with roux optional. The stock provides the body and depth, while tomatoes give the characteristic color and flavor. Some versions thicken with a little roux, but that step isn't required, which matches the "roux optional" idea. The other grand sauces rely on milk or white/brown stock thickened with roux, or in the case of Hollandaise, an egg-yolk and butter emulsion, not tomatoes. So the sauce made from a stock and tomatoes is the Tomato Sauce.

3. Which term describes a mixture of raw butter and flavoring ingredients used to finish meats and sauces?

- A. Roux
- B. Beurre Manie
- C. Compound Butter**
- D. Liaison

The idea is using a flavored fat to finish dishes, letting the fat melt over hot meat or into a finished sauce to deposit aroma and richness. This is done by blending softened butter with flavorings such as herbs, garlic, citrus zest, or spices, then shaping and chilling it. When you plate or finish a dish, a slice or dollop of this flavored butter melts on contact, distributing flavor evenly and giving a glossy finish. This specific term is compound butter. Roux, by contrast, is a thickening mixture of fat and flour used to thicken sauces and soups, not to finish with added aromatics. Beurre manié is butter kneaded with flour used to thicken sauces quickly, rather than to finish with pure flavor components. Liaison is a mixture of egg yolk and cream used to enrich and lightly thicken sauces.

4. What is the purpose of simmering stock with the lid slightly ajar?

- A. To boil vigorously
- B. To prevent evaporation
- C. To control evaporation and maintain clarity while allowing some steam to escape**
- D. To chill quickly

Simmering with the lid just cracked keeps the liquid at a gentle, controlled heat without a full boil. This balance lets flavor particles and gelatin be extracted without whipping the surface into a froth that would cloud the stock. The slight opening lets steam escape, so you don't lose too much water and you avoid boil-overs, while condensation that might drip back into the pot is minimized. At the same time, impurities and scum can rise to the surface and be skimmed off, helping maintain a clear stock. So this approach preserves volume and clarity while still extracting flavor.

5. Paysanne dimension (size).

- A. A thin, flat piece about 1/8 inch thick and 1–2 inches in its largest dimension.**
- B. A round coin about 1/4 inch.
- C. A long strip about 1/16 inch by 3 inches.
- D. A cube about 1/8 inch.

Paysanne is a knife-cut that yields thin, flat pieces of vegetables. The defining trait is the flat shape and small size, which lets the pieces cook quickly and evenly. A description of about 1/8 inch thick with the longest dimension around 1–2 inches matches how paysanne pieces are typically cut, giving a rustic, slicey shard that integrates well into soups, stews, or garnishes. This is different from rounds (coins) or long sticks or rigid cubes, which represent other cuts and cooking needs.

6. A cube shape with dimensions 1/8 inch x 1/8 inch x 1/8 inch yields which cut?

- A. Diagonal
- B. Rondelle
- C. Brunoise**
- D. Chiffonade

Brunoise is the fine dice cut, turning vegetables into tiny uniform cubes. A cube measuring 1/8 inch on each side fits this definition exactly, since all three dimensions are equal and in the small cube size. To get there, you typically slice into uniform batons (julienne) and then dice them into 1/8-inch cubes. The other options describe different shapes or directions: a diagonal cut changes the angle of the slice, rondelle yields round disks, and chiffonnade produces thin ribbons from leafy greens.

7. How should sauces be reheated to avoid separation, and what temperature range is typical?

- A. Boil rapidly to re-emulsify
- B. Reheat over high heat until boiling
- C. Heat until just steaming, then serve
- D. Reheat slowly using gentle heat; avoid boiling; keep around 160–185F (71–85C) to prevent curdling or separation**

Keeping an emulsion intact during reheating requires gentle heat. Emulsified sauces can separate if you heat them too quickly or bring them to a full boil, because the fat can separate from the liquid and the proteins can over-coagulate, causing curdling or breaking of the sauce. The best approach is to rewarm slowly over low heat, stirring constantly, until just warm enough to steam. Maintaining a temperature around 160–185°F (71–85°C) helps the emulsion stay stable and prevents separation. If the sauce starts to separate, whisking off heat or adding a splash of hot liquid to bring it back together can help. Heating with rapid boil or only aiming for just steaming without control increases the risk of breaking the emulsion.

8. After simmering a stock, what is the primary purpose of straining the liquid?

- A. Remove solids to produce a clear stock.**
- B. Add solids.
- C. Increase viscosity.
- D. Change color.

Straining after simmering is all about separating the liquid from the solids to get a clear, clean stock. As the stock simmers, bones, meat bits, and vegetables shed particles and impurities that can cloud the liquid. Pouring the liquid through a fine sieve or cheesecloth catches those solids, leaving a smooth, translucent broth that's ideal for sauces, soups, and consommé. Straining focuses on clarity and refined texture; it isn't about adding solids, increasing thickness, or changing color, though removing particulates can help the stock look brighter. If you want an even cleaner finish, you can skim off surface foam during simmering and then strain.

9. Which description best fits blonde roux in terms of color and flavor development?

- A. It remains a white color with no nutty flavor.
- B. It has a light nutty flavor and pale golden color developed by cooking longer than a white roux.**
- C. It browns to a dark brown color.
- D. It is used interchangeably with white roux.

Roux color and flavor develop together as you cook it. White roux is cooked just enough to stay pale and has no noticeable nutty aroma. Blonde roux is cooked longer, so it takes on a pale golden color and develops a light, nutty note. It sits between white and brown roux in both hue and flavor, giving sauces a gentle toasted character without becoming as dark or deeply flavored as a brown roux. The description that mentions a light nutty flavor and pale golden color achieved by cooking longer than white roux is the one that best fits blonde roux.

10. Which cut corresponds to a cube with 1/2 inch on each side?

A. Medium Dice

B. Brunoise

C. Dice

D. Chop

Uniform knife cuts are categorized by the size of the cube they produce, so even cooking and consistent texture rely on choosing the right size. A cube with 1/2 inch on each side is the medium dice. Brunoise is much smaller, about 1/8 inch, which is used for fine garnishes rather than standard dice sizes. A chop is a rough, uneven cut, not uniform cubes. The broad term dice doesn't specify size, so the precise label for a 1/2 inch cube is medium dice. To achieve it, slice the vegetable into 1/2 inch-thick slabs, then cut into 1/2 inch sticks, and finally cross-cut into 1/2 inch cubes.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://culinary1ca1.examzify.com>

We wish you the very best on your exam journey. You've got this!

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