

Culinary I Stocks, Sauces, & Soups Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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. During consommé clarification, what is the function of the raft formed by egg whites, ground meat, and mirepoix?**
 - A. It traps impurities and clarifies the liquid.**
 - B. It thickens the liquid.**
 - C. It adds color.**
 - D. It increases acidity.**

- 2. Borscht is a soup featuring which main vegetable?**
 - A. Carrot soup**
 - B. Onion soup**
 - C. Beet soup**
 - D. Potato soup**

- 3. Which item is included in the stock ratio described for one gallon?**
 - A. 1 lb mirepoix**
 - B. 8 lbs bones**
 - C. 6 qts water**
 - D. 1 lb salt**

- 4. Minestrone is described as a tomato-based vegetable soup. Which option best matches this description?**
 - A. Beet soup**
 - B. Cream soup**
 - C. Fruit soup**
 - D. Tomato-based vegetable soup**

- 5. Which two derivatives of Béchamel are commonly used and what are their typical uses?**
 - A. Velouté and Espagnole**
 - B. Mornay (cheese) for gratins; Soubise (onion) for soups and sauces**
 - C. Béarnaise and Hollandaise**
 - D. Tomato sauce and Cream sauce**

- 6. Which soup is a beet soup?**
- A. Minestrone**
 - B. Ginataan**
 - C. Borscht**
 - D. Gumbo**
- 7. Which combination is traditionally used as classic clarifying ingredients for consommé?**
- A. Ground pork, egg yolks, and herbs.**
 - B. Ground meat, egg whites, and mirepoix.**
 - C. Ground beef, starch, and dairy.**
 - D. Egg yolks, cream, and sugar.**
- 8. Name a classic Velouté derivative that uses cream as a finishing component.**
- A. Bechamel.**
 - B. Sauce Supreme.**
 - C. Velouté Nature.**
 - D. Espagnole.**
- 9. Why should stocks be kept at a gentle simmer rather than a rapid boil?**
- A. To sterilize the stock.**
 - B. To bring out color faster.**
 - C. To accelerate cooking.**
 - D. To prevent emulsification, cloudiness, and breakdown of bones, while extracting flavor evenly.**
- 10. Demi-Glace is formed by combining espagnole with which component?**
- A. Veal stock**
 - B. Tomato sauce**
 - C. Beer**
 - D. Cream**

Answers

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

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Explanations

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1. During consommé clarification, what is the function of the raft formed by egg whites, ground meat, and mirepoix?

- A. It traps impurities and clarifies the liquid.**
- B. It thickens the liquid.**
- C. It adds color.**
- D. It increases acidity.**

The raft's job is to trap impurities and clarify the liquid. As the consommé base heats, the egg-white proteins coagulate and form a floating layer that traps solids, fat, and other impurities along with some particles from the mirepoix and ground meat. This raft rises to the surface and creates a filtration-like barrier, allowing the clear, purified stock to pass through when strained. The mirepoix and meat flavors contribute to depth, but the primary purpose of the raft is purification, not thickening or color change.

2. Borscht is a soup featuring which main vegetable?

- A. Carrot soup**
- B. Onion soup**
- C. Beet soup**
- D. Potato soup**

Beets are the defining vegetable in borscht. This soup is famous for its deep red color and earthy sweetness, which come from beets (often roasted or boiled) added to a broth with cabbage, onions, potatoes, and sometimes carrots. The beets provide the distinctive flavor and visual signature that set borscht apart from other soups. If the dish were built around carrots, onions, or potatoes as the main ingredient, it would be described as carrot soup, onion soup, or potato soup, respectively. So the main vegetable that defines borscht is the beet.

3. Which item is included in the stock ratio described for one gallon?

- A. 1 lb mirepoix**
- B. 8 lbs bones**
- C. 6 qts water**
- D. 1 lb salt**

Stock ratios are built to deliver flavor and body in a consistent, per-gallon batch. A key part of that flavor base is the aromatics, the mirepoix (onions, carrots, celery), which is included in the ratio to infuse the stock with aroma and sweetness from the start. Including a measured amount of mirepoix per gallon helps ensure the stock develops a balanced, clean flavor without relying on long reductions. Salt is generally kept out of the base ratio because it's adjusted later after tasting, and the liquid amount is defined as one gallon, not six quarts. The bones provide the body, but the aromatics are the component highlighted in this per-gallon ratio, so the 1 lb mirepoix fits best.

4. Minestrone is described as a tomato-based vegetable soup. Which option best matches this description?

- A. Beet soup**
- B. Cream soup**
- C. Fruit soup**
- D. Tomato-based vegetable soup**

Soup descriptions rely on the base and the main ingredients to signal the category. Minestrone described as a tomato-based vegetable soup fits this pattern because the dominant flavor comes from tomatoes and the dish centers on vegetables. That sets it apart from beet soup (beet-forward), cream soup (dairy-based and creamy), or fruit soup (fruit-based). So, the tomato-based vegetable soup is the best match for the description.

5. Which two derivatives of Béchamel are commonly used and what are their typical uses?

- A. Velouté and Espagnole**
- B. Mornay (cheese) for gratins; Soubise (onion) for soups and sauces**
- C. Béarnaise and Hollandaise**
- D. Tomato sauce and Cream sauce**

Béchamel derivatives are enrichments of the white sauce that extend its flavor and uses. The two most commonly used are Mornay, a cheese version, and Soubise, which includes onion. Mornay adds cheese to the béchamel, creating a rich, creamy cheese sauce that's a classic finishing touch for gratins, vegetables, eggs, and fish. Soubise incorporates onion, giving a smooth, onion-flavored sauce that works well in soups and as a base for sauces served with poultry and vegetables. Other options mix in different foundations or are associated with a different mother sauce: velouté and Espagnole are separate mother sauces, Béarnaise and Hollandaise are derivatives of Hollandaise, and Tomato sauce and a general Cream sauce don't represent standard direct derivatives of béchamel.

6. Which soup is a beet soup?

- A. Minestrone**
- B. Ginataan**
- C. Borscht**
- D. Gumbo**

Beets define this soup. Borscht is the classic beet soup from Eastern Europe, known for its deep red color and earthy-sweet flavor that comes primarily from beets, often with vegetables like cabbage and potatoes and sometimes finished with a dollop of sour cream. The other soups listed come from different culinary traditions and rely on different main ingredients: Minestrone is an Italian vegetable and pasta soup, ginataan is a Filipino coconut-milk soup, and gumbo is a Louisiana stew thickened with roux and typically featuring seafood or meat.

7. Which combination is traditionally used as classic clarifying ingredients for consommé?

- A. Ground pork, egg yolks, and herbs.
- B. Ground meat, egg whites, and mirepoix.**
- C. Ground beef, starch, and dairy.
- D. Egg yolks, cream, and sugar.

Clarifying consommé hinges on forming a raft that traps impurities while letting clear liquid pass through. The classic raft combines ground meat, egg whites, and mirepoix. Egg whites are the primary clarifying protein; as they heat, they coagulate into a network that catches fat and solids. The ground meat provides additional proteins and bulk, helping to bind everything into a cohesive raft. Mirepoix adds flavor and structure, contributing moisture and body to support the raft's formation. When the mixture simmers gently, the raft rises to the surface, you skim it, and the liquid underneath stays clear. Without the egg whites, the raft won't form properly; substitutes like egg yolks or dairy would cloud or enrich rather than clarify, and starch isn't used for this purpose because it thickens rather than clarifies.

8. Name a classic Velouté derivative that uses cream as a finishing component.

- A. Bechamel.
- B. Sauce Supreme.**
- C. Velouté Nature.
- D. Espagnole.

Velouté derivatives are defined by what you finish the velouté with. A classic derivative finished with cream is Sauce Supreme, where heavy cream is stirred in to give a rich, smooth, velvety texture that pairs especially well with poultry. The cream finish is the hallmark that sets it apart from other derivatives. Bechamel is a milk-based mother sauce, not a velouté derivative. Velouté Nature is simply the base velouté with no dairy finish, and Espagnole is a brown sauce built from brown stock, not a white velouté finished with cream.

9. Why should stocks be kept at a gentle simmer rather than a rapid boil?

- A. To sterilize the stock.
- B. To bring out color faster.
- C. To accelerate cooking.
- D. To prevent emulsification, cloudiness, and breakdown of bones, while extracting flavor evenly.**

Keep at a gentle simmer to control extraction and clarity. The steady, low heat lets bones, meat, and aromatics release flavor and gelatin gradually, giving a smooth body without cloudiness. A rapid boil agitates the liquid, emulsifies fats, and breaks down bones too quickly, pulling impurities into suspension and making the stock cloudy. It also risks uneven extraction, so you don't get balanced flavor. The goal is to extract flavor evenly and produce a clean, pale stock, not to sterilize or rush color development—those come with the right gentle heat and proper skimming.

10. Demi-Glace is formed by combining espagnole with which component?

A. Veal stock

B. Tomato sauce

C. Beer

D. Cream

Demi-glace is a concentrated brown sauce formed by reducing a brown stock with espagnole. The idea is to take the depth and color of espagnole and enrich it with veal stock, which provides the gelatin and body that thicken and coat the palate as you reduce. This combination yields a glossy, intensely flavored sauce that serves as a versatile base for many other sauces. Using veal stock is essential because it adds the rich mouthfeel and stability you get from gelatin, while tomato, beer, or cream would alter the flavor and texture in ways that move away from the traditional demi-glace profile.

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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://culinary1stockssauccessoups.examzify.com>

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

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