

CULINARY I STOCKS, SAUCES, & SOUPS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. 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
- 2. Which ingredient is NOT typically used when making a traditional white stock?**
 - A. Onion
 - B. Wine
 - C. Carrot
 - D. Parsley
- 3. Which thickener consists of cornstarch mixed with cold liquid and must be dissolved before use?**
 - A. Liason
 - B. Slurry
 - C. Beurre Manie
 - D. Salsa
- 4. Using 8 lbs bones, 6 qts water, and 1 lb mirepoix yields how much chicken stock?**
 - A. Two quarts
 - B. One gallon
 - C. Eight quarts
 - D. Three gallons
- 5. Which thickener is made of equal parts flour and soft, whole butter, formed into small pea-sized balls and added to the cooking sauce to quickly thicken at the end?**
 - A. Beurre Manie
 - B. Salsa
 - C. Coulis
 - D. Liason

- 6. Which soup is typically hearty and thick with large pieces, and is usually not pureed?**
- A. Gazpacho
 - B. Consomme
 - C. Bisque
 - D. Chowder
- 7. Which statement about glace is true?**
- A. It is used to glaze sauces and add depth of flavor
 - B. It is a separate light stock
 - C. It is used for garnish
 - D. It is a sweet syrup
- 8. Two safe methods for cooling stock are**
- A. Ice Water Bath and Ice Paddle
 - B. Refrigeration while stock is hot
 - C. Boiling water bath
 - D. Direct contact with ice cubes in the stock
- 9. What is the base composition of velouté sauce?**
- A. Bechamel with milk.
 - B. Demi-glace.
 - C. A roux thickened with light stock (chicken, veal, or fish).
 - D. Tomato paste thickened with flour.
- 10. What is the primary purpose of the five mother sauces?**
- A. They form the basis for most other sauces
 - B. They are used only with poultry
 - C. They are dessert sauces
 - D. They have no derivatives

Answers

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

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Explanations

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1. 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.

2. Which ingredient is NOT typically used when making a traditional white stock?

- A. Onion
- B. Wine**
- C. Carrot
- D. Parsley

White stock aims for a pale, clean, neutral foundation built from bones and a simple mirepoix. Onion, carrot, and parsley are standard flavor contributors that add aroma, slight sweetness, and brightness without darkening or clouding the stock. Wine isn't typically included in a traditional white stock because its acidity and color would alter the pale appearance and the neutral profile that stock seekers want. Instead, wine is more commonly used later in sauces or to deglaze pans after the stock has formed, not in the stock itself. So the ingredient that doesn't belong in a traditional white stock is wine.

3. Which thickener consists of cornstarch mixed with cold liquid and must be dissolved before use?

- A. Liaison
- B. Slurry**
- C. Beurre Manie
- D. Salsa

The idea being tested is how starch-based thickeners are prepared and used. A slurry is a premixed suspension of a starch (like cornstarch) in cold liquid. That cold liquid is important because it allows the starch to dissolve and disperse evenly, preventing clumps. Once this smooth slurry is whisked into a hot sauce or stock, the heat activates the starch granules and the mixture thickens as it gels. This method gives a clean, controlled thickening without altering flavor. Other options don't fit because they rely on different mechanisms: a liaison uses egg yolks and cream to enrich and lightly thicken a sauce, not dissolved starch; beurre mani is a paste of butter and flour used to finish and thicken, not cornstarch dissolved in cold liquid; salsa is a chopped mixture used for flavor and texture, not a thickener.

4. Using 8 lbs bones, 6 qts water, and 1 lb mirepoix yields how much chicken stock?

- A. Two quarts
- B. One gallon**
- C. Eight quarts
- D. Three gallons

Yield in stockmaking comes from how much liquid you start with and how much you lose to evaporation and absorption during simmering. Start with six quarts of water along with the bones and mirepoix; the solids impart flavor and gelatin, but they don't add liquid. As the stock gently simmers, you'll lose some volume to evaporation and some liquid is absorbed by the solids, so the final liquid is smaller than the starting amount. With these proportions, you'd typically end up around four quarts of stock, which is one gallon. (The bones and mirepoix enrich the stock without increasing its volume.)

5. Which thickener is made of equal parts flour and soft, whole butter, formed into small pea-sized balls and added to the cooking sauce to quickly thicken at the end?

- A. Beurre Manie**
- B. Salsa
- C. Coulis
- D. Liason

Finishing thickener that relies on a flour-butter paste called beurre manié. Equal parts flour and soft, whole butter are worked together into small balls and whisked into the sauce at the end. The starch in the flour swells quickly in the hot liquid, giving a smoother, quicker-thickening effect without the longer cooking a roux requires, and the butter adds flavor and a glossy texture. This method is ideal for adjusting thickness right before service. Other options don't fit because they use different thickening or finishing methods: a liaison relies on egg yolk and cream to enrich and lightly thicken, not through a flour starch paste; a coulis is a puréed fruit or vegetable sauce for flavor, not a thickener; salsa is a flavor sauce, not a thickening technique.

6. Which soup is typically hearty and thick with large pieces, and is usually not pureed?

- A. Gazpacho
- B. Consomme
- C. Bisque
- D. Chowder**

Chowder is the type that fits because it's built around chunky, substantial pieces like potatoes, corn, onions, and seafood in a creamy or rich broth. The texture comes from these large pieces remaining recognizable, rather than from being blended into a smooth puree. Gazpacho is typically served cold and can be smooth or pulpy but isn't known for thick, chunky heartiness. Consommé is a clear, refined broth with no large pieces clarity and delicacy rather than thickness. Bisque is creamy and smooth, but it's usually pureed to a uniform texture, not chunky. So the soup that is typically hearty, thick, with large pieces, and not pureed is chowder.

7. Which statement about glaze is true?

- A. It is used to glaze sauces and add depth of flavor
- B. It is a separate light stock
- C. It is used for garnish
- D. It is a sweet syrup

Glaze is a concentrated stock reduction used to finish and glaze sauces, delivering a deeper, more velvety flavor and a glossy coating. By simmering a stock until it reduces to a thick, syrupy consistency, the flavors become more intense and the liquid can coat a sauce smoothly. That makes it ideal for glazing sauces and enriching their body and shine. So this is why it's best described as a tool for glazing and flavor depth. It isn't a separate light stock, which would be a pale, thinner foundation. It isn't used primarily as a garnish, which is decorative rather than functional for flavor and texture. And it isn't a sweet syrup, since glaze is made from savory stock and aims to enhance depth rather than sweetness.

8. Two safe methods for cooling stock are

- A. Ice Water Bath and Ice Paddle
- B. Refrigeration while stock is hot
- C. Boiling water bath
- D. Direct contact with ice cubes in the stock

Keeping stock safe means quickly lowering its temperature to the safe range to limit bacterial growth. The two tested methods are an ice-water bath and an ice paddle. An ice-water bath surrounds the hot stock with cold water and ice, and constant stirring speeds heat transfer, pulling heat out rapidly without adding liquid to the stock. An ice paddle is a metal implement filled with water or ice that you freeze and then move through the stock to extract heat efficiently, again without diluting the stock. These approaches maximize heat extraction and cooling efficiency. Other options don't work as well: refrigeration while the stock is still hot risks raising the fridge temperature and slowing overall cooling, which can invite spoilage. Directly adding ice cubes can dilute the stock and cool unevenly, making the process slower and less reliable. Boiling water would not cool the stock; it would keep it hot and delay reaching safe temperatures.

9. What is the base composition of velouté sauce?

- A. Bechamel with milk.
- B. Demi-glaze.
- C. A roux thickened with light stock (chicken, veal, or fish).
- D. Tomato paste thickened with flour.

Velouté is built from a white roux (cooked just enough to remove the raw flour taste) that is thickened with a light stock. The stock—usually chicken, veal, or fish—provides the sauce's flavor and the pale, silky texture that defines velouté. This combination differentiates it from other sauces: using milk yields bechamel, using a brown stock yields a brown demi-glaze, and using tomato paste thickened with flour would create a tomato-based sauce. So the base composition is a roux with light stock.

10. What is the primary purpose of the five mother sauces?

A. They form the basis for most other sauces

B. They are used only with poultry

C. They are dessert sauces

D. They have no derivatives

The five mother sauces are a flexible framework for building sauces in classical cooking. They're designed as bases from which a vast number of other sauces can be created by adjusting flavors and textures. Each base has its defining method and components: Béchamel uses a white roux with milk; Velouté uses light stock thickened with roux; Espagnole (brown sauce) combines brown stock with mirepoix and roux; Tomato sauce starts from tomato purée or base; Hollandaise is an emulsified sauce of egg yolks and butter with a touch of acid. By adding reductions, wines, creams, cheeses, mushrooms, herbs, or other flavorings to these bases, you derive a wide assortment of sauces—each derivative tailored to different dishes and protein types. They're not limited to poultry; these bases are used across beef, fish, vegetables, and more. They aren't dessert sauces, and they absolutely have derivatives, which is precisely why they're so foundational.

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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:

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

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