

IHOP Back-of-House (BOH) Standard Operating Procedures (SOP) Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What is one benefit of washing full loads in the kitchen?**
 - A. Increased cooking time**
 - B. Save water**
 - C. Faster delivery of food**
 - D. Less chemical use**
- 2. To what thickness should sliced tomatoes be cut?**
 - A. 1/8 inch thickness**
 - B. 1/4 inch thickness**
 - C. 1/2 inch thickness**
 - D. 3/4 inch thickness**
- 3. What is the proper temperature of fryer oil?**
 - A. 325 degrees**
 - B. 350 degrees**
 - C. 375 degrees**
 - D. 400 degrees**
- 4. How should steaks be stored under refrigeration?**
 - A. Flat in their original packaging**
 - B. In stacks to save space**
 - C. Hanging freely in the refrigerator**
 - D. In a vacuum-sealed bag**
- 5. What is a common characteristic of items cooked in the fryer?**
 - A. They are all fresh**
 - B. They are mostly frozen**
 - C. They require no oil**
 - D. They are all deep-fried**
- 6. What do the two 'S's in the acronym P.A.S.S. represent?**
 - A. Stop and Sweep**
 - B. Squeeze and Sweep**
 - C. Select and Secure**
 - D. Start and Stop**

- 7. What should be used to dip bread or stuffed French toast triangles into the French toast batter?**
- A. Fork**
 - B. Hand**
 - C. Spoon**
 - D. Tongs**
- 8. How should the ice scoop be stored?**
- A. In the ice**
 - B. In a clean/sanitized holder or container**
 - C. On the countertop**
 - D. In the fridge**
- 9. What should you do when you discover incorrectly prepared batter?**
- A. Store it for later use**
 - B. Discard it and prepare new batter**
 - C. Adjust the recipe to fix it**
 - D. Use it as a filler**
- 10. Equal parts of diced onions and diced bell peppers are known as what?**
- A. Vegetable Medley**
 - B. Denver Mix**
 - C. Oven Blend**
 - D. Culinary Mix**

Answers

SAMPLE

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

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Explanations

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1. What is one benefit of washing full loads in the kitchen?

- A. Increased cooking time
- B. Save water**
- C. Faster delivery of food
- D. Less chemical use

Washing full loads in the kitchen significantly contributes to water conservation, making it an efficient practice both environmentally and economically. By maximizing the capacity of dishwashers and washing machines, you ensure that you are using the same amount of water, but for a larger quantity of items. This approach minimizes the number of wash cycles needed, which in turn reduces overall water usage. It aligns with sustainability practices commonly emphasized in food service environments, promoting the responsible management of resources. In contrast, other options, such as increased cooking time, faster delivery of food, and less chemical use, do not directly relate to the benefits of washing full loads. While those factors may have their own importance within the kitchen operations, they do not pertain to the specific advantages of optimal load management in washing processes.

2. To what thickness should sliced tomatoes be cut?

- A. 1/8 inch thickness
- B. 1/4 inch thickness**
- C. 1/2 inch thickness
- D. 3/4 inch thickness

Sliced tomatoes should be cut to a thickness of 1/4 inch. This specific thickness ensures that the tomatoes maintain a balance between structural integrity and tenderness, allowing them to hold up well in a variety of dishes while still being easy to bite into and enjoy. Cutting tomatoes too thin can result in them becoming mushy and losing their texture, while cutting them too thick may make them cumbersome to eat and detract from the overall presentation of the dish. A 1/4 inch thickness allows for sufficient surface area to showcase the tomato's flavor and freshness, making it a popular standard in many restaurant and culinary settings, including IHOP's Back-of-House operations.

3. What is the proper temperature of fryer oil?

- A. 325 degrees
- B. 350 degrees**
- C. 375 degrees
- D. 400 degrees

The proper temperature for fryer oil is significant for achieving optimal cooking results while ensuring food safety. The correct temperature, which is 350 degrees Fahrenheit, strikes a balance between effectively cooking foods and preventing oil degradation. Cooking at this temperature allows for even frying, creating desirable textures and flavors in the food. It ensures that items are cooked through without absorbing too much oil, which can lead to greasy products. Furthermore, oil that is too hot can break down more quickly, leading to off flavors and potentially harmful compounds. Maintaining fryer oil at 350 degrees helps prolong its life, ensures food quality, and supports safe cooking practices, which are essential elements in the back-of-house operations at IHOP.

4. How should steaks be stored under refrigeration?

- A. Flat in their original packaging**
- B. In stacks to save space**
- C. Hanging freely in the refrigerator**
- D. In a vacuum-sealed bag**

Storing steaks flat in their original packaging is essential for maintaining their quality and ensuring food safety. This method helps prevent cross-contamination and minimizes the risk of juices leaking from the packaging, which could contaminate other food items. Storing steaks flat also allows for proper air circulation around the meat, which can help in cooling and maintaining a consistent temperature throughout the refrigerator. Food safety guidelines recommend that meat be stored with proper separation from other foods to avoid potential contamination. Additionally, original packaging is designed to protect the meat from exposure to air and other contaminants, preserving freshness and flavor. In contrast, other storage methods, such as stacking or hanging, may compromise both the safety and quality of the steaks.

5. What is a common characteristic of items cooked in the fryer?

- A. They are all fresh**
- B. They are mostly frozen**
- C. They require no oil**
- D. They are all deep-fried**

Items cooked in the fryer are predominantly frozen before they undergo the frying process. This is because many menu items like french fries, onion rings, and chicken tenders are typically pre-prepared, flash-frozen by manufacturers to maintain quality, and ensure consistent cooking results. By starting with frozen items, the food maintains its structure and moisture during frying, ensuring a desirable texture and flavor when served. The use of frozen items in frying also helps streamline kitchen operations; they can be stored for longer periods while still ensuring food safety and quality. On the other hand, while some items might be fresh, the practice of frying often involves items that are specifically designed for that method of cooking, which is usually not the case for all foods. Additionally, all fried items are commonly deep-fried using oil, which cannot be excluded in the cooking process, as it is essential for creating the crispy texture that frying is known for.

6. What do the two 'S's in the acronym P.A.S.S. represent?

- A. Stop and Sweep**
- B. Squeeze and Sweep**
- C. Select and Secure**
- D. Start and Stop**

The acronym P.A.S.S. stands for Pull, Aim, Squeeze, and Sweep, which is commonly used as a guideline for operating a fire extinguisher. In this context, the two 'S's specifically refer to "Squeeze" and "Sweep." "Squeeze" emphasizes the action of applying pressure to the extinguisher's handle to release the extinguishing agent. This is crucial because a fire extinguisher needs to be activated with a firm grip to operate effectively. "Sweep" refers to the technique of sweeping the extinguisher from side to side at the base of the fire. This method ensures that the agent is distributed evenly over the flames, increasing the chances of extinguishing the fire completely. Proper sweeping motions can help prevent the fire from reigniting. Understanding these actions is vital for effective fire response and safety procedures in any kitchen or back-of-house environment, ensuring that staff can react promptly in case of a fire incident.

7. What should be used to dip bread or stuffed French toast triangles into the French toast batter?

- A. Fork**
- B. Hand**
- C. Spoon**
- D. Tongs**

Using tongs to dip bread or stuffed French toast triangles into the French toast batter is the best choice for several reasons. Tongs provide the ability to effortlessly grasp and turn the bread or stuffed triangles, ensuring even coating with the batter. This tool also enhances safety and hygiene, as it allows for minimal hand contact with the batter, reducing the risk of contamination. Additionally, tongs offer better control when maneuvering delicate items like stuffed French toast, preventing them from breaking apart or becoming soggy. This control is especially important in a busy back-of-house environment, where efficiency and precision are key to maintaining high food quality standards. The use of tongs also allows for quick dipping and removal, streamlining the cooking process while adhering to standard operating procedures.

8. How should the ice scoop be stored?

- A. In the ice**
- B. In a clean/sanitized holder or container**
- C. On the countertop**
- D. In the fridge**

Storing the ice scoop in a clean and sanitized holder or container is essential for maintaining food safety and hygiene standards in the kitchen. When the scoop is placed in a holder, it is protected from contamination that can occur from contact with hands, surfaces, or the ice itself. This practice helps prevent the introduction of bacteria and other pathogens, which can cause foodborne illnesses. Additionally, having a designated holder or container for the scoop ensures that it is kept in a clean environment, away from potential cross-contaminants. Proper storage also helps in ensuring that the scoop is easily accessible and organized, which contributes to efficient operations in the back-of-house area.

9. What should you do when you discover incorrectly prepared batter?

- A. Store it for later use**
- B. Discard it and prepare new batter**
- C. Adjust the recipe to fix it**
- D. Use it as a filler**

The appropriate course of action when discovering incorrectly prepared batter is to discard it and prepare new batter. This approach ensures food safety and quality standards are maintained. Using incorrectly prepared batter can lead to compromised texture, flavor, and overall integrity of the final dish, which can negatively impact the dining experience for customers. Storing the improperly prepared batter for later use may risk food safety due to potential growth of harmful bacteria. Adjusting the recipe might not guarantee the desired results, and using the incorrect batter as a filler could detract from the quality of the menu items being served. Hence, starting fresh with properly measured and mixed ingredients is the best and safest option.

10. Equal parts of diced onions and diced bell peppers are known as what?

- A. Vegetable Medley**
- B. Denver Mix**
- C. Oven Blend**
- D. Culinary Mix**

The correct choice refers to a standard combination of diced onions and bell peppers commonly used in cooking. This specific mix is particularly known as the Denver Mix, which is a popular preparation in many recipes, especially for breakfast dishes like omelets and scrambles. The term is typically associated with this particular blend of vegetables, highlighting its use in various culinary contexts, especially within American cuisine. In contrast, other terms mentioned do not specifically denote this combination. A Vegetable Medley generally refers to a mix of various vegetables, and could encompass a wide variety of ingredients beyond onions and bell peppers. Oven Blend often indicates a combination of vegetables suitable for roasting but does not specifically refer to the onion and bell pepper mix. Culinary Mix is a broader term that could imply any mixture of culinary ingredients without reference to any specific vegetables. Thus, the Denver Mix is the most accurate term for equal parts of diced onions and diced bell peppers.