

Le Cordon Bleu (LCB) Basic Cuisine Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What cooking technique does "Monder" involve?**
 - A. Grilling and serving**
 - B. Blanching and peeling**
 - C. Slicing and frying**
 - D. Baking and cooling**
- 2. Which of the following processes is part of preparing a Quiche Lorraine before baking?**
 - A. Chilling the pastry**
 - B. Whipping the egg whites**
 - C. Infusing herbs**
 - D. Steaming the filling**
- 3. What step follows sweating shallots and garlic in the Tomato Fondue method?**
 - A. Adding thyme leaves**
 - B. Covering with cartouche**
 - C. Finely chopping tomatoes**
 - D. Simmering the mixture**
- 4. At what temperature should lamb be cooked to be well done?**
 - A. 53**
 - B. 59**
 - C. 66**
 - D. 68**
- 5. What does the culinary term "Cardinal" indicate when cooking shellfish?**
 - A. It requires a light seasoning**
 - B. It refers to cooking shells and turning them red**
 - C. It suggests a cold serving temperature**
 - D. It indicates the use of tomato sauce**

- 6. What ingredient is used to season the milk in the Mornay Sauce?**
- A. Salt**
 - B. Pepper**
 - C. Nutmeg**
 - D. All of the above**
- 7. What is a gastrique?**
- A. A mixture of herbs used in French cooking**
 - B. A mixture of caramelized sugar and vinegar, used to flavor sauces**
 - C. A type of stock made from bones**
 - D. A method of cooking seafood**
- 8. What is a common use of tannins in wine?**
- A. To enhance sweetness.**
 - B. To provide astringency.**
 - C. To add color.**
 - D. To increase alcohol content.**
- 9. What is the size and shape characteristic of paysanne cut?**
- A. 1cm square batons or thinly sliced triangles**
 - B. No specific size requirement**
 - C. Small uniform cubes of 5mm**
 - D. Broad leaves sliced coarsely**
- 10. Which description fits pommes cocotte?**
- A. Round, 10 cm in diameter**
 - B. Oval shape, 7 sides, 6 cm length, and 2 cm diameter**
 - C. Square, 5 cm on each side**
 - D. Triangular, 8 cm on each side**

Answers

SAMPLE

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

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Explanations

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1. What cooking technique does "Monder" involve?

- A. Grilling and serving
- B. Blanching and peeling**
- C. Slicing and frying
- D. Baking and cooling

Monder is a cooking technique that specifically refers to the process of blanching fruits or vegetables briefly in boiling water to loosen their skins, making peeling easier. This method is particularly common with tomatoes and peaches, where the skin can be quite tough and undesirable in a dish. After blanching, the food is typically plunged into ice water to stop the cooking process, ensuring that the texture remains crisp and vibrant while facilitating the peeling process. This technique is essential in preparing ingredients for sauces or salads where the skin may detract from the overall texture and presentation.

2. Which of the following processes is part of preparing a Quiche Lorraine before baking?

- A. Chilling the pastry**
- B. Whipping the egg whites
- C. Infusing herbs
- D. Steaming the filling

Chilling the pastry is a crucial step in preparing a Quiche Lorraine before baking. When making the dough for the pie crust, chilling it helps to firm up the fat, which contributes to a flaky crust once baked. This step allows the gluten in the flour to relax, making it easier to roll out the pastry without shrinking during baking. Additionally, a chilled pastry will hold its shape better in the oven, preventing it from becoming overly puffy or losing its structure. The other processes, while potentially relevant in different contexts, are not specifically necessary for preparing a Quiche Lorraine. Whipping egg whites is more common in recipes requiring a fluffy texture, such as soufflés, and does not apply to the typical filling of a quiche. Infusing herbs may add flavor to a dish, but it's not a standardized step for quiche preparation since the herbs may be added directly to the filling without the need for infusion. Steaming the filling is also not a common practice for quiche; instead, the filling is usually combined and poured into the crust to be baked directly. Therefore, chilling the pastry is the essential process that directly impacts the quality of the quiche.

3. What step follows sweating shallots and garlic in the Tomato Fondue method?

- A. Adding thyme leaves**
- B. Covering with cartouche**
- C. Finely chopping tomatoes**
- D. Simmering the mixture**

In the Tomato Fondue method, after sweating shallots and garlic, the next step is to cover the mixture with a cartouche. This process involves placing a piece of parchment paper over the contents in the pot, which helps to trap steam and keep moisture in, ensuring the shallots and garlic continue to soften and develop their flavors without browning. The cartouche serves to create an insulated environment that allows the ingredients to cook gently and evenly, promoting a harmonious blend of flavors.

Covering with a cartouche is particularly important in the Tomato Fondue preparation, as it helps in maintaining the right texture and moisture level in the fondue, paving the way for the subsequent steps, such as adding tomatoes or other ingredients. This step is key to achieving a rich, flavorful base for the sauce, which is fundamental for the overall dish.

4. At what temperature should lamb be cooked to be well done?

- A. 53**
- B. 59**
- C. 66**
- D. 68**

To achieve the well-done stage for lamb, the meat should reach an internal temperature of approximately 66 degrees Celsius (or 150 degrees Fahrenheit). At this temperature, the lamb will no longer have pink in the center, achieving a firm texture that is typical for well-done meat. Cooking lamb to this temperature ensures that it is safe to eat and properly cooked throughout. It also helps to break down the muscle fibers and connective tissues, making the meat tender but without the juiciness that medium or medium-rare lamb retains. Cooking meat to the correct internal temperature is crucial not just for safety and texture, but also for the flavor development that occurs at specific cooking levels.

5. What does the culinary term "Cardinal" indicate when cooking shellfish?

- A. It requires a light seasoning**
- B. It refers to cooking shells and turning them red**
- C. It suggests a cold serving temperature**
- D. It indicates the use of tomato sauce**

The term "Cardinal" in culinary contexts, particularly regarding shellfish, signifies the practice of cooking certain shellfish, which results in a red coloration. This is most notably relevant when preparing lobster or crab, where the shells naturally turn from a bluish or greenish hue to a vibrant red when cooked. This transformation not only enhances the visual appeal of the dish but also indicates that the shellfish is properly cooked. The other options present interpretations that do not align with this specific culinary term. For instance, light seasoning would apply to various cooking techniques but is not a defining characteristic of "Cardinal." Similarly, while serving temperature may be relevant to certain dishes, it does not encapsulate what "Cardinal" specifies in the context of cooking shellfish. The use of tomato sauce, while it can sometimes accompany seafood dishes, does not relate directly to the definition of "Cardinal" either, which is specifically concerned with the color change associated with the cooking process itself. Therefore, the correct answer clearly reflects a crucial aspect of culinary terminology related to the presentation and preparation of shellfish.

6. What ingredient is used to season the milk in the Mornay Sauce?

- A. Salt**
- B. Pepper**
- C. Nutmeg**
- D. All of the above**

In Mornay Sauce, the flavor and depth of the sauce are enhanced by seasoning the milk with a combination of salt, pepper, and nutmeg. Each of these ingredients contributes to the overall flavor profile of the sauce. Salt is fundamental in balancing the flavors and enhancing the overall taste of the sauce. Pepper adds a subtle spiciness that complements the creaminess of the milk and cheese. Nutmeg provides a warm, aromatic note that is particularly characteristic of béchamel-based sauces like Mornay. The practice of seasoning the milk with these spices not only elevates the flavor but also ensures that the sauce harmonizes well with the cheese added later, resulting in a rich, delicious final product. Thus, using all three ingredients creates a well-rounded seasoning strategy for Mornay Sauce, making "all of the above" the correct choice.

7. What is a gastrique?

- A. A mixture of herbs used in French cooking
- B. A mixture of caramelized sugar and vinegar, used to flavor sauces**
- C. A type of stock made from bones
- D. A method of cooking seafood

A gastrique is defined as a mixture of caramelized sugar and vinegar that is used to flavor sauces. This technique involves cooking sugar until it melts and turns golden brown, followed by the careful addition of vinegar, which can vary in type (like red wine or white wine vinegar). The resulting mixture creates a sweet-and-sour balance that enhances the flavor profile of sauces, dressings, and even certain dishes. Gastriques are often used to add a complex acidity and sweetness, making them a versatile component in both savory and sweet culinary applications. Their ability to provide depth and contrast in flavor makes them a fundamental technique in French cuisine. Understanding this allows cooks to manipulate flavors effectively, leading to more exquisite and balanced dishes. The other options refer to different culinary elements or techniques, which do not pertain to the defining characteristics of a gastrique.

8. What is a common use of tannins in wine?

- A. To enhance sweetness.
- B. To provide astringency.**
- C. To add color.
- D. To increase alcohol content.

Tannins play a significant role in wine production, contributing to the wine's mouthfeel and overall sensory experience. They are naturally occurring polyphenols found in grape skins, seeds, and stems, as well as in the oak barrels used for aging wine. The primary characteristic attributed to tannins is their astringency, which creates a drying sensation in the mouth. This sensation is particularly evident in red wines, where tannins are more prevalent, and contributes to the wine's structure and aging potential. Astringency from tannins balances the sweetness and fruitiness, providing depth and complexity to the wine. Over time, as wine ages, tannins can soften, leading to a more harmonious taste profile. Therefore, understanding the role of tannins as a source of astringency is essential for appreciating how different wines evolve and how they pair with food.

9. What is the size and shape characteristic of paysanne cut?

A. 1cm square batons or thinly sliced triangles

B. No specific size requirement

C. Small uniform cubes of 5mm

D. Broad leaves sliced coarsely

The paysanne cut is characterized by producing vegetables that are cut into thin, flat shapes, typically resembling thinly sliced triangles or small square batons. This method is often used to achieve a uniform appearance while ensuring that the vegetables cook evenly and quickly. The thinner cuts allow for a more delicate presentation, which is essential in many classic French dishes where aesthetics play a crucial role. The specific size (1cm square for batons or thin triangles) is a guideline to help maintain consistency in cooking and presentation. The precision in the paysanne cut is important because it not only contributes to the visual appeal of a dish but also affects the texture and flavor release during cooking. This technique is often utilized in preparing stir-fries, salads, or garnishes where the quick cooking time of smaller, flatter pieces is advantageous. The other answer choices do not accurately describe the paysanne cut's defined size and shape, making it clear why option A is the most accurate representation of this specific culinary technique.

10. Which description fits pommes cocotte?

A. Round, 10 cm in diameter

B. Oval shape, 7 sides, 6 cm length, and 2 cm diameter

C. Square, 5 cm on each side

D. Triangular, 8 cm on each side

Pommes cocotte refers to a specific style of preparing potatoes, usually involving a method that retains their shape while enhancing their flavor and texture. The correct answer describes an oval shape with 7 sides, measuring 6 cm in length and 2 cm in diameter. This description is consistent with the classic cut used for pommes cocotte, which are typically parboiled and then sautéed to a golden crisp on the outside while remaining tender on the inside. This particular shape allows for even cooking and a more sophisticated presentation on the plate, making it a favored choice in classic French cuisine. The specified dimensions align well with the traditional characteristics of pommes cocotte, showcasing their unique form within the broader context of potato preparation techniques.