

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

Study Guide



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SAMPLE

Questions

- 1. Which of the following is not considered a potato croquette?**
 - A. Rösti**
 - B. Dauphine**
 - C. Arancini**
 - D. Pommes duchesse**
- 2. What does the culinary term "brunoise" describe?**
 - A. A technique for shredding vegetables**
 - B. A method of cooking meat**
 - C. A cutting technique yielding small, uniform dice**
 - D. A way to peel fruits and vegetables**
- 3. What allergens can be found in plant-based juices?**
 - A. Egg**
 - B. Dairy**
 - C. Foie gras**
 - D. Soybean, cereal, nut**
- 4. What is a key characteristic of thyme as a herb?**
 - A. It is always fresh**
 - B. It can be used dried or fresh**
 - C. It has a strong citrus flavor**
 - D. It is primarily used in desserts**
- 5. What is the Scoville level of a piquillo pepper?**
 - A. 100-300**
 - B. 300-500**
 - C. 500-1000**
 - D. 1000-1500**
- 6. Which vegetable is highest in its sulfuric aroma?**
 - A. Garlic**
 - B. Brussel sprouts**
 - C. Cabbage**
 - D. Onions**

- 7. In French cuisine, what is commonly used to enhance the flavor of vegetables before adding them to dishes?**
- A. Steaming**
 - B. Refrogé technique**
 - C. Baking**
 - D. Curing**
- 8. Which best describes a native oyster?**
- A. Farm-raised and cultivated variety**
 - B. Wild flat and round oyster, best eaten in months ending in "r"**
 - C. Hybrid oyster found in coastal regions**
 - D. Large oyster from the Pacific Ocean**
- 9. Which characteristic can identify a farmed fish versus a wild fish?**
- A. Farmed fish have brighter colors**
 - B. Farmed fish have round noses**
 - C. Farmed fish are smaller**
 - D. Farmed fish have more bones**
- 10. What is sauce poivrade?**
- A. A traditional cream sauce**
 - B. A game mother sauce**
 - C. A sauce made from vegetables**
 - D. A type of tomato-based sauce**

Answers

SAMPLE

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

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Explanations

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1. Which of the following is not considered a potato croquette?

A. Rösti

B. Dauphine

C. Arancini

D. Pommes duchesse

Dauphine is a classic French preparation that combines choux pastry and mashed potatoes, typically shaped into small balls or quenelles and then deep-fried. While it utilizes mashed potatoes as part of its composition, it does not conform to the traditional definition of a croquette, which typically involves a filling encased in a breading. In contrast, rösti is a Swiss potato dish that consists of grated potatoes, formed into cakes or patties and pan-fried, resembling a croquette in texture but not necessarily in structure or composition. Arancini, though made primarily of rice rather than potatoes, shares the concept of being a fried sphere encasing a filling, thus falling outside classifications of potato croquettes. Pommes duchesse is made from mashed potatoes mixed with egg yolks, shaped, and baked, fitting the format of a croquette more closely. Understanding the definitions and preparations associated with each term underscores why Dauphine is the answer here, as it is the only option that strays from the traditional potato-based croquette definition despite sharing some similarities with croquette-style preparations.

2. What does the culinary term "brunoise" describe?

A. A technique for shredding vegetables

B. A method of cooking meat

C. A cutting technique yielding small, uniform dice

D. A way to peel fruits and vegetables

The culinary term "brunoise" specifically refers to a precise cutting technique that involves slicing fruits or vegetables into small, uniform dice, typically measuring around 1/8-inch on each side. This technique not only enhances the presentation of a dish but also ensures even cooking and distribution of flavors, making it a vital skill in classical and contemporary cooking. The uniform size of the brunoise cut helps in achieving consistent textures and allowing for quicker cooking times, which is especially important in finely executed dishes or sauces. The context of the other options—shredding vegetables, cooking methods for meat, or peeling fruits and vegetables—doesn't align with the definition of "brunoise" as it pertains solely to the style and precision of cutting, emphasizing the skill involved in preparing ingredients for a dish.

3. What allergens can be found in plant-based juices?

- A. Egg
- B. Dairy
- C. Foie gras
- D. Soybean, cereal, nut**

Plant-based juices can indeed contain allergens, particularly those derived from soybeans, cereals, and nuts. These ingredients are commonly used in many plant-based products, including juices and smoothies, to enhance flavor, texture, and nutritional content. Soybeans are often included for their protein content, while various cereals may be added for their fiber and other health benefits. Nuts, on the other hand, might be included as flavorings or thickeners, which can present a risk for individuals with nut allergies. In contrast, egg, dairy, and foie gras are derived from animal sources and are not typically components of plant-based juices, making them less relevant to this context. Understanding the potential allergens in plant-based juices is crucial for individuals with specific dietary restrictions or allergies, making it important to read labels carefully when choosing these products.

4. What is a key characteristic of thyme as a herb?

- A. It is always fresh
- B. It can be used dried or fresh**
- C. It has a strong citrus flavor
- D. It is primarily used in desserts

Thyme is a versatile herb known for its ability to retain flavor when dried, making it useful in both its fresh and dried forms. This characteristic allows cooks to utilize thyme in a variety of dishes, regardless of the season. The fresh herb often delivers a subtler, more aromatic profile, while the dried version offers a more concentrated flavor. This adaptability is one of the reasons thyme is favored in culinary practices and is often included in a range of savory dishes, from soups and stews to marinades and sauces. The other options present traits that do not accurately reflect thyme's characteristics. For instance, while fresh thyme is widely available, it is not the only form of thyme; the dried option is equally common. The assertion about a strong citrus flavor is misleading, as thyme's flavor profile is more complex, featuring earthy and herbal notes rather than being primarily citrusy. Similarly, thyme's usage in desserts is not typical; it is predominantly considered a savory herb rather than a sweet one.

5. What is the Scoville level of a piquillo pepper?

- A. 100-300
- B. 300-500
- C. 500-1000**
- D. 1000-1500

The Scoville scale measures the heat level of peppers based on their capsaicin content, which is the compound responsible for the spiciness. Piquillo peppers are known for their sweet flavor and mild heat, typically ranging between 1000 to 1500 Scoville Heat Units (SHU). This range places them in the category where they can offer a slight kick but are not overwhelmingly hot, making them a popular choice for roasting and inclusion in various dishes. As a result, this correct Scoville level reflects both their culinary use and heat profile well, distinguishing them from peppers that fall into lower or higher heat categories.

6. Which vegetable is highest in its sulfuric aroma?

A. Garlic

B. Brussel sprouts

C. Cabbage

D. Onions

Brussel sprouts are known for their distinct sulfuric aroma, primarily due to the presence of glucosinolates, compounds that release sulfur-containing compounds when broken down during cooking or digestion. This characteristic is particularly pronounced when the sprouts are overcooked, which can enhance their pungent smell. While garlic, onions, and cabbage also contain sulfur compounds and can emit strong aromas, the intensity and distinctive quality of the smell from Brussel sprouts often surpass those of the others. The cruciferous family, which includes Brussel sprouts, is known for these sulfuric profiles. Proper cooking techniques can help mitigate overpowering aromas, but the inherent sulfuric characteristics remain most pronounced in Brussel sprouts, making them the standout choice in this context.

7. In French cuisine, what is commonly used to enhance the flavor of vegetables before adding them to dishes?

A. Steaming

B. Refrogé technique

C. Baking

D. Curing

In French cuisine, the refrogé technique is a method that involves gently cooking vegetables in fat, often with aromatics, to enhance their flavor before they are incorporated into dishes. This technique allows the vegetables to soften and intensify in taste, making them more flavorful and ready to complement the other components of a dish. The refrogé method not only enhances the natural sweetness of vegetables but also adds depth through the caramelization that occurs during the process. This is crucial in French culinary practices, where flavor layering is essential, ensuring that each element contributes to the overall harmony of the dish. Other methods mentioned, such as steaming, baking, or curing, although useful in their own rights, do not specifically focus on this flavor-enhancing preparation of vegetables prior to their use in creating more complex dishes. Steaming tends to preserve the vegetable's natural taste and texture without enhancing it through fat and aromatics, while baking and curing serve different purposes in cooking, not aimed at flavor enhancement through initial cooking.

8. Which best describes a native oyster?

- A. Farm-raised and cultivated variety
- B. Wild flat and round oyster, best eaten in months ending in "r"**
- C. Hybrid oyster found in coastal regions
- D. Large oyster from the Pacific Ocean

A native oyster is characterized as a wild flat and round oyster that is traditionally known for its seasonal availability, particularly being best consumed in the months that end with the letter "r," which aligns with the classic seafood consumption guidelines. This timing relates to the reproductive cycle of oysters, during which they are more flavorful and have a firmer texture. Native oysters are typically found in estuaries and coastal waters, where they thrive in their natural habitat, differentiating them from farmed varieties. This is important considering the popularity of farm-raised oysters, which are cultivated under controlled conditions to ensure optimal growth and taste but are distinct from native species. While hybrid oysters and large specimens from specific regions may exist, they do not best encapsulate the qualities and traditional association that native oysters carry, especially in the context of culinary practices and sustainability concerns. The essence of native oysters lies in their wild origins and seasonal significance, which makes the description involving flat and round shapes, along with the best consumption months, the most accurate.

9. Which characteristic can identify a farmed fish versus a wild fish?

- A. Farmed fish have brighter colors
- B. Farmed fish have round noses**
- C. Farmed fish are smaller
- D. Farmed fish have more bones

A distinguishing characteristic of farmed fish compared to wild fish is that farmed fish often tend to have brighter colors. This occurs because of the controlled diet and feeding practices in aquaculture, which can include carotenoid pigments that enhance the coloration of the fish. In contrast, wild fish obtain their coloration from a natural diet that may vary seasonally and geographically, leading to less vivid colors in some cases. Farmed fish may also exhibit different physical characteristics due to the environment in which they are raised, such as size and body shape. However, the claim about farmed fish having round noses does not typically hold true. While farmed fish can exhibit different morphology from their wild counterparts due to selective breeding and the controlled conditions of aquaculture, "round noses" is not a commonly recognized or scientifically validated identifier. By understanding the diet and living conditions of farmed versus wild fish, the characteristic of coloration stands out as a reliable differentiating factor.

10. What is sauce poivrade?

- A. A traditional cream sauce
- B. A game mother sauce**
- C. A sauce made from vegetables
- D. A type of tomato-based sauce

Sauce poivrade is classified as a game mother sauce, which is an essential component in classical French cuisine. This sauce is particularly known for its robust flavor, which comes from the use of red wine, stock (usually from game birds), and peppercorns. It is traditionally served with game meats, such as venison and wild boar, enhancing their rich flavors. The preparation often involves a reduction process, whereby the wine and stock are simmered down with other aromatics, such as mirepoix, to concentrate the flavors. This sauce showcases the technique of building layers of taste that are characteristic of mother sauces, making it versatile in the realm of game dishes. Understanding sauce poivrade's classification as a game mother sauce is vital for those studying classical French culinary techniques, as it highlights the significance of flavor profiles and how they complement specific ingredients, such as game meats.