

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

Study Guide



Everything you need from our exam experts!

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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	16

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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. 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**

- 2. What is the main ingredient used to make edible activated charcoal powder?**
 - A. Wood ash**
 - B. Coconut husks**
 - C. Charred bread**
 - D. Activated clay**

- 3. What is star anise classified as?**
 - A. Vegetable**
 - B. Flower**
 - C. Fruit**
 - D. Herb**

- 4. Which of the following fish is considered low in omega-3 fatty acids?**
 - A. Tilapia**
 - B. Salmon**
 - C. Mackerel**
 - D. Sardines**

- 5. What does "sous-vide" mean and its significance in cooking?**
 - A. Cooking food with steam**
 - B. Vacuum-sealing food and cooking it at a low temperature**
 - C. Boiling food quickly in water**
 - D. Roasting food in the oven**

- 6. Which breed of duck is a cross between white mallards and Peking ducks?**
- A. Rouen duck**
 - B. Gressingham duck**
 - C. Indian Runner duck**
 - D. Muscovy duck**
- 7. To what temperature should meat be cooked to achieve a medium-rare finish?**
- A. 145°F (63°C)**
 - B. 135°F (57°C)**
 - C. 160°F (71°C)**
 - D. 120°F (49°C)**
- 8. Which of the following are classified as "mother sauces" in classic French cuisine?**
- A. Marinara, Hollandaise, Alfredo**
 - B. Béchamel, Velouté, Espagnole**
 - C. Pesto, Beurre blanc, Tomato sauce**
 - D. White sauce, Mustard, Sauce verte**
- 9. What does "en papillote" refer to in cooking?**
- A. A way of serving food raw**
 - B. A method involving steaming food in a pouch**
 - C. Cooking food on an open flame**
 - D. Using foil for a baked dish**
- 10. What is the most expensive spice in the world?**
- A. Vanilla**
 - B. Cinnamon**
 - C. Cardamom**
 - D. Saffron**

Answers

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

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Explanations

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1. 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.

2. What is the main ingredient used to make edible activated charcoal powder?

- A. Wood ash
- B. Coconut husks**
- C. Charred bread
- D. Activated clay

The main ingredient used to make edible activated charcoal powder is derived from coconut husks. This form of activated charcoal is produced through a process that involves pyrolyzing the husks at high temperatures in the absence of oxygen, followed by activating the material with steam or other gases. This process creates a highly porous structure that enhances the adsorption properties of the charcoal, making it effective for various applications, including culinary uses. Using coconut husks offers an eco-friendly and sustainable source for activated charcoal, which is why it is often chosen for food-grade products. The use of coconut husks ensures a natural and safe option, as compared to other sources that may not be as reliable or safe for consumption. In contrast, while wood ash, charred bread, and activated clay may have their uses, they do not align with the standards and safety regulations required for food-grade activated charcoal. For instance, wood ash can contain harmful minerals and toxins, charred bread may not possess the right properties needed for activation, and activated clay does not have the same beneficial adsorption qualities as coconut-derived activated charcoal.

3. What is star anise classified as?

- A. Vegetable
- B. Flower
- C. Fruit**
- D. Herb

Star anise is classified as a fruit because it is the dried fruit of the *Illicium verum* tree, which belongs to the family Schisandraceae. The star-shaped pods contain seeds, and what we commonly refer to as star anise is actually the mature fruit with its characteristic star shape. The flavor comes from the essential oil contained in the fruit, which is rich in anethole, contributing to its distinct taste and aroma used in various cuisines and traditional medicine. Understanding the classification of star anise as a fruit helps clarify its culinary applications, as fruits are generally used for their aromatic and flavorful properties in cooking. This distinguishes star anise from vegetables, which are typically parts of plants like leaves or stems, and from herbs, which are generally aromatic plants used for seasoning or medicinal purposes. Although it shares characteristics with flowers in terms of its flowering plant origin, its dried form and usage align it closely with fruits in culinary contexts.

4. Which of the following fish is considered low in omega-3 fatty acids?

- A. Tilapia**
- B. Salmon
- C. Mackerel
- D. Sardines

Tilapia is considered low in omega-3 fatty acids compared to other fish like salmon, mackerel, and sardines. While all fish have some omega-3 fatty acids, the levels can vary significantly. Salmon, mackerel, and sardines are well-known for their high content of these beneficial fats, which are essential for heart health, brain function, and reducing inflammation. Tilapia, however, has a much lower concentration of omega-3s, making it a less favorable choice for those specifically looking to increase their intake of these important nutrients. This characteristic defines tilapia's nutritional profile, distinguishing it from the others that are rich sources of omega-3 fatty acids.

5. What does "sous-vide" mean and its significance in cooking?

A. Cooking food with steam

B. Vacuum-sealing food and cooking it at a low temperature

C. Boiling food quickly in water

D. Roasting food in the oven

The term "sous-vide" translates from French to mean "under vacuum." This culinary technique involves vacuum-sealing food in a bag and cooking it in a water bath at precise low temperatures over an extended period. The significance of sous-vide in cooking is multifaceted. Firstly, it allows for consistent and even cooking throughout the food item, helping to achieve perfect doneness without the risk of overcooking. This method is particularly useful for meats, which require specific internal temperatures to be flavorful and tender. Additionally, because the food is sealed, it retains moisture, flavors, and nutrients that might otherwise be lost during traditional cooking methods. Furthermore, sous-vide cooking often results in enhanced textures and flavors, creating a superior dining experience. Chefs appreciate the precision this method offers, as it allows for better control over the cooking process and ultimately results in expertly cooked dishes every time. This technique has gained prominence in both high-end restaurants and home kitchens for its reliability and quality outcomes.

6. Which breed of duck is a cross between white mallards and Peking ducks?

A. Rouen duck

B. Gressingham duck

C. Indian Runner duck

D. Muscovy duck

The Gressingham duck is indeed a cross between white mallards and Peking ducks, which contributes to its unique characteristics. This breed is known for its tender and flavorful meat, making it a popular choice in culinary settings. The breeding process combines the desirable traits of both parent breeds: the robustness and excellent meat quality of the Peking duck alongside the flavorful profile of the white mallards. This deliberate crossbreeding has led to a product that is well-regarded in the gastronomic world for both taste and texture. In contrast, the other breeds listed do not share this specific crossbreeding heritage. The Rouen duck is more closely related to traditional French ducks, the Indian Runner duck is primarily known for its unique upright posture and egg-laying abilities, and the Muscovy duck is distinctly different, as it is not derived from mallards or Peking ducks at all. Each of these breeds has its unique traits and culinary applications but does not pertain to the specific cross of white mallards and Peking ducks like the Gressingham duck does.

7. To what temperature should meat be cooked to achieve a medium-rare finish?

- A. 145°F (63°C)
- B. 135°F (57°C)**
- C. 160°F (71°C)
- D. 120°F (49°C)

The appropriate temperature for achieving a medium-rare finish in meat is 135°F (57°C). Cooking meat to this temperature allows it to reach a pink, warm center with juices that are still flowing, which is characteristic of a medium-rare doneness. This level of cooking provides a tender, juicy texture while still retaining the meat's natural flavor. Cooking at this temperature is particularly important for certain cuts of meat, such as beef steaks. At 135°F, the protein structure starts to break down in a way that enhances the overall mouthfeel and flavor, making it an ideal choice for those who enjoy their meat cooked to medium-rare. While other temperatures listed in the options are relevant to different levels of doneness, they do not yield the unique qualities associated with medium-rare. Higher temperatures lead to a more well-done texture and diminished juiciness, which is not what is desired for this specific level of cooking.

8. Which of the following are classified as "mother sauces" in classic French cuisine?

- A. Marinara, Hollandaise, Alfredo
- B. Béchamel, Velouté, Espagnole**
- C. Pesto, Beurre blanc, Tomato sauce
- D. White sauce, Mustard, Sauce verte

In classical French cuisine, "mother sauces" are the foundation for a variety of secondary sauces and are essential components of culinary training. The three primary mother sauces are Béchamel, Velouté, and Espagnole. Béchamel is a white sauce made from milk and a roux of butter and flour, serving as the base for sauces like Mornay. Velouté is a light stock-based sauce, often thickened with a roux, and forms the basis for sauces such as Suprême or Allemande. Espagnole, or brown sauce, is made from a dark roux, mirepoix, and brown stock, which can lead to sauces like Bordelaise or Chasseur. In contrast, marinara, hollandaise, and alfredo sauces, while important in their own rights, do not fall under the classification of mother sauces. Similarly, pesto, beurre blanc, and tomato sauce, as well as white sauce, mustard, and sauce verte, do not represent the traditional mother sauces defined in French cuisine. Thus, the identification of Béchamel, Velouté, and Espagnole as mother sauces is the correct choice in this context.

9. What does "en papillote" refer to in cooking?

- A. A way of serving food raw
- B. A method involving steaming food in a pouch**
- C. Cooking food on an open flame
- D. Using foil for a baked dish

"En papillote" refers to a method of cooking food in a sealed pouch, typically made from parchment paper or aluminum foil. This technique allows food to steam in its own juices, enhancing flavor and tenderness while keeping the dish moist. When the pouch is cooked, it traps steam and creates an environment that effectively steams the ingredients inside. This method is particularly popular for cooking fish and vegetables, as it prevents them from drying out and often incorporates various herbs and spices, which can infuse the dish with aromatic flavors. In this context, steaming in a pouch is the hallmark of "en papillote" cooking, distinguishing it from other techniques like direct grilling or baking without any enclosure. The other options do not accurately capture the essence of this cooking style; for instance, serving food raw or cooking on an open flame divert from the specific purpose of the en papillote method.

10. What is the most expensive spice in the world?

- A. Vanilla
- B. Cinnamon
- C. Cardamom
- D. Saffron**

Saffron is considered the most expensive spice in the world due to several key factors related to its cultivation and harvesting process. Saffron comes from the stigmas of the *Crocus sativus* flower, commonly known as the saffron crocus. Each flower only produces three stigmas, and they need to be hand-harvested during a brief blooming period in the fall. This labor-intensive process requires a significant number of flowers—approximately 150,000 to produce just one kilogram of saffron. Moreover, the geographical limitations of saffron cultivation also contribute to its high price, as it is primarily grown in specific regions, such as Iran, India (particularly Kashmir), and parts of Spain. The delicate nature of the flowers and the timing of harvest further complicate production, making it a time-consuming and costly endeavor. In contrast, while vanilla is also expensive, its price has been impacted by market fluctuations and the ability to cultivate it in various regions. Cinnamon and cardamom, though valued for their unique flavors, are more widely grown and can be harvested more efficiently, contributing to their comparatively lower prices. Thus, saffron's unique characteristics make it the most valuable spice in terms of cost per weight.

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://lcbintermediatecuisine.examzify.com>

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

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