

OCEAN PRIME FOOD RECERTIFICATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 allergen is listed for Jalapeño Au Gratin?

- A. Dairy
- B. Gluten
- C. Dairy and Gluten
- D. Nuts

2. What best describes Dutch Harbor?

- A. Near the bearing sea, immediate processing; deep, clean, and cold - delivering superior meat
- B. Processed in a slow, inland facility
- C. A port on the Gulf of Mexico
- D. A brand of canned seafood

3. Which item is listed under Dairy Free Desserts?

- A. Sorbet with Almond Cookie (gfm)
- B. Ice Cream/Sorbet with Almond Cookie (gfm)
- C. Chocolate Cake
- D. Crème Brûlée

4. Bearnaise vs Hollandaise: Which statement is correct?

- A. Bearnaise is an herb-infused derivative of Hollandaise, with vinegar, shallots, and tarragon.
- B. Hollandaise is a cold sauce.
- C. Bearnaise contains tomato.
- D. Hollandaise contains vinegar and shallots.

5. Which Sushi Selections are GFM (Gluten Free Modified)?

- A. Ocean Roll
- B. Spicy Tuna Roll
- C. Hamachi Crudo
- D. All of the above

- 6. Which dessert features a layer of gluten-free chocolate cake with a Valrhona dark chocolate center and a dark chocolate ganache, finished with white chocolate cream dots and candied peppered almonds?**
- A. Ice Cream/Sorbet
 - B. Crème Brûlée
 - C. Chocolate Cake
 - D. Gluten Free Desserts
- 7. Which ingredients are included in the Au Poivre sauce described?**
- A. Hennessy, cabernet jus, cream, butter, and minced parsley
 - B. Pepper crust and steak
 - C. Garlic butter with lemon
 - D. Tomato sauce
- 8. When presenting the menu, what should be highlighted about oysters?**
- A. Highlight Oysters (2 selections)
 - B. Oysters are not mentioned
 - C. Only mention the price
 - D. Avoid oysters due to shellfish allergies
- 9. Which dish includes a Gouda Potato Cake served over Cabernet Jus sauce, then topped with 2 oz braised short rib, 3 oz lobster meat, a poached egg, hollandaise, garnished with chives and lobster roe?**
- A. Lobster Linguini
 - B. Lobster Surf & Turf
 - C. Baked Lobster Mac & Cheese
 - D. Sea Scallops
- 10. Maytag Blue Cheese is produced outside of which city?**
- A. Newton, Iowa
 - B. Des Moines, Iowa
 - C. Cedar Rapids, Iowa
 - D. Waterloo, Iowa

Answers

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

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Explanations

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1. Which allergen is listed for Jalapeño Au Gratin?

- A. Dairy
- B. Gluten
- C. Dairy and Gluten
- D. Nuts

Allergen labeling in menus highlights the ingredients that are actually part of the dish. Jalapeño Au Gratin typically features dairy ingredients such as cheese and cream, which directly triggers the dairy allergen. If gluten-containing components like flour or breadcrumbs were part of the preparation, gluten would be listed as well, but in this dish those components aren't noted. Nuts aren't a typical ingredient here, so they aren't listed. So the allergen shown for this dish is dairy because dairy ingredients are the ones present in the recipe.

2. What best describes Dutch Harbor?

- A. Near the bearing sea, immediate processing; deep, clean, and cold - delivering superior meat
- B. Processed in a slow, inland facility
- C. A port on the Gulf of Mexico
- D. A brand of canned seafood

Dutch Harbor is a major fishing port in Alaska, located on Unalaska Island along the Bering Sea. Its importance comes from being close to the catch, with on-site processing capabilities that allow fish to be processed immediately after harvest. This quick handling, combined with the cold, deep waters of the region, helps preserve freshness and texture, leading to high-quality seafood products. The other descriptions miss key facts: it's not inland, not in the Gulf of Mexico, and it isn't a brand of canned seafood.

3. Which item is listed under Dairy Free Desserts?

- A. Sorbet with Almond Cookie (gfm)
- B. Ice Cream/Sorbet with Almond Cookie (gfm)
- C. Chocolate Cake
- D. Crème Brûlée

Dairy-free desserts are made without any milk or dairy ingredients. Sorbet is typically dairy-free because it's fruit-based and does not use milk or cream. So a dessert featuring sorbet (even with an almond cookie) aligns with the dairy-free label, assuming the cookie itself doesn't contain dairy. The other options usually involve dairy components—ice cream (or a mix with ice cream), chocolate cake, and crème brûlée all rely on milk, cream, butter, or similar dairy ingredients—so they don't fit the dairy-free category.

4. Bearnaise vs Hollandaise: Which statement is correct?

- A. Bearnaise is an herb-infused derivative of Hollandaise, with vinegar, shallots, and tarragon.
- B. Hollandaise is a cold sauce.
- C. Bearnaise contains tomato.
- D. Hollandaise contains vinegar and shallots.

Bearnaise is a derivative of Hollandaise flavored with a vinegar reduction along with shallots and tarragon. This combination defines Bearnaise's herbaceous character and its relationship to the base Hollandaise, which is a warm emulsion of egg yolks and melted butter finished with lemon juice. That makes the statement correct because it accurately describes how Bearnaise is built from Hollandaise and what additional ingredients give it its distinctive flavor. The other statements don't fit: Hollandaise is not served cold (it's warm), Bearnaise does not contain tomato, and Hollandaise is not defined by vinegar and shallots (it's lemon juice that typically finishes it).

5. Which Sushi Selections are GFM (Gluten Free Modified)?

- A. Ocean Roll
- B. Spicy Tuna Roll
- C. Hamachi Crudo
- D. All of the above

Gluten Free Modified means the dish is prepared without gluten-containing ingredients or with gluten-free substitutions, so it can be enjoyed by someone avoiding gluten. Each of these sushi items can be adjusted to be gluten-free: the Ocean Roll can be made gluten-free by using gluten-free components and swapping soy sauce for tamari or omitting it altogether. The Spicy Tuna Roll can be gluten-free if the mayo and sauces are gluten-free (for example, using tamari instead of soy sauce and a gluten-free spicy mayo). The Hamachi Crudo is typically just fish with citrus and oil, which is naturally gluten-free when dressings and garnishes are gluten-free and cross-contact is avoided. Because all three can be prepared in a gluten-free modified way, all of the above are gluten-free modified.

6. Which dessert features a layer of gluten-free chocolate cake with a Valrhona dark chocolate center and a dark chocolate ganache, finished with white chocolate cream dots and candied peppered almonds?

- A. Ice Cream/Sorbet
- B. Crème Brûlée
- C. Chocolate Cake
- D. Gluten Free Desserts

Identifying a cake-based chocolate dessert from its layered composition. The description centers on a gluten-free chocolate cake layer paired with a rich dark chocolate center and a dark chocolate ganache, finished with white chocolate cream dots and candied peppered almonds. That combination is characteristic of a layered chocolate cake built around a cake base and multiple chocolate components, rather than a frozen dessert or a custard dish. Ice cream or sorbet would be a frozen treat, not a layered cake with ganache and decorative chocolate elements. Crème brûlée is a custard topped with a caramelized sugar crust, which doesn't involve a layered cake or ganache. "Gluten Free Desserts" is a dietary category describing types of desserts that omit gluten, not a specific dish with these integrated components. So the description best fits a Chocolate Cake.

7. Which ingredients are included in the Au Poivre sauce described?

A. Hennessy, cabernet jus, cream, butter, and minced parsley

B. Pepper crust and steak

C. Garlic butter with lemon

D. Tomato sauce

Au Poivre sauce is all about a peppery, rich finish balanced with dairy and a touch of warmth from alcohol. The combination of Hennessy (cognac) and cabernet jus creates a deep, savory reduction that forms the flavorful backbone of the sauce. Cream adds luxurious, silky body, while butter enriches the mouthfeel and gloss. Minced parsley provides a bright, fresh note to cut through the richness. Together, these ingredients deliver the classic peppery, creamy sauce that complements steak. The other options describe different sauces or serving elements (a pepper crust on the steak, garlic butter with lemon, or a tomato-based sauce), which don't match the described au poivre composition.

8. When presenting the menu, what should be highlighted about oysters?

A. Highlight Oysters (2 selections)

B. Oysters are not mentioned

C. Only mention the price

D. Avoid oysters due to shellfish allergies

Highlighting oysters when you present the menu signals that there are two distinct oyster selections to consider, making it easy for guests to compare styles, regions, and prices at a glance. This draws attention to a feature item and helps guests decide more quickly, while also giving the server a natural cue to describe differences and offer pairings. The other options miss the value of presenting options and flavor notes together (not mentioning oysters omits the choice, mentioning only price strips away context, and avoiding oysters entirely ignores that guests may want or inquire about them—all while still needing to manage allergens safely).

9. Which dish includes a Gouda Potato Cake served over Cabernet Jus sauce, then topped with 2 oz braised short rib, 3 oz lobster meat, a poached egg, hollandaise, garnished with chives and lobster roe?

A. Lobster Linguini

B. Lobster Surf & Turf

C. Baked Lobster Mac & Cheese

D. Sea Scallops

Surf and turf is being tested here—the idea of pairing seafood with beef in one dish. The description includes lobster meat (seafood) and braised short rib (beef) presented together on a Gouda potato cake with Cabernet Jus, plus a poached egg and hollandaise. This clear pairing of lobster with beef is the hallmark of surf and turf, so this dish fits that concept best. The other options don't mix beef with seafood: Lobster with pasta or cheese dishes are seafood-focused, and sea scallops alone are seafood without beef.

10. Maytag Blue Cheese is produced outside of which city?

A. Newton, Iowa

B. Des Moines, Iowa

C. Cedar Rapids, Iowa

D. Waterloo, Iowa

Maytag Blue Cheese is produced at the Maytag Dairy Farm in Newton, Iowa. The cheese comes from milk produced on the farm and is aged there, so Newton is the city tied to its production. The other cities listed are not where the cheese is made, which is why Newton is the correct association.

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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:

<https://oceanprimefoodrecert.examzify.com>

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

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