

Culinary Arts FCSA Study Notes

Texas Association, Family, Career and Community Leaders of America

Below are notes to study for the Culinary Arts FCSA:

- A clementine is a type of tangerine.
- A foodservice worker should inform a supervisor when an accident or injury occurs in the kitchen.
- What is a bain marie?
- A person who is proficient at fabricating an airline breast of chicken is skilled
- A piece of equipment designed especially to stew or braise large quantities of product, but which can also be used for sautéing, pan-frying, simmering, and poaching is a tilt brasier.
- What is a zester used for in a kitchen.
- A tuna melt is an example of an open faced sandwich.
- According to professional plating principles, repeating the same shapes on a plate should be avoided.
- Allergic reactions can sometimes result in death.
- All-purpose flour is not a blend of soft and medium wheat.
- Apricot is the most common flavor of pastry glaze used in professional bakeshops.
- Before using whetstone, chefs must decide if they are going to use water or oil as a lubricant.
- Bouillon refers to what?
- Butter is usually the best choice of fat for making pies because it has a good flavor.
- Consomme should be chilled so that any solidified fat can be easily removed.
- Convection steamer ovens cook by directing jets of steam at the food placed in them.
- Cooked foods in salads in restaurants are not usually made fresh specifically for the salad.
- Cutting across batonnet sticks will create small dice.
- Eggs are sometimes used for ice cream.
- Fish to be sautéed are usually dredged and sautéed in clarified butter.
- Flavor, texture, and appearance are attributes of good cookies.
- Hands of foodservice workers, kitchen utensils, and kitchen equipment are typical agents of cross-contamination in the professional kitchen.
- If soft serve ice cream is placed in a freezer after churning, it develops the more solid consistency of traditional ice cream.
- It is important to allow room for cookies to flatten and spread during baking for drop cookies.
- Lentils are always dried.
- Market menu gives the chef the greatest flexibility in making use of the best products available at any given time.
- Mayonnaise is a basic cold emulsion sauce made of egg yolks and oil.
- Know what a meringue is and about its characteristics .
- Most fruit preparation is not performed to make fruit more attractive.
- Mousse is solidified by fat or gelatin and lightened with whipped cream or Italian meringue.
- One method of preparing chocolate sauce involves first melting the chocolate in a bain marie and then adding hot water, milk, butter, cream, sugar syrup, or evaporated milk and stirring until the desired consistence is reached.
- One ounce equals 28 g.
- One pound of bones will yield about 2 cups of finished stock.

- Pears and apple are sorted by size.
- Potatoes should be bakes for an hour at 350-400 degrees.
- Product specifications include what?
- Quick breads are usually made with low-gluten flours.
- Rosemary has stiff needles on a woody stem with a pine like aroma.
- Spinach is most popular of all greens.
- Synthetic and wood cutting boards are safe to use in the commercial kitchen.
- The key to reproducing international cuisines with authenticity requires knowing the desired outcome in terms of texture, flavors, and presentation.
- What part of a fruit is the zest.
- Water is more an efficiently way of cooling food.
- When answering the phone the staff's script should include a greeting, name of restaurant, staff's name, guest's name, number of guest, time of reservation, and contact phone number.
- When testing for doneness the cake springs back when pressed and pull slightly away from the sides of the pan.

Other things to know:

- Food groups
- Cross contamination
- TDZ
- Cooking temperatures