

Adventures in Food and Nutrition! © 2012
Chapter 10: Recipes—Blueprints for Food—Interactive Quiz Questions

- _____ 1. The cooking term *grease* means to rub or spray lightly with fat or oil.
A. true
B. false
- _____ 2. Pare means to use your finger to strip or pull off the skin of a fruit or vegetable.
A. true
B. false
- _____ 3. Which term means to cut into very small pieces?
A. Mince.
B. Chop.
C. Grate.
D. Cube.
- _____ 4. Which term means to cut into long, thin strips the size of matchsticks?
A. Slice.
B. Shred.
C. Julienne.
D. Mince.
- _____ 5. Which term means to grind or mash food until it becomes smooth and liquid?
A. Julienne.
B. Purée.
C. Grate.
D. Cube.
- _____ 6. Which term means to moisten food during baking or roasting with fat, juice, or sauce?
A. Grease.
B. Purée.
C. Baste.
D. Braise.
- _____ 7. Which is the gentlest way to blend ingredients?
A. Stir.
B. Fold.
C. Whip.
D. Cream.

- _____ 8. Which term means to beat sugar and solid fat together until they are smooth, light, and fluffy?
- A. Blend.
 - B. Purée.
 - C. Whip.
 - D. Cream.
- _____ 9. Which cooking method uses dry heat?
- A. Steam.
 - B. Simmer.
 - C. Braise.
 - D. Bake.
- _____ 10. Solid fat and _____ are measured by pressing them into a measuring cup.
- A. flour
 - B. brown sugar
 - C. powdered sugar
 - D. white sugar