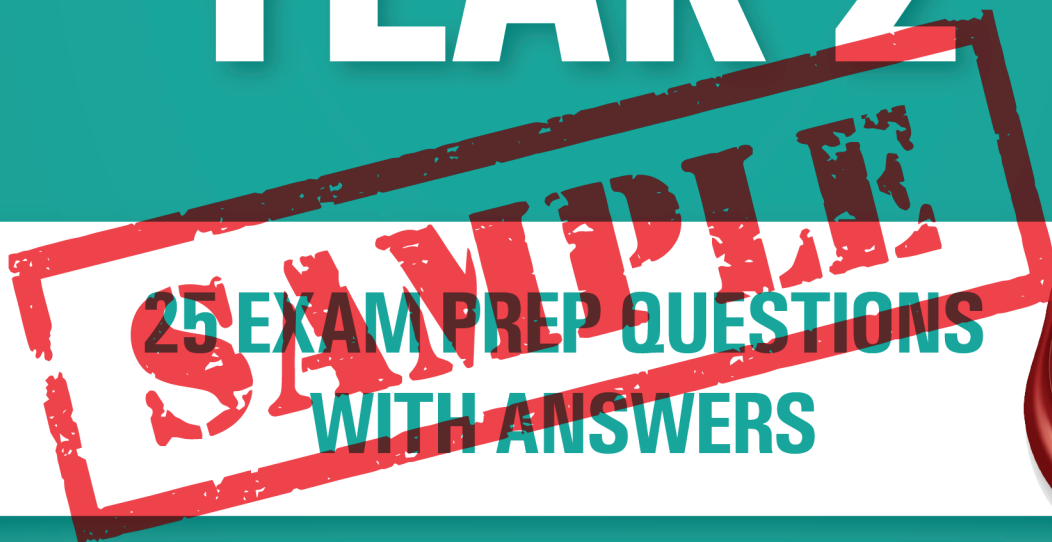


# RED SEAL STUDY GUIDE COOK YEAR 2



APPRENTICES | INSTRUCTORS | INSTITUTES

[RedSealStudyGuide.ca](http://RedSealStudyGuide.ca)

UNITY CREST SOLUTIONS INC.

# INTRODUCTION

## Introducing the Red Seal Study Guide – Cook

Ready to dive into the world of Cook? Meet your ultimate companion – the Red Seal Study Guide for Cook. This practical booklet is your go-to practice tool to conquer your Cook exam.

Presented in an easy Q&A format, this guide lets you preview the kinds of questions you'll tackle on the real exam day. Consider it a sneak peek into what's coming your way!

Inside its pages, you'll find a treasure trove of Cook essentials. It's more than just answering questions – it's about truly grasping the basics of Cook in a way that sticks. Whether you're starting fresh or aiming to refine your skills, this guide has got you covered.

So, get set to challenge yourself, learn in a breeze, and build up your Cook expertise. With the Red Seal Study Guide, you're all set to take that significant stride toward becoming a certified Cook.

Ready to get started? For more information, tips, and resources, head over to [www.RedSealStudyGuide.ca](http://www.RedSealStudyGuide.ca)  
Cook success starts here – dive in!



# DISCLAIMER



## **Study Guide Disclaimer: Important Notice**

The Red Seal Study Guide – Cook is a reference tool meant to enhance your exam preparation. It offers insights into potential question formats. However, it's vital to know that this guide should complement, not replace, official government-issued study materials.

For comprehensive readiness, we recommend using both this guide and official resources provided by relevant authorities. Please note that this guide covers exams across Canadian provinces, but slight content variations might exist.

For your best chance at success, ensure a well-rounded preparation approach that includes official materials.

Good luck on your path to becoming a certified Cook!

For more information, tips, and resources,  
head over to [www.RedSealStudyGuide.ca](http://www.RedSealStudyGuide.ca)

Let's craft your future together!



**1. How long do breaded fillets last?**

- A: No shelf-life Breaded fillets must be cooked immediately
- B: 15 minutes
- C: 20 minutes
- D: Ten minutes

**2. The best kitchen knife use is**

- A: Opening packages
- B: Chopping food
- C: Opening cans
- D: Cutting cardboard

**3. Evenly glazes biscuits/cookies or egg washes pie crust.**

- A: Spoon
- B: Metal spatula
- C: Pastry brush
- D: Rubber spatula

**4. Reduce this ingredient by 3 cups of cornmeal.**

- A: 3/4 cup cornmeal
- B: 1 1/2 cups cornmeal
- C: 1 1/8 cup cornmeal
- D: 1 cup cornmeal

**5. To core or paring knife some fruit.**

- A: Trim
- B: Pare
- C: Shred
- D: Core

See answers on the next page.



1. ☒ A ☐ B ☐ C ☐ D

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**6. Find the cooking procedure that prevents Maillard's reaction.**

- A: Boiling
- B: Steaming
- C: Frying
- D: Roasting

**7. Paring knives remove thick layers from vegetables and fruits less efficiently than which hand tool?**

- A: Grater
- B: Peeler
- C: Corer
- D: Zester

**8. Broth contains chicken, fish, or vegetables.**

- A: True
- B: False

**9. Full-grown sheep meat.**

- A: Mutton
- B: Beef
- C: Chicken
- D: Fish

**10. Always cut on a board. Avoid cutting counters, dishes, and pans.**

- A: True
- B: False

See answers on the next page.



6. ☐ A ☒ B ☐ C ☐ D

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10. ☒ A ☐ B ☐ C ☐ D

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**11. Who plans, directs, and coordinates a restaurant or food service operation?**

- A: Owner
- B: Sous chef
- C: Chef Executive
- D: General manager

**12. Water makes up most of our weight.**

- A: True
- B: False

**13. The body needs unsaturated fats.**

- A: True
- B: False

**14. How should cabbage and celery be cooked?**

- A: Steaming
- B: Broiling
- C: Braising
- D: Baking

**15. Stock is frequently made with what liquid?**

- A: Chicken broth
- B: Boullion
- C: Beef broth
- D: Water

See answers on the next page.



11. ☐ A ☐ B ☐ C ☒ D

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**16. When oxygen in the air contacts chopped fruit flesh, a chemical process called browning begins.**

- A: Enzymatic browning
- B: Seeding
- C: Glazing
- D: Caramelizes

**17. Find flat-bottom cookware with angled edges for frying, searing, and browning.**

- A: Griddle
- B: Frypan
- C: Sauté pan
- D: Steamer pot

**18. To let food stand in sauce**

- A: Grate
- B: Marinate
- C: Grease
- D: Mince

**19. Poultry, raw meats, milk, and dairy products contain salmonella.**

- A: True
- B: False

**20. Quality wine can be made by machine harvesting.**

- A: False
- B: True

See answers on the next page.



16. ☒ A ☐ B ☐ C ☐ D

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**21. Which people made the first quince-honey preserves?**

- A: Portuguese
- B: Italians
- C: Australians
- D: Chinese

**22. A prep cook wants to make salads after processing raw chicken. Should he swap gloves?**

- A: No
- B: Yes

**23. Shred food into tiny pieces**

- A: Glaze
- B: Grease
- C: Baste
- D: Grate

**24. To remove most meat edge fat.**

- A: Slice
- B: Scrape
- C: Trim
- D: Pare

**25. Cut long, thin sections.**

- A: Cut
- B: Sliver
- C: Slice
- D: Julienne



21. ☒ A ☐ B ☐ C ☐ D

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25. ☐ A ☒ B ☐ C ☐ D

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- 25). (A) (B) (C) (D)





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