

## Demonstrate knowledge of culinary products, terms, and food preparation methods



Unit standard

**18497**

Version

**9**

Credits

**8**

Level

**3**

Edition

**1**

### Part 3

#### Example answer

*Name of grain: Rice (short grain).*

*Description: Short grain rice has a higher starch content, making the rice sticky when cooked. The stickiness is good for making sushi.*

*Dish: Sushi.*

**Question 37 :** matching bread to its country of origin

- Mexico
- Italy
- Middle East
- China

a) Tortilla		
b) Ciabatta		
c) Focaccia		
d) Pita/Pitta		
e) Bao bun		

**Question 38 :** sorting bread into leavened and unleavened

Focaccia

Ciabatta

Bao bun

Tortilla

Pita/pitta

Leavened bread	
Unleavened bread	

**Question 39 :** matching bread to its shape

- Focaccia
- Ciabatta
- Pita/pitta
- Bao bun
- Tortilla

a) Oval or round shape with a hollow pocket inside.		
b) A fluffy roll.		
c) Round and thin.		
d) Flat with dimples from finger indentations.		
e) Roughly oval with large holes in the crumb.		

**Question 40** : sorting bread into its uses.

- Tortilla
- Pita/Pitta
- Bao bun
- Ciabatta
- Focaccia

Filled for tacos and enchiladas	
Sandwiches	
Filled or dipped in sauces	
Filled with a sweet or savoury filling	

**Question 41** : matching cheeses with their cheese type

- Blue
- Hard
- Soft white rind
- Semi-soft
- Natural rind
- Fresh

a) Camembert		
b) Gouda		
c) Rocamadour		
d) Cream cheese		
e) Stilton		
f) Cheddar		

**Question 42** : sorting descriptions into the cheese type they match

- Wet texture, and may be creamy, grainy, stringy, or firm.
- Shaped in mould.
- Mould develops a furry white rind.
- Mould stops the inside of the cheese drying.
- Inside becomes buttery and runny as it ripens.
- Mild and sweet flavour when young but becomes savoury as it ages.
- Made from curds that have not been pressed or aged.
- Curds are salted and mixed.
- Has no rind.
- High moisture content. Usually bright white.
- Veins and pockets of mould throughout the curd.
- Mould is added near the start of the cheese making process.
- Never pressed.
- Needs air for mould to grow and spread. Pierced with rods when young to let air in.
- Pressed to remove moisture.
- Lightly pressed means a crumbly texture.
- More pressed means longer aging and more intense flavour.
- Can take months or years to mature.
- Become more intense, tangy, harder, and drier over time

Fresh cheese	
Soft white rind cheese	
Hard cheese	
Blue cheese	

## Questions 43, 44, & 45: Dressings

**Question 43:** completing the description of vinaigrette and mayonnaise

Water  
creamy  
light  
Oil  
vinegar  
egg yolks  
thick

Two common dressings are vinaigrette and mayonnaise, which are emulsions (blends) of \_\_\_\_\_ and \_\_\_\_\_ .  
Vinaigrette is a \_\_\_\_\_ dressing containing \_\_\_\_\_ .  
Mayonnaise contains \_\_\_\_\_ and is \_\_\_\_\_ and \_\_\_\_\_ .

**Questions 44:** describing **at least one** use for vinaigrette (dish name and ingredients)

**Question 45:** describing **at least one** use for mayonnaise (dish name and ingredients)

## Questions 46, 47, 48, & 49: Cold sauces

**Question 46 :** sorting ingredients into romesco or skordalia

- Tomatoes
- Almonds, pine nuts, and/or hazelnuts
- Olive oil
- Almonds or walnuts
- Salt
- White bread or mashed potato
- Red peppers
- Paprika

Romesco	
Skordalia	

**Question 47 :** completing the description of romesco and skordalia uses

- **Skordalia**
- **Romesco**
- **seafood**
- **Boiled or fried vegetables**

Romesco and skordalia are both traditionally served with . can also be eaten as a dip. Skordalia is often served with other food such as .

**Questions 48 and 49:** describing the key ingredients and common uses of the following cold sauces:

- salsa verde:
  - *Name of cold sauce:*
  - *Key ingredients:*
  - *Common use:*
- coulis:
  - *Name of cold sauce:*
  - *Key ingredients:*
  - *Common use:*
- pesto:
  - *Name of cold sauce:*
  - *Key ingredients:*
  - *Common use:*
- mint sauce:
  - *Name of cold sauce:*
  - *Key ingredients:*
  - *Common use:*
- aioli:
  - *Name of cold sauce:*
  - *Key ingredients:*
  - *Common use:*

**Question 50:** sorting ingredients into hollandaise or beurre blanc

Egg yolk  
Salt and pepper  
Vinegar  
Shallots  
Peppercorns  
Wine  
Lemon juice

Hollandaise	
Beurre blanc	

**Question 51 :** completing the description of hollandaise and beurre blanc uses

- eggs benedict
- seafood
- steamed vegetables
- Hollandaise

Hollandaise and beurre blanc can both be served with \_\_\_\_\_ and \_\_\_\_\_ .  
is commonly served with poached egg, and the dish is known as \_\_\_\_\_ .

**Questions 52, 53, & 54:** describing the key ingredients and common uses of the following hot sauces:

- béarnaise:
  - *Name:*
  - *Key ingredients:*
  - *Common usage:*
- béchamel:
  - *Name:*
  - *Key ingredients:*
  - *Common usage:*

- jus:
  - *Name:*
  - *Key ingredients:*
  - *Common usage:*
- jus lié:
  - *Name:*
  - *Key ingredients:*
  - *Common usage:*
- demi-glace:
  - *Name:*
  - *Key ingredients:*
  - *Common usage:*
- sabayon:
  - *Name:*
  - *Key ingredients:*
  - *Common usage:*

**Question 55:** matching descriptions with culinary terms

- Julienne
- Vol-au-vant
- Carpaccio

a) Round or oval puff pastry case with the centre half cut out. After baking, it is filled with a cooked savoury mixture and served as an appetiser.		
b) Paper thin slices of raw beef fillet.		
c) A vegetable cut of long, thin, match-stick strips.		

**Questions 56 & 57**

- canapé:
  - *Name of culinary term:*
  - *Meaning:*
- compôte:
  - *Name of culinary term:*
  - *Meaning:*
- concasse:
  - *Name of culinary term:*
  - *Meaning:*
- crêpes:
  - *Name of culinary term:*
  - *Meaning:*
- croûton:
  - *Name of culinary term:*

- *Meaning:*
- Farce:
  - *Name of culinary term:*
  - *Meaning:*
- flan:
  - *Name of culinary term:*
  - *Meaning:*
- frappé:
  - *Name of culinary term:*
  - *Meaning:*
- hors d'oeuvre:
  - *Name of culinary term:*
  - *Meaning:*
- infusion:
  - *Name of culinary term:*
  - *Meaning:*
- petits fours:
  - *Name of culinary term:*
  - *Meaning:*
- pâté:
  - *Name of culinary term:*
  - *Meaning:*
- ragoût:
  - *Name of culinary term:*
  - *Meaning:*
- soufflé:
  - *Name of culinary term:*
  - *Meaning:*
- terrine:
  - *Name of culinary term:*
  - *Meaning:*