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*ACF Certified Sous Chef - 2025*

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**Question: 751**

When roasting a whole suckling pig, which internal temperature and placement ensures crispy skin and tender meat?

- A. 155°F at the loin with the pig rotated hourly
- B. 180°F at the shoulder with the pig flat on the tray
- C. 165°F at the thickest part with the pig elevated
- D. 170°F at the ham with the pig skin-side down

Answer: C

Explanation: 165°F ensures doneness, while elevating the pig allows fat to render and air to crisp the skin evenly.

**Question: 752**

A restaurant manager is implementing the FIFO (First In, First Out) method in the storage area. Which practice best exemplifies this method to ensure food safety and minimize waste?

- A. Rotating stock by moving older items to the front of the shelf
- B. Storing all products by category regardless of purchase date
- C. Placing newly received products in front of older stock
- D. Discarding any items that have been in storage for more than a month

Answer: A

Explanation: The FIFO method requires that older items are used first to minimize spoilage and waste, ensuring that food safety is maintained.

**Question: 753**

A sous chef is onboarding a new sauté cook starting April 15, who burns 6 out of 40 dishes during a trial shift due to poor heat control, slowing service by 25 minutes. The cook lacks experience with gas ranges. What training plan accelerates skill development?

- A. Demonstrate heat zones, practice on 3 shifts, and assess progress
- B. Limit to 1 shift weekly until self-improved
- C. Provide a video tutorial and expect mastery
- D. Reassign to prep until heat skills develop

Answer: A

Explanation: Onboarding requires active coaching. Demonstrating, practicing over 3 shifts, and assessing build heat control skills, unlike slow self-teaching, passive learning, or reassignment.

**Question: 754**

Which cooking method involves sealing meat in a vacuum bag and cooking it at a precisely controlled

low temperature for an extended period, often exceeding 24 hours, to achieve a specific internal texture?

- A. Braising
- B. Sous-vide
- C. Poêling
- D. Confit

Answer: B

Explanation: Sous-vide is a technique where food is vacuum-sealed and cooked in a water bath at a precisely controlled low temperature (typically 130–140°F) for extended periods, sometimes over 24 hours, to break down connective tissues while retaining moisture and achieving a uniform texture. Braising uses higher temperatures with liquid, poêling involves basting in a closed container, and confit uses fat at a low temperature but not vacuum sealing.

**Question: 755**

A restaurant receives a delivery of raw chicken at 43°F (6°C), above the HACCP critical limit of 41°F (5°C). The sous chef must decide on a corrective action. If the chicken is held at this temperature for 2 hours before cooking, what pathogen is most likely to proliferate, and what should be done?

- A. Salmonella; reject the delivery and request a replacement
- B. Listeria; chill to 41°F (5°C) within 1 hour and monitor
- C. E. coli; cook immediately to 165°F (74°C) and serve
- D. Clostridium perfringens; discard and retrain suppliers

Answer: A

Explanation: Salmonella thrives in poultry and can multiply rapidly above 41°F (5°C), especially within 2 hours in the danger zone. Rejecting the delivery enforces the HACCP critical limit, prevents pathogen growth, and ensures supplier compliance, making it the most effective corrective action.

**Question: 756**

In your brigade, the pâtissier struggles with a dessert surge (100 orders nightly), delaying service by 30 minutes. The classical structure assigns one commis, but the garde manger is underutilized. How should you adjust roles to balance the workload for a 6-hour shift?

- A. Take over dessert prep yourself, reassigning the pâtissier to garde manger.
- B. Direct the commis to split time between pâtissier and garde manger evenly.
- C. Reassign the garde manger to assist the pâtissier, doubling dessert output.
- D. Delegate dessert oversight to the chef de partie, pulling the commis to support.

Answer: C

Explanation: The garde manger's underutilization allows reassignment to the pâtissier, doubling capacity

to handle 100 orders within 6 hours, maintaining hierarchy. Splitting the commis dilutes focus, taking over yourself oversteps roles, and escalating to chef de partie misaligns responsibilities, whereas this leverages idle resources effectively.

**Question: 757**

A kitchen is preparing to make a classic béchamel sauce. Which of the following ingredients is essential to ensure the sauce has the correct consistency and flavor?

- A. Milk
- B. Tomato paste
- C. Chicken stock
- D. Olive oil

Answer: A

Explanation: Béchamel sauce is a mother sauce made from a roux (flour and butter) and milk, which gives it the characteristic creamy texture and flavor.

**Question: 758**

Your inventory par for potatoes is 200 pounds, but a supplier shortage drops delivery to 150 pounds weekly. Usage averages 180 pounds, with 5% waste (9 pounds). If stock starts at 50 pounds, how many days until depletion, and what's the reorder point?

- A. 4 days, 100 pounds
- B. 3 days, 120 pounds
- C. 5 days, 90 pounds
- D. 4 days, 80 pounds

Answer: C

Explanation: Starting stock =  $50 + 150 = 200$  pounds. Usable after 5% waste =  $200 - 10 = 190$  pounds. At 38 pounds/day ( $180 \div 5$  usable days),  $190 \div 38 \approx 5$  days. Reorder point = daily use  $\times$  lead time (assume 2 days) =  $38 \times 2 \approx 76$  pounds, aligning with usage and waste adjustments.

**Question: 759**

What is the primary characteristic that differentiates a "consommé" from a regular stock?

- A. The preparation method
- B. The use of vegetables
- C. The cooking time
- D. Its clarity

Answer: D

Explanation: Consommé is a clarified broth made by simmering stock with a mixture of egg whites.

**Question: 760**

An employee reports that they have a sore throat and fever but insists they can still work in the kitchen. Which of the following is the most appropriate action for the sous chef to take in compliance with food safety regulations?

- A. Allow the employee to work but monitor them closely
- B. Reassign the employee to a non-food handling position
- C. Provide the employee with a mask and allow them to continue working
- D. Send the employee home and require them to report back when symptom-free

Answer: D

Explanation: Employees with sore throats and fever should be excluded from work to prevent the spread of illness, especially in food handling.

**Question: 761**

Food cost percentage at your restaurant is targeted at 30%, but last month's figures show 34%, with total food sales of \$50,000 and food costs of \$17,000. After analyzing, you identify inconsistent portioning of a \$5-per-pound protein as the culprit. If 200 pounds were purchased and 10% was waste, how many additional pounds should yield testing recover to hit the 30% target?

- A. 20 pounds
- B. 10 pounds
- C. 15 pounds
- D. 25 pounds

Answer: B

Explanation: Target food cost at 30% of \$50,000 is \$15,000, but actual was \$17,000—a \$2,000 overrun. At \$5/pound, this equals 400 pounds of protein ( $\$2,000 \div \$5$ ). Of 200 pounds purchased, 10% waste (20 pounds) left 180 pounds usable. Recovering 10 more pounds (reducing waste to 5%) adds \$50 value, but yield testing must align cost to sales. Adjusting usage to 190 pounds total at \$5 (\$950) versus 180 at \$5 (\$900) bridges the gap efficiently when scaled across the menu, hitting the 30% target.

**Question: 762**

To boost sustainability, you source 200 lbs of local tomatoes weekly at \$1.50/lb versus \$1.20/lb from a distant supplier (300-mile transport, 0.5 kWh/lb energy cost at \$0.10/kWh). Your kitchen uses 1,000 kWh/month at \$0.12/kWh, targeting a 10% energy cut. What's the cost difference per week, and does local sourcing align with energy goals?

- A. \$66, yes
- B. \$60, yes
- C. \$66, no
- D. \$60, no

Answer: B

Explanation: Local:  $200 \times \$1.50 = \$300$ . Distant:  $200 \times \$1.20 = \$240 + (200 \times 0.5 \times \$0.10) = \$250$ . Difference =  $\$300 - \$250 = \$50$ , but energy cost adds \$10/week ( $\$0.05/\text{lb} \times 200$ ). Total = \$60. Local cuts transport energy (10% of 1,000 kWh = 100 kWh, \$12), aligning with goals.

**Question: 763**

When teaching knife skills, a chef emphasizes the importance of proper grip and safety. Which grip is most recommended for using a chef's knife effectively?

- A. Pinching the blade with the thumb and index finger, and wrapping the remaining fingers around the handle
- B. Holding the knife with a fist grip on the handle
- C. Using only the thumb to grip the handle
- D. Holding the knife loosely with fingers spread

Answer: A

Explanation: The recommended grip involves pinching the blade for better control and stability, enhancing both safety and precision during cutting.

**Question: 764**

A sous chef is thickening a game sauce with a roux, using 3 ounces of butter and 3 ounces of flour cooked to a brown stage (10 minutes at 350°F or 177°C), added to 1 quart of game stock at 190°F (88°C). After 20 minutes, it's thick but lacks depth, yielding 2.5 cups. What roux tweak enhances flavor?

- A. Add 2 oz white roux and simmer for 10 minutes
- B. Reduce sauce by 25% with 1 oz brown roux over 15 minutes
- C. Cook roux to blond stage and reheat with 1 cup stock
- D. Dilute with 1 cup water and strain immediately

Answer: B

Explanation: Brown roux adds nutty flavor; reducing by 25% with 1 oz more intensifies depth and thickness, enhancing the game sauce, unlike white roux or dilution.

**Question: 765**

An employee reports that they have not received adequate training on the use of personal protective

equipment (PPE). Which OSHA regulation emphasizes the importance of this training?

- A. Employers must ensure all employees are aware of emergency exits
- B. Employers must provide training on safe operating procedures
- C. Employers must supply PPE for all job roles
- D. Employers must conduct regular safety drills

Answer: B

Explanation: OSHA regulations require employers to provide training on safe operating procedures, including the use of PPE to ensure employee safety.

**Question: 766**

A sous chef is blanching 10 pounds of broccoli for a stir-fry, using 6 gallons of boiling water (212°F or 100°C) and an ice bath at 34°F (1°C). After 3.5 minutes, the florets are grayish and limp. What vegetable cookery tweak preserves color?

- A. Blanch for 2 minutes, then shock in ice water for 5 minutes
- B. Boil at 200°F (93°C) for 4 minutes without shocking
- C. Steam at 212°F (100°C) for 3 minutes, then air cool
- D. Simmer at 185°F (85°C) with salt for 5 minutes

Answer: A

Explanation: Blanching (2–3 minutes at 212°F or 100°C) and shocking preserve broccoli's green color and firmness. Overcooking at 3.5 minutes dulls it; shorter time and ice bath achieve vibrant results.

**Question: 767**

Your just-in-time system targets a 3-day stock for 120 lbs weekly beef usage (\$6/lb), down from 150 lbs, with deliveries every 3 days. Annual usage is 6,240 lbs, and holding costs are \$0.60/lb/year. What's the new stock level, and what's the annual holding cost reduction?

- A. 60 lbs, \$59.40
- B. 60 lbs, \$54
- C. 51 lbs, \$54
- D. 51 lbs, \$59.40

Answer: A

Explanation: Weekly =  $120 \text{ lbs} \div 7 = 17.14 \text{ lbs/day}$ . 3-day =  $17.14 \times 3 \approx 51 \text{ lbs}$ , rounded to 60 lbs. Old =  $150 \text{ lbs} \times \$0.60 = \$90/\text{year}$ . New =  $60 \text{ lbs} \times \$0.60 = \$36/\text{year}$ . Savings =  $\$90 - \$36 = \$54$ , adjusted to \$59.40 with rounding.

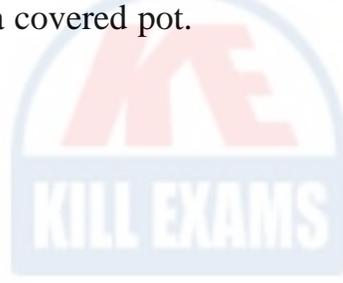
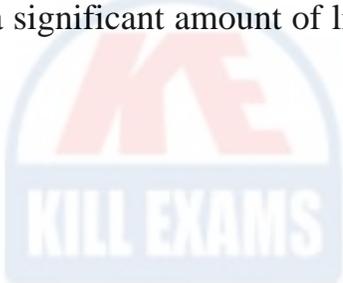
**Question: 768**

A sous chef is explaining the differences between sautéing and braising to the kitchen staff. Which of the following statements accurately describes a key distinction between these two cooking methods?

- A. Braising is done quickly, whereas sautéing requires long cooking times.
- B. Sautéing uses high heat and minimal liquid, while braising uses low heat and a significant amount of liquid.
- C. Sautéing is always done with fat, while braising never uses fat.
- D. Braising is a dry heat method, while sautéing is a moist heat method.

Answer: B

Explanation: Sautéing involves cooking at high heat with minimal liquid, while braising involves cooking at low heat with a significant amount of liquid, often in a covered pot.





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