

Paper Code: M-EPA-COMC2001

# Level 2

# Commis Chef EPA Mock Knowledge Test

## Information for registered centres

The seal on this examination paper must only be broken by the candidate at the time of the examination. Under no circumstances should a candidate use an unsealed examination paper.

## Information for candidates

**Under no circumstances should you, the candidate, use an unsealed examination paper.**

This examination consists of **50 multiple-choice** questions.

The exam is worth **50 marks**, with a Pass being **30 marks**, and Distinction **40 marks**.

The duration of this examination is **75 minutes**.

You are **NOT** allowed any assistance to complete the answers.

You must use a pencil to complete the answer sheet - pens must **NOT** be used.

When completed, please leave the **examination answer sheet (EAS)** on the desk.

It is acceptable to use a calculator for this exam should you require one.

### EXAMINATION ANSWER SHEET (EAS) INSTRUCTIONS:

For each question, fill in **ONE** answer **ONLY**.

If you make a mistake, ensure you erase it thoroughly.

You must mark your choice of answer by shading in **ONE** answer circle only.

Please mark each choice like this:

01  A  B  C  **ANSWER COMPLETED CORRECTLY**

**Examples of how NOT to mark your examination answer sheet (EAS). These will not be recorded.**

01  A  B  C  **DO NOT** partially shade the answer circle  
**ANSWER COMPLETED INCORRECTLY**

01  A  B   **DO NOT** use ticks or crosses  
**ANSWER COMPLETED INCORRECTLY**

01  A  B  C  D **DO NOT** use circles  
**ANSWER COMPLETED INCORRECTLY**

01  A  B  C  **DO NOT** shade over more than one answer circle  
**ANSWER COMPLETED INCORRECTLY**

All candidates **MUST** sign the Examination Answer Sheet (EAS) in the bottom right-hand corner of the page before leaving the examination room.

1

The **most** probable consequence of buying pheasant out of season would be:

- A. a reduction in quality
- B. a reduction in food safety
- C. an increase in quality
- D. an increase in food safety

2

Which of the following are all quality points for fresh oily fish?

- A. Bright red gills, firm flesh and sunken eyes
- B. Soft flesh, firmly attached scales and bright red gills
- C. Sunken eyes, firm flesh and firmly attached scales
- D. Firm flesh, firmly attached scales and bright red gills

3

Which traditional technique would be **best** suited to the preparation of coleslaw?

- A. Julienne
- B. Brunoise
- C. Chiffonade
- D. Paysanne

4

The senior chef has asked you to find out the availability of wild sea bass, which you intend to use for a new seasonal menu. The **best** way to do this is by:

- A. calling the seafood supplier directly
- B. contacting other businesses that are using wild sea bass
- C. looking at seafood-specific cookbooks
- D. speaking with the front-of-house team

5

A customer in your establishment has a severe allergy to molluscs and crustaceans. The dish that the customer will **not** be able to eat is:

- A. cod's cheek soubise
- B. calamari aioli
- C. tuna ceviche
- D. moules frites

6

During the opening checks, you notice the temperature of the walk-in meat fridge feels warm when you enter. Upon checking the food inside with a calibrated probe, you find the food is at 10°C. The senior chefs will not arrive for some time. The **most** appropriate course of action for you to take is to:

- A. await the arrival of the senior chefs before attempting to do anything else
- B. lock the fridge and notify the duty manager immediately
- C. remove and cook the meat and inform senior chefs upon their arrival
- D. close the fridge door and note the temperature on the fridge temperature chart later

7

When receiving a frozen delivery, you notice the boxes are stained and have ice on the outside. This is **most** likely to have been caused by the:

- A. delivery truck being colder than normal
- B. delivery being left out in the rain
- C. delivery part thawing, and then re-freezing
- D. spillages from chilled products before loading

8

When checking a dry goods delivery, you notice that the olive oil delivered is very cloudy. The **most** likely reason for this is that the oil has:

- A. become spoiled
- B. been too warm
- C. been opened
- D. been refrigerated

9

Which group of vegetables are **most** suitable for starchy preparations?

- A. Roots and bulbs
- B. Roots and tubers
- C. Bulbs and flowers
- D. Pods and tubers

10

During service, a guest states that they cannot have the crab tartlet from the set menu as they have a seafood allergy. The **most** appropriate course of action to take is to:

- A. ask the duty manager to speak with them
- B. insist that the guest proves they are allergic to seafood
- C. ask the chef for approval to prepare a dish that does not contain seafood
- D. advise the front of house staff that you cannot do anything at such short notice

11

Which of the following bakery products is traditionally made using large amounts of butter?

- A. Naan bread
- B. Soda bread
- C. Pitta bread
- D. Pizza dough

12

According to the Health and Safety at Work etc Act 1974, employers have a duty towards:

- A. themselves and their family
- B. employees and members of the public
- C. stakeholders and investors
- D. competing businesses and their customers

13

If the food cost of a business is 30%, then the:

- A. gross profit is less than 70%
- B. net profit is more than 70%
- C. net profit is 70%
- D. gross profit is 70%

14

The correct process to follow when using a food processor is to:

- A. insert a clean bowl, then insert the blade and add ingredient, secure the cover and switch on
- B. insert the blade, insert a clean bowl and add ingredient, secure the cover and switch on
- C. insert a clean bowl and add ingredient, insert the blade, secure the cover and switch on
- D. secure the cover, insert a clean bowl and add ingredient, then insert the blade and switch on

15

What is a sliced cut of beef, batted out until thin and then wrapped around a stuffing called?

- A. Minute Steaks
- B. Escalopes
- C. Medallions
- D. Olives

16

Which of the following cuts is **most** suitable to be used for a vegetable stir fry?

- A. Brunoise
- B. Julienne
- C. Macédoine
- D. Batonette

17

You have been tasked to create an addition for the menu and you choose to use seasonal asparagus. The **best** time to add this dish to the new menu is in:

- A. May and June
- B. October and November
- C. January and February
- D. July and August

18

Your restaurant stores all high-risk food in refrigerators. The **most** important reason for this is to:

- A. reduce the risk of cross-contamination
- B. prevent food poisoning bacteria multiplying
- C. kill most of the food poisoning bacteria
- D. prevent all bacteria forming spores

19

You are checking the dry store for out-of-date food. You notice that there are 12 large tins of tomatoes that will go out of date in 4 days. The **most** appropriate course of action to take is to:

- A. record the date and throw the tomatoes away in four days
- B. use the tomatoes before their use-by date
- C. move the tomatoes to chilled storage
- D. throw the tomatoes away immediately

20

When food is delivered to a kitchen without a decanting or de-boxing area, where must it be placed?

- A. Directly into the fridge
- B. Onto any available floor space
- C. Onto surfaces that are sanitised afterwards
- D. Directly onto the correctly coloured chopping board

21

The components of a main course in a restaurant would usually need to include:

- A. sauce, starch and garnish
- B. protein, sauce and vegetables
- C. vegetables, sauce and garnish
- D. protein, starch and vegetables

22

You are in the walk-in fridge and see 5 whole chickens covered in a tray, which you saw defrosting at room temperature throughout yesterday. The **most** appropriate action to take is to:

- A. throw the chickens away if they have not been used that week
- B. inform the senior chef immediately
- C. report this to the establishment owner
- D. put them back into the freezer as soon as you can

23

What is the name given to a cross section slice of a flat fish?

- A. Darne
- B. Suprême
- C. Tronçon
- D. Délice

24

What are the 3 **main** ingredients used to make sourdough?

- A. Flour, butter and yeast
- B. Flour, water and salt
- C. Flour, yeast and water
- D. Flour, yeast and salt

25

What is the **main** benefit to the business of working as a team?

- A. Tasks are completed on schedule
- B. Staff can leave work earlier than planned
- C. Staff can take longer lunch breaks
- D. Tasks are given to the right people

26

If 25 burgers cost £43.75 to produce, what is the cost price for 1 burger?

- A. £0.55
- B. £0.57
- C. £1.69
- D. £1.75

27

The **main** benefit of vacuum packing steaks before storage is that it:

- A. speeds up the cooking process
- B. provides a longer shelf life
- C. improves the nutritional content
- D. prevents cross-contamination

28

Which of the following **should** be used to reduce wastage when removing the meat from a shoulder of lamb?

- A. Paring knife
- B. Filleting knife
- C. Boning knife
- D. Palette knife

29

Which of the following are cuts produced from poultry?

- A. Ballotine, escalopes and spatchcock
- B. Loin, ballotine and spatchcock
- C. Escalopes, belly and spatchcock
- D. Ballotine, belly and breast

30

Which of the following bakery products is traditionally made using enriched dough?

- A. Baguette
- B. Soda bread
- C. Pitta bread
- D. Brioche



31

When reviewing the chilled delivery records for the current day, you notice that there have not been any delivery temperatures recorded. The **main** consequence of this is that:

- A. invoicing will be incorrect
- B. produce will spoil quicker
- C. this could lead to an outbreak of food poisoning
- D. it will be difficult to identify who delivered the produce

32

How many 110g suprêmes can be produced from a 2kg prepared fillet of Salmon?

- A. 18
- B. 20
- C. 55
- D. 181

33

Prior to using a meat slicer, you notice that it has not been cleaned correctly. The **most** appropriate action is to:

- A. ask your colleagues to make sure they clean it properly in future
- B. put a notice on the meat slicer warning everyone not to use it
- C. report this to a senior chef
- D. monitor the machine's usage

34

Which cut would include a stuffing as part of the preparation method?

- A. Paupiette
- B. Suprême
- C. Tronçon
- D. Darne

35

You are overseeing a buffet serving chilled, high-risk food. Legally, the **maximum** amount of time that the chilled food can be displayed above 8°C is:

- A. 1 hour
- B. 2 hours
- C. 3 hours
- D. 4 hours

36

A fish wrapped and cooked in parchment paper is more commonly known as:

- A. paupiette
- B. en papillote
- C. délice
- D. parched

37

You have been appointed as the recycling champion for the kitchen. To encourage better waste management, the **most** appropriate action is to:

- A. ask for separate recycling bins to be provided
- B. monitor the level of food wastage and try to cut this down
- C. suggest that the oil for cooking is reused
- D. provide the kitchen with paper-only bins

38

When taking food temperatures for the lunch buffet, you notice the reading for the chicken curry is at 59°C. You do not know how long the curry has been at this temperature. The issue is **most** likely that the curry has:

- A. reached its critical limit
- B. passed its critical limit
- C. reached its target level
- D. passed its target level

39

The **most** suitable way to zest a lemon is to use a:

- A. grater
- B. peeler
- C. corer
- D. utility knife

40

Which of the following preparation methods is used to produce a macédoine of vegetables?

- A. Dicing
- B. Slicing
- C. Grating
- D. Shredding

41

If you are asked to complete a Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) online report, you would be reporting:

- A. your payroll taxes
- B. a major accident at work
- C. human trafficking
- D. your emergency procedures

42

Allemande, supreme and vin blanc are all types of which sauce?

- A. Velouté
- B. Béchamel
- C. Butter
- D. Demi glace

43

Which of the following groups of vegetables are classified as pods?

- A. Potatoes and broccoli
- B. Cauliflowers and artichokes
- C. Carrots and beetroots
- D. Peas and beans

44

While working on the butchery section, you are told that the next task will require a boning knife, a small bone saw, a paring knife, a waste bowl and peach paper. What task are you **most** likely to undertake?

- A. Gutting and cleaning a partridge
- B. Chining and French-trimming the best end of lamb
- C. Trimming and trussing a whole goose
- D. Batting out and tying beef olives

45

Which of the following is an example of a vegetable root?

- A. Turnip
- B. Potato
- C. Onion
- D. Sweet potato

46

Which of the following are classified as oily fish?

- A. Plaice, sole and tuna
- B. Herring, mackerel and salmon
- C. Brill, turbot and sardines
- D. Halibut, cod and trout

47

Who would you **most** likely ask if there was something at work causing confusion?

- A. Another member of the kitchen team
- B. A customer
- C. A friend
- D. The owner of the business

48

Which of the following is the **main** benefit of good teamwork?

- A. Customer satisfaction
- B. Personal achievement
- C. Lower staff costs
- D. Job security

49

Which knife is traditionally used to produce a macédoine of vegetables?

- A. Paring knife
- B. Boning knife
- C. Cook's knife
- D. Turning knife

50

Some working kitchens are designed to have separate areas for raw and cooked food preparation. This will **most** likely prevent:

- A. pest infestations
- B. bacterial cross-contamination
- C. bacterial multiplication
- D. physical contamination

# Level 2

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