

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 D **ANSWER COMPLETED CORRECTLY**

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

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

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

**M-EPA-COMC2001
ANSWERS**

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. Battling 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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