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Americal Culinary Foundation (ACF)

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Question: 460

A chef is roasting a large batch of root vegetables for a dinner service and needs equipment that ensures even cooking and enhanced browning across all pieces. The kitchen offers a standard gas oven, a convection oven, a charbroiler, and a steamer. Which piece of equipment would best achieve the desired caramelization and consistency?

- A. Convection oven
- B. Steamer
- C. Standard gas oven
- D. Charbroiler

Answer: A

Explanation: A convection oven circulates hot air, promoting even heat distribution and enhanced browning via the Maillard reaction, ideal for roasting root vegetables. Its forced-air system outperforms static ovens or other equipment in achieving uniform caramelization across a large batch.

Question: 461

A chef with a cold handles raw chicken without gloves, then touches a salad. Lab tests show Salmonella at 10^4 CFU/g on the salad. What hygiene measure should be enforced?

- A. Wearing gloves and staying home if sick
- B. Washing hands for 60 seconds
- C. Using a hairnet
- D. Changing aprons

Answer: A

Explanation: Salmonella transfers via hands, and gloves prevent contact, while illness increases pathogen shedding. Staying home if sick is a critical hygiene rule to protect food safety.

Question: 462

A restaurant's menu features a pasta dish with a food cost of \$3.50 per portion, based on current ingredient prices, and it sells for \$14.00. The manager aims to maintain a food cost percentage of 28% across the menu. Given rising supplier costs, the chef calculates that the new ingredient cost per portion will increase to \$4.20. What should the new selling price be to maintain the target food cost percentage?

- A. \$15.00
- B. \$17.50
- C. \$14.50
- D. \$16.80

Answer: D

Explanation: To achieve a 28% food cost percentage, the selling price is calculated as food cost \div food cost percentage. With a new cost of \$4.20, the selling price is $\$4.20 \div 0.28 = \15.00 . However, adjusting for practical pricing and profitability, the closest realistic increase aligning with the percentage is \$16.80, ensuring the target is met.

Question: 463

A short dough uses 180 g of flour and 90 g of butter. If the fat-to-flour ratio must be 0.6:1, how much butter must be added?

- A. 18 g
- B. 24 g
- C. 15 g
- D. 12 g

Answer: A

Explanation: Needed butter = $180 \text{ g} \times 0.6 = 108 \text{ g}$. Additional = $108 \text{ g} - 90 \text{ g} = 18 \text{ g}$.

Question: 464

A chef notices mold growth on a block of cheddar cheese stored at 40°F (4°C) for 3 months. Lab analysis identifies *Aspergillus flavus* producing aflatoxin B1 at 20 ppb, exceeding the FDA limit of 20 ppb. What should the chef do to ensure safety?

- A. Cut off 1 inch around the mold and use the rest
- B. Discard the entire block
- C. Cook the cheese at 165°F (74°C) for 10 minutes
- D. Freeze the cheese at 0°F (-18°C) to halt toxin production

Answer: B

Explanation: *Aspergillus flavus* produces aflatoxin B1, a heat-stable mycotoxin linked to liver cancer. The FDA action level is 20 ppb, and at or above this, the product is unsafe. Cutting around mold is insufficient as toxins penetrate beyond visible growth, and cooking does not destroy aflatoxins. Freezing halts fungal growth but not existing toxins, so discarding the cheese is the only safe option.

Question: 465

A cook is preparing a delicate mousse that requires folding ingredients gently to maintain its airy texture. The available smallwares include a rubber spatula, a metal spoon, a whisk, and a ladle. Considering the need to preserve the incorporated air while combining components evenly, which tool should the cook use?

- A. Whisk
- B. Ladle
- C. Metal spoon
- D. Rubber spatula

Answer: D

Explanation: A rubber spatula's flexible, broad surface allows for gentle folding, lifting and turning ingredients without deflating the air trapped in a mousse. This preserves the light texture critical to the dish, outperforming rigid or narrow tools in maintaining structure.

Question: 466

A chef preparing batonnet-cut sweet potatoes (1/4 inch x 1/4 inch x 2-3 inches) for a roasting dish slips and nearly cuts their finger due to an unstable grip. Which of the following hand techniques ensures safety and consistency for the remainder of the task?

- A. Use a claw grip with fingertips tucked, thumb securing, and slice with a controlled motion
- B. Hold the sweet potato with fingers flat, thumb pressing, and chop straight down
- C. Grip with thumb along the side, fingers extended, and rock the knife
- D. Pinch the sweet potato between thumb and forefinger, fingers curled, and slice rapidly

Answer: A

Explanation: The claw grip, with fingertips tucked and thumb securing, provides safety and control, ideal for consistent batonnet cuts.

Question: 467

A chef prepares a French meringue with 4 egg whites and 200 g sugar, whipped to stiff peaks and baked at 200°F (93°C) for 2 hours. The meringue browns excessively and cracks. What is the best fix?

- A. Lower oven temperature to 175°F (79°C)
- B. Reduce sugar to 150 g to limit caramelization
- C. Whip to soft peaks instead of stiff peaks
- D. Increase baking time to 2.5 hours for even drying

Answer: A

Explanation: Excessive browning and cracking result from too high a temperature (200°F), causing rapid

sugar caramelization and uneven drying. Lowering it to 175°F ensures gentle drying without overcooking.

Question: 468

In a high-ratio cake using the creaming method, a chef finds that the batter splits and the baked cake has a greasy mouthfeel, despite using softened butter and emulsified shortening. What is the most effective solution to prevent this issue?

- A. Reducing the sugar to balance the fat
- B. Adding eggs in smaller increments
- C. Increasing the flour to absorb excess fat
- D. Using colder butter to firm the emulsion

Answer: B

Explanation: High-ratio cakes have more sugar and fat, making the emulsion prone to splitting if eggs (the emulsifier) are added too quickly. Adding eggs in smaller increments allows the fat and water to emulsify gradually, preventing a greasy texture by maintaining a stable batter structure.

Question: 469

During a high-pressure exam, a chef must produce a brunoise of potatoes (1/8 inch x 1/8 inch x 1/8 inch) with flawless uniformity. The knife dulls slightly, impacting consistency. Which honing steel technique restores the edge under time constraints?

- A. Draw the blade along the steel at a 15-20 degree angle with light pressure for 6-8 passes per side
- B. Swipe the blade at a 45-degree angle with heavy pressure for 10 passes
- C. Rub the blade across the steel at a 30-degree angle with moderate pressure for 12 passes
- D. Use rapid strokes at a 10-degree angle with firm pressure for 5 passes

Answer: A

Explanation: Honing at a 15-20 degree angle with light pressure for 6-8 passes per side efficiently realigns the edge, maintaining precision for brunoise under time pressure.

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Question: 470

A baker mixes a creaming method batter with 6 oz butter, 6 oz sugar, 3 eggs, and 8 oz flour, baking at 360°F (182°C) for 35 minutes. The cake has a gummy layer at the bottom. What caused this?

- A. Too many eggs, increasing moisture content
- B. Undermixing the butter and sugar, trapping moisture
- C. Oven temperature too high, setting the top too fast

D. Insufficient flour, weakening the structure

Answer: A

Explanation: Excess moisture from 3 eggs in a small batter (6 oz butter) can settle and form a gummy layer if not fully incorporated or balanced by dry ingredients. The creaming and baking conditions are otherwise standard.

Question: 471

A chef is steaming whole artichokes in a perforated basket over boiling water to retain their delicate flavor and nutrients. After 40 minutes, the outer leaves are tender, but the heart remains fibrous. What adjustment should the chef make to this moist heat method to ensure even cooking without overprocessing the exterior?

- A. Increase the water temperature to a rapid boil and steam for 50 minutes
- B. Trim the artichokes more aggressively and steam for 30 minutes
- C. Switch to boiling the artichokes directly in water for 20 minutes
- D. Reduce the steaming time to 35 minutes and finish in a 350°F (177°C) oven

Answer: B

Explanation: Fibrous hearts suggest insufficient heat penetration due to thick bases. Trimming exposes the heart, and 30 minutes balances tenderness without mushiness, staying true to steaming's moist heat. Higher boiling overcooks the outside, direct boiling leaches flavor, and oven-finishing shifts to dry heat.

Question: 472

A recipe for a marinade calls for 16 fluid ounces of soy sauce, but the kitchen's measuring cups are in metric milliliters. Knowing that 1 fluid ounce equals approximately 29.5735 milliliters, what is the closest equivalent volume in milliliters for 16 fluid ounces?

- A. 475 milliliters
- B. 450 milliliters
- C. 500 milliliters
- D. 460 milliliters

Answer: A

Explanation: Converting 16 fluid ounces to milliliters: $16 \times 29.5735 = 473.176$ milliliters. The closest practical measurement is 475 milliliters, ensuring the marinade's flavor balance remains accurate.

Question: 473

When preparing a French meringue for macarons, a chef notices that the batter becomes runny and fails

to hold its shape during piping, despite whipping the egg whites to stiff peaks with sugar. What is the most probable cause of this issue?

- A. Insufficient sugar to stabilize the meringue
- B. Overwhipping, breaking down the protein structure
- C. High humidity affecting moisture content
- D. Adding sugar too early, preventing full aeration

Answer: B

Explanation: French meringue for macarons requires a stable, stiff foam, but overwhipping egg whites breaks the protein network, causing it to lose structure and turn runny. This results in a batter that cannot hold its shape, even with adequate sugar, as the foam's integrity is compromised.

Question: 474

A chef wears gloves while deboning chicken but reuses them for vegetable chopping without changing, assuming the gloves remain clean if no blood is visible. What is the most significant personal hygiene error according to recent standards?

- A. Not sanitizing gloves between tasks
- B. Not washing hands before glove use
- C. Using gloves instead of bare-hand washing
- D. Reusing gloves across different food types

Answer: D

Explanation: Reusing gloves across raw chicken and vegetables risks cross-contamination with pathogens like Salmonella, even without visible blood. The FDA requires single-use gloves be changed between handling raw animal products and ready-to-eat foods, making A the most significant error.

Question: 475

A restaurant's signature entrée has a food cost of \$6.75 per portion and sells for \$25.00, but recent supplier price increases have raised the ingredient cost to \$7.50 per portion. The owner insists on keeping the food cost percentage below 32%. What is the minimum selling price the restaurant must charge to meet this requirement with the new ingredient cost?

- A. \$24.00
- B. \$23.44
- C. \$25.50
- D. \$22.50

Answer: B

Explanation: For a food cost percentage below 32%, use 32% as the maximum. New food cost is \$7.50;

minimum selling price = $\$7.50 \div 0.32 = \23.4375 , rounded to $\$23.44$. This ensures the percentage stays at or just below 32%.

Question: 476

A HACCP plan for ground beef identifies cooking to 155°F (68°C) for 17 seconds as a CCP to eliminate *Escherichia coli* O157:H7. During a shift, a patty reaches only 150°F (66°C) for 15 seconds, and lab tests detect *E. coli* at 10^3 CFU/g. Which HACCP principle failed?

- A. Verifying the system works
- B. Establishing critical limits
- C. Monitoring procedures
- D. Record-keeping

Answer: C

Explanation: HACCP Principle 4 (monitoring procedures) ensures CCPs are checked in real-time. Cooking to 150°F instead of 155°F indicates a failure to monitor the temperature and time, allowing *E. coli* survival at 10^3 CFU/g.

Question: 477

A baker uses 1 tbsp baking soda in a batter with 3 cups flour, 1 cup buttermilk (pH 4.5), and 0.5 cups molasses, baking at 375°F (190°C) for 25 minutes. The product has a soapy taste and yellowish tint. What should be adjusted?

- A. Reduce baking soda to 1 tsp to balance pH
- B. Increase buttermilk to 1.5 cups for more acidity
- C. Lower oven temperature to 350°F (177°C) to slow reaction
- D. Substitute molasses with sugar to reduce alkalinity

Answer: A

Explanation: Excessive baking soda (1 tbsp) in an acidic batter causes an overly alkaline reaction, producing a soapy taste and yellowish color from unneutralized soda. Reducing it to 1 tsp aligns with typical ratios (0.25-0.5 tsp per cup of flour with acid).

Question: 478

In a fine-dining kitchen, a cook needs to whip a small batch of cream to stiff peaks for a dessert plating. The available smallwares include a balloon whisk, a rubber spatula, a flat whisk, and a wooden spoon. Given the need for rapid aeration and a firm texture in a limited quantity, which tool should the cook select for the best efficiency and outcome?

- A. Balloon whisk
- B. Flat whisk

- C. Rubber spatula
- D. Wooden spoon

Answer: A

Explanation: A balloon whisk, with its wide, rounded wires, is engineered to incorporate air quickly into small batches of cream, achieving stiff peaks efficiently. Its design maximizes aeration compared to other tools, making it the optimal choice for a fine-dining dessert application.

Question: 479

A culinarian is tasked with freezing a batch of cooked beef stew in a walk-in freezer set at -5°F (-20.6°C). Lab tests show that to prevent *Clostridium perfringens* growth, the stew must reach 0°F (-18°C) within 6 hours of cooking. After 7 hours, the stew's core temperature is 10°F (-12°C). What is the most significant flaw in this freezing technique?

- A. Freezer temperature set too low
- B. Exceeding the safe cooling time limit
- C. Not pre-chilling the stew before freezing
- D. Insufficient air circulation in the freezer

Answer: B

Explanation: Exceeding the 6-hour limit to reach 0°F is the most significant flaw, as it allows potential pathogen growth like *Clostridium perfringens*. The FDA Food Code mandates rapid cooling to 0°F within 6 hours for frozen storage safety. Pre-chilling or air circulation may help, but the time breach is the critical safety violation.

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