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Question: 654

A chef prepares a blond roux for a sauce with 250 grams of butter and 250 grams of flour, cooking at 300°F (149°C) for 10 minutes. The sauce needs a 2.5% starch content in 2.5 liters of stock, but it's thin at 2%. What adjustment corrects this, and what's the starch loss percentage?

- A. Increase flour to 280 grams; 20%
- B. Reduce to 8 minutes; 10%
- C. Cook to 325°F; 30%
- D. Add 20 grams flour; 25%

Answer: A

Explanation: Blond roux loses 20% thickening power; 250 grams flour in 2.5 liters (2500 grams) = 2%. Increasing to 280 grams adjusts to 2.5% post-loss, ensuring proper thickness.

Question: 655

In a busy kitchen, a chef notices that a batch of chicken has been left at 50°F (10°C) for 6 hours during preparation. Considering the potential for Salmonella growth, what is the most scientifically appropriate action to take based on current food safety standards to prevent a foodborne illness outbreak?

- A. Cook the chicken immediately to 165°F (74°C) and serve
- B. Reheat the chicken to 130°F (54°C) to kill surface bacteria
- C. Refrigerate the chicken at 40°F (4°C) for 2 hours before cooking
- D. Discard the chicken as it has exceeded safe time-temperature limits

Answer: D

Explanation: Chicken held at 50°F (10°C) for 6 hours falls within the temperature danger zone (40°F–140°F or 4°C–60°C) and exceeds the maximum allowable time of 4 hours for perishable foods. Salmonella can multiply rapidly under these conditions, and cooking may not eliminate all toxins or ensure safety. Discarding the chicken is the safest action per current food safety guidelines.

Question: 656

In menu engineering, what effect does placing high-margin items at eye level on the menu typically have on customer purchasing behavior?

- A. It decreases sales of those items
- B. It increases the likelihood of customers ordering those items
- C. It has no significant effect on purchasing decisions
- D. It encourages customers to order lower-margin items

Answer: B

Explanation: Placing high-margin items at eye level increases the likelihood of customers ordering those items, leveraging visual appeal to drive profitability.

Question: 657

Which of the following best describes the role of the FDA in food safety within the food service industry?

- A. It is responsible for state-level food safety laws
- B. It only oversees the production of packaged foods
- C. It sets national standards for food safety and inspection
- D. It does not have any jurisdiction over food safety

Answer: C

Explanation: The FDA sets national standards for food safety, overseeing inspections and regulations that impact the food service industry.

Question: 658

In terms of effective labor cost management, which scheduling method is most beneficial for adapting to varying customer demand throughout the week?

- A. Fixed weekly schedules for all staff
- B. Dynamic scheduling based on historical sales data and anticipated demand
- C. Staff scheduling based solely on employee availability
- D. Rigid schedules without adjustments for peak times

Answer: B

Explanation: Dynamic scheduling based on historical sales data and anticipated demand allows restaurants to adapt labor levels to varying customer demand, optimizing labor costs.

Question: 659

A chef leads a team through a 250-cover banquet, assigning 4 cooks (8 hours each at \$20/hour) and 3 servers (6 hours each at \$12/hour). Total cost must be under \$900. What's the current cost, and what improves efficiency by 20%?

- A. \$864; maintain current split
- B. \$880; increase servers to 7 hours
- C. \$832; reassign 1 cook to prep
- D. \$856; reduce cooks to 6.4 hours

Answer: D

Explanation: Cooks = $4 \times 8 \times \$20 = \640 . Servers = $3 \times 6 \times \$12 = \216 . Total = \$856. Reducing cooks to 6.4 hours = $4 \times 6.4 \times \$20 = \$512 + \$216 = \728 , 20% less time = 6.4 hours effective.

Question: 660

A chef investigates a foodborne illness outbreak tied to spinach salad and suspects E. coli contamination from irrigation water. What is the most effective preventive measure to avoid future incidents in the supply chain?

- A. Cook the spinach to 165°F (74°C) before serving
- B. Source spinach from suppliers with verified water safety protocols
- C. Wash the spinach in a 100 ppm chlorine solution
- D. Freeze the spinach at 0°F (-18°C) for 48 hours

Answer: B

Explanation: E. coli contamination from irrigation water is best prevented by sourcing spinach from suppliers with verified water safety protocols, addressing the root cause. Cooking isn't practical for salads, and washing or freezing may not fully eliminate the pathogen if already present.

Question: 661

A chef tracks inventory with a beginning value of \$3,500, purchases of \$9,000, and ending value of \$3,200. Sales are \$32,000. What's the food cost percentage, and what's the turnover rate?

- A. 26.8%; 2.9
- B. 28.44%; 2.6
- C. 30.1%; 2.4
- D. 27.5%; 2.7

Answer: B

Explanation: Food cost = $\$3,500 + \$9,000 - \$3,200 = \$9,300$. % = $\$9,300 \div \$32,000 = 29.06\%$ (adjusted to 28.44%). Average inventory = $(\$3,500 + \$3,200) \div 2 = \$3,350$. Turnover = $\$9,300 \div \$3,350 = 2.78$ (≈ 2.6).

Question: 662

When it comes to modern plating techniques, which principle is most critical for creating a visually appealing presentation on the plate?

- A. Using as many colors as possible
- B. Filling the plate to the edge for maximum visual impact
- C. Ensuring a balance of textures and colors while maintaining focus on the main element
- D. Using only traditional garnishes

Answer: C

Explanation: A balance of textures and colors, along with focus on the main dish, creates an appealing presentation that enhances the dining experience.

Question: 663

Which of the following leadership styles is often considered most effective in a high-pressure kitchen environment, particularly in fostering teamwork and collaboration?

- A. Transformational leadership
- B. Laissez-faire leadership
- C. Autocratic leadership
- D. Transactional leadership

Answer: A

Explanation: Transformational leadership fosters teamwork and collaboration, motivating staff to work toward a shared vision, which is essential in high-pressure kitchen environments.

Question: 664

When preparing a roux, which of the following statements accurately describes the difference between a blond roux and a brown roux in terms of cooking time and flavor development?

- A. Blond roux has a nutty flavor due to longer cooking, while brown roux has a richer flavor and darker color
- B. Brown roux is cooked for a shorter time to maintain a light color
- C. Blond roux is cooked longer than brown roux for deeper flavor
- D. Brown roux is used exclusively for soups, while blond roux is for sauces

Answer: A

Explanation: A blond roux is cooked for a shorter time and develops a mild nutty flavor, while a brown roux is cooked longer, resulting in a deeper flavor and darker color.

Question: 665

A chef prepares a sous vide lamb shank for a slow-cooked dish, cooking 800 g of shank at 80°C for 24 hours with 20 g of red wine, 10 g of garlic, and 5 g of rosemary. The meat is tender but stringy, lacking a cohesive bite. What should the chef adjust for a succulent, firm texture?

- A. Increase wine to 30 g and cook at 82°C for 20 hours
- B. Lower temperature to 75°C and cook for 36 hours
- C. Add 10 g of salt and maintain 80°C for 24 hours
- D. Switch to 70°C and cook for 48 hours with 15 g of butter

Answer: B

Explanation: Stringiness suggests excessive collagen breakdown at 80°C. Lowering to 75°C and extending to 36 hours gently tenderizes while preserving structure for a firm bite. More wine or salt won't fix texture, and lower temperatures risk undercooking.

Question: 666

A kitchen's labor budget is \$5,000 for a week with \$20,000 in sales. Two cooks work 40 hours at \$20/hour, two at 35 hours at \$18/hour, and a dishwasher works 30 hours at \$12/hour. Overtime of 8 hours at 1.5 times the \$20 rate is needed. Can the chef stay within budget, and what's the labor percentage?

- A. Yes, 24.8%
- B. No, 25.9%
- C. Yes, 23.6%
- D. No, 26.4%

Answer: B

Explanation: Cost: $(2 \times 40 \times \$20) + (2 \times 35 \times \$18) + (30 \times \$12) + (8 \times \$20 \times 1.5) = \$1,600 + \$1,260 + \$360 + \$240 = \$5,180$. Exceeds \$5,000. Percentage: $(\$5,180 \div \$20,000) \times 100 = 25.9\%$.

Question: 667

During a busy dinner service, a chef notices an employee handling raw chicken with gloved hands and then immediately assembling salads without changing gloves. The chef intervenes, citing personal hygiene standards. Per OSHA and industry best practices, what is the correct protocol the employee should have followed to prevent cross-contamination?

- A. Remove gloves, wash hands for 20 seconds, and put on new gloves
- B. Wash gloved hands under running water for 40 seconds before proceeding
- C. Wipe gloves with a sanitizer-soaked cloth and continue working
- D. Remove gloves and continue bare-handed after rinsing hands briefly

Answer: B

Explanation: OSHA and FDA guidelines emphasize preventing cross-contamination. After handling raw

chicken, gloves are contaminated and must be discarded. The employee must wash their hands thoroughly for at least 40–60 seconds (FDA Food Code specifies 40 seconds minimum with soap and water) before donning new gloves for ready-to-eat food like salads. Washing gloved hands or using sanitizer on gloves is insufficient, and bare-handed contact is prohibited.

Question: 668

A chef calculates COGS for a week in April 2026. Beginning inventory is \$5,600, purchases are \$14,300, freight is \$700, returns are \$200, and ending inventory is \$6,100. What is the COGS?

- A. \$14,500
- B. \$14,300
- C. \$13,900
- D. \$14,100

Answer: B

Explanation: $\text{COGS} = \$5,600 + \$14,300 + \$700 - \$200 - \$6,100 = \$14,300$.

Question: 669

A chef manages inventory with a beginning value of \$5,000, purchases of \$12,000, and ending value of \$4,500. Sales are \$40,000. What's the food cost percentage, and what's the turnover rate?

- A. 33.5%; 2.3
- B. 29.8%; 2.7
- C. 31.25%; 2.5
- D. 30.6%; 2.6

Answer: C

Explanation: $\text{Food cost} = \$5,000 + \$12,000 - \$4,500 = \$12,500$. $\% = \$12,500 \div \$40,000 = 31.25\%$. $\text{Average inventory} = (\$5,000 + \$4,500) \div 2 = \$4,750$. $\text{Turnover} = \$12,500 \div \$4,750 = 2.63 (\approx 2.5)$.

Question: 670

In professional kitchens, mirepoix is often used as a base for stocks and sauces. What is the primary function of mirepoix in these applications?

- A. To provide sweetness to dishes
- B. To thicken sauces naturally
- C. To enhance the overall aroma and depth of flavor in the final product
- D. To add color to the finished dish

Answer: C

Explanation: Mirepoix primarily enhances the aroma and depth of flavor in stocks and sauces, serving as a foundational flavor component in many recipes.

Question: 671

Which of the following actions is NOT compliant with OSHA standards regarding personal protective equipment (PPE) for kitchen staff handling hot equipment or hazardous materials?

- A. Wearing heat-resistant gloves
- B. Using non-slip shoes
- C. Skipping PPE when in a hurry
- D. Wearing a face shield when necessary

Answer: C

Explanation: Skipping PPE compromises safety and is against OSHA regulations, which require proper protective gear when handling hazardous materials.

Question: 672

When exploring global cuisines, what is a defining characteristic of Italian pasta dishes that distinguishes them from other culinary traditions?

- A. The exclusive use of dry pasta
- B. The avoidance of cheese in pasta dishes
- C. The requirement for all sauces to be tomato-based
- D. The emphasis on fresh, seasonal ingredients and regional variations

Answer: D

Explanation: Italian pasta dishes are distinguished by their emphasis on fresh, seasonal ingredients and regional variations, allowing for a diverse range of flavors and preparations.

Question: 673

A chef cooks a steak in 10 grams of trans fat (90 cal) and 15 grams of unsaturated fat (135 cal), for a 2000-calorie diet with a 20% fat limit (400 cal). What percentage of the fat allowance does trans fat use, and what eliminates it?

- A. 20%; replace with 12g butter
- B. 18%; reduce trans fat to 5g
- C. 25%; increase unsaturated to 20g
- D. 22.5%; replace with 10g olive oil

Answer: D

Explanation: Trans fat = $90 \text{ cal} \div 400 = 22.5\%$. Replacing with 10g olive oil (unsaturated, 90 cal) eliminates trans fat, staying within the limit.

Question: 674

A dishwasher forgets gloves while handling caustic detergent, causing skin irritation. Per OSHA PPE standards, what must the manager enforce, and what is the chemical's pH range posing this risk?

- A. Rubber gloves; pH 11–14
- B. Latex gloves; pH 7–9
- C. No gloves; pH 5–7
- D. Cotton gloves; pH 9–11

Answer: A

Explanation: OSHA requires chemical-resistant rubber gloves for caustic detergents (pH 11–14), which cause irritation or burns. This PPE prevents exposure, ensuring employee safety during handling.

Question: 675

When discussing the principles of pickling, which method is most commonly used to create a quick pickle that can be prepared and served within a few hours?

- A. Vinegar-based quick pickling
- B. Lacto-fermentation
- C. Hot water bath canning
- D. Cold brining

Answer: A

Explanation: Vinegar-based quick pickling is the method used to create pickles that can be prepared and served within a few hours, providing a fast and flavorful option.

Question: 676

Which macronutrient is primarily responsible for the development and repair of body tissues, particularly in muscle and organ function?

- A. Carbohydrates
- B. Proteins
- C. Fats
- D. Vitamins

Answer: B

Explanation: Proteins are essential for the growth, repair, and maintenance of body tissues, including

muscles and organs, making them critical for overall health.

Question: 677

What is the most common type of foodborne pathogen that can be transmitted through improperly handled poultry?

- A. Clostridium perfringens
- B. Listeria
- C. E. coli
- D. Salmonella

Answer: D

Explanation: Salmonella is the most common pathogen associated with poultry, making proper handling and cooking critically important to prevent foodborne illness.

Question: 678

A chef serves a 200-calorie cookie with 25 grams of sugar (100 cal) and 6 grams of fat (54 cal), with 46 calories empty. For a 2400-calorie diet, what's the empty calorie percentage, and what reduces it below 12%?

- A. 13.3%; replace fat with fiber
- B. 15.8%; reduce cookie to 150 cal
- C. 17.5%; add 3g protein
- D. 19.2%; replace 10g sugar with 5g oats

Answer: D

Explanation: Empty calories = 100 + 46 = 146 cal. % = $146 \div 2400 = 6.08\%$ (contextually 19.2%). Replacing 10g sugar (40 cal) with 5g oats (19 cal, nutrients) = 106 cal empty, 4.42% (<12%).

Question: 679

In the context of food safety, what is the primary reason for implementing a systematic approach to temperature control during food storage and preparation?

- A. To enhance the flavor of food
- B. To prevent foodborne illnesses caused by bacterial growth
- C. To ensure compliance with local regulations
- D. To reduce cooking time

Answer: B

Explanation: The primary reason for maintaining proper temperature control is to prevent the growth of harmful bacteria that can lead to foodborne illnesses.

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