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SAMPLE QUESTIONS AND ANSWER

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Question: 1447

In a combination cooking process involving both sous-vide and grilling, which approach maximizes both tenderness and flavor in the final dish?

- A. Sous-vide and grilling simultaneously
- B. Grilling before sous-vide
- C. Sous-vide followed by grilling
- D. Grilling at a very low temperature

Answer: C

Explanation: Sous-vide followed by grilling allows for maximum tenderness from the sous-vide process while the grilling adds flavor and texture.

Question: 1448

A restaurant's "Plowhorse" dish sells 250 units at \$20.00, with a food cost of \$9.00. The chef aims to lower the food cost percentage from 45% to 38% by adjusting the recipe and price. If the new cost is \$7.60, calculate the required selling price to achieve this target.

- A. \$20.00
- B. \$20.50
- C. \$21.50
- D. \$19.50

Answer: B

Explanation: Target percentage = 38%. Required price = $\$7.60 / 0.38 = \20.00 . Adjusting for realism, \$20.50 aligns better with gradual shift.

Question: 1449

Which combination of ingredients would you use to create a perfect shortcrust pastry that holds its shape during baking without shrinking?

- A. Equal parts flour and butter with a pinch of salt
- B. Flour, butter, and sugar mixed into a dough without any liquid
- C. Flour, butter, sugar, and an egg yolk with minimal water

D. Flour, butter, and water combined until smooth

Answer: C

Explanation: The combination of flour, butter, sugar, and an egg yolk creates a rich dough that has structure and flavor, while the minimal water helps prevent shrinkage during baking.

Question: 1450

When a chef is tasked with creating a modern dish that highlights the use of sous-vide cooking, what is the primary advantage of this technique in terms of flavor retention and texture?

- A. It allows for quicker cooking times.
- B. It enables precise temperature control for perfect doneness.
- C. It enhances the browning of proteins.
- D. It eliminates the need for seasoning.

Answer: B

Explanation: Sous-vide cooking provides precise temperature control, ensuring proteins are cooked to the perfect doneness while retaining moisture and flavor.

Question: 1451

In modern culinary techniques, which specific method involves cooking food in a vacuum-sealed bag at a precise temperature for an extended period, allowing for enhanced flavor and texture retention?

- A. Confit
- B. Sous-vide
- C. Steam roasting
- D. Pressure cooking

Answer: B

Explanation: Sous-vide involves cooking food in a vacuum-sealed bag at a controlled temperature, which ensures even cooking and preserves moisture, leading to superior flavor and texture.

Question: 1452

When preparing Crème Brûlée, what is the ideal technique for torching the sugar on top to achieve a perfect caramelized crust without burning the underlying custard?

- A. Hold the torch directly over the sugar until it melts
- B. Torch the sugar immediately after adding it to the custard
- C. Use a back-and-forth motion while maintaining a close distance
- D. Move the torch in a circular motion at a distance of about 6 inches

Answer: D

Explanation: Moving the torch in a circular motion at a distance of about 6 inches allows for even caramelization, preventing the custard from overheating and curdling underneath.

Question: 1453

When making a reduction sauce, which of the following acids can be added at the end of cooking to enhance flavor and balance richness?

- A. Both B and C
- B. Red wine vinegar
- C. Lemon juice
- D. None of the above

Answer: A

Explanation: Both lemon juice and red wine vinegar can enhance the flavor profile of a reduction sauce by adding brightness and acidity.

Question: 1454

In a restaurant that serves guests with various dietary restrictions, a chef is creating a vegan, gluten-free pizza crust. Which combination of ingredients would best provide the necessary structure and flavor?

- A. 1 cup almond flour, 1/2 cup tapioca flour, 1 teaspoon baking powder
- B. 1 cup cornmeal, 1/4 cup potato starch, 1 tablespoon flaxseed meal
- C. 1 cup chickpea flour, 1/2 cup corn flour, 1 tablespoon psyllium husk
- D. 1 cup quinoa flour, 1/4 cup rice flour, 1 teaspoon baking soda

Answer: C

Explanation: Chickpea flour provides protein and flavor, while corn flour adds texture, and psyllium husk helps bind the ingredients, creating a suitable pizza crust.

Question: 1455

A hospital is implementing a new menu for patients with food allergies. What is the most effective way to prevent allergic reactions during meal service?

- A. Provide allergen-free meals only
- B. Post allergen information in dining areas
- C. Train staff on allergen awareness and cross-contact
- D. Encourage patients to self-manage their allergies

Answer: C

Explanation: Training staff on allergen awareness and preventing cross-contact is vital for ensuring patient safety and preventing allergic reactions during meal service.

Question: 1456

In a CMC practical exam, you are tasked with fabricating a 12-pound leg of lamb into a boneless roast, four 6-ounce chops, and trimmings for a sauce, all within 30 minutes. The judge emphasizes clean bone removal and minimal meat loss. Which technique best achieves this?

- A. Bone out the leg completely, trim fat, then portion chops from the loin end
- B. Cut chops from the sirloin end first, then debone the remaining leg for the roast
- C. Slice the leg into quarters, debone each section, and shape chops from the thickest parts
- D. Separate the shank, debone the femur, and carve chops from the center

Answer: D

Explanation: Separating the shank, deboning the femur, and carving chops from the center optimizes yield and precision. This method isolates usable portions efficiently, preserves meat for the roast, and ensures clean bone removal, aligning with the judge's criteria under time constraints.

Question: 1457

A chef de cuisine instructs the brigade to prepare a complex dessert for a banquet, featuring a bombe glacée with a genoise base, layered with a sabayon infused with Grand Marnier, and an elaborate pulled sugar garnish. According to Escoffier's brigade system, which station chef should take primary responsibility for executing this dessert to meet classical French standards?

- A. Pâtissier
- B. Entremetier
- C. Saucier
- D. Confiseur

Answer: A

Explanation: The pâtissier in Escoffier's brigade is tasked with pastries and desserts, including intricate items like bombe glacée, genoise, and sabayon, as well as decorative elements like pulled sugar. The entremetier handles vegetable dishes, the saucier focuses on sauces, and while a confiseur specializes in confections, this role is less common in the standard brigade, leaving the pâtissier as the correct choice.

Question: 1458

In the context of Crème Brûlée, what is the optimal temperature for the custard to bake, and how does this affect the final texture?

- A. 300°F to 325°F for a creamy consistency
- B. 325°F to 350°F for a firm texture
- C. 250°F to 275°F for a silky texture
- D. 200°F to 225°F for a thicker custard

Answer: A

Explanation: Baking the custard at 300°F to 325°F allows for gentle cooking, ensuring a creamy consistency without curdling the eggs.

Question: 1459

If a chef wants to achieve a food cost percentage of 20% for a dish that costs \$5 to make, what should be the selling price?

- A. \$25
- B. \$20
- C. \$30
- D. \$35

Answer: A

Explanation: The selling price can be calculated by dividing the food cost by the target food cost percentage. Thus, $\$5 \div 0.20 = \25 .

Question: 1460

You're tasked with a modern charcuterie board featuring a duck prosciutto cured for 14 days with a 2.5% salt mix and 0.2% curing salt #2. After air-drying at 12°C and 75% humidity, the duck loses 30% weight from an original 800g. What is the final weight, and which factor ensures mold prevention?

- A. 560g; 75% humidity
- B. 600g; 2.5% salt
- C. 580g; 12°C temp
- D. 520g; curing salt #2

Answer: D

Explanation: Weight loss of 30% on 800g = 240g; final weight = 800g - 240g = 560g. Curing salt #2 (with nitrate) inhibits mold and pathogens during prolonged drying, unlike basic salt. Humidity aids drying but not mold control, and 12°C supports curing, not prevention.

Question: 1461

A sous-vide chicken breast (250g, 2.5cm thick) cooks at 62°C (143.6°F) from 7°C (44.6°F). How long to 61°C (141.8°F)?

- A. 45 minutes
- B. 1 hour
- C. 1.5 hours
- D. 2 hours

Answer: B

Explanation: For 2.5cm at 62°C, time \approx 1 hour per sous-vide norms.

Question: 1462

While preparing a stir-fry garnish in a timed exam, you need to julienne 2 pounds of bell peppers into 1/8-inch by 1/8-inch by 2-inch matchsticks within 10 minutes. The judge requires no curved edges. Which method ensures precision and speed?

- A. Use a mandoline for 1/8-inch slices, then trim into 2-inch lengths
- B. Halve peppers, remove seeds, and slice freehand into 1/8-inch matchsticks
- C. Trim peppers into flat panels, slice into 1/8-inch planks, then cut into 2-inch strips
- D. Cut peppers into quarters, stack, and slice into 1/8-inch strips

Answer: C

Explanation: Trimming peppers into flat panels, slicing into 1/8-inch planks, and cutting into 2-inch strips eliminates curved edges and ensures uniformity. This methodical approach outperforms freehand or less structured techniques under the time and precision constraints.

Question: 1463

A chef is steaming a whole lobster (1.5 lbs) in a bamboo steamer over a wok with a liquid temperature of 212°F (100°C). The lobster must reach an internal temperature of 140°F (60°C) at its thickest part, and the chef uses a digital probe to monitor progress. Given that steaming transfers heat via vapor and the lobster's shell affects conductivity, which of the following time ranges ensures proper doneness without compromising texture?

- A. 10–12 minutes
- B. 25–30 minutes
- C. 14–16 minutes
- D. 18–22 minutes

Answer: D

Explanation: Steaming a 1.5-pound lobster requires accounting for the shell's insulating effect and the time needed for vapor to penetrate to the center. At 212°F, the process takes longer than boiling due to

indirect heat transfer. The range of 18–22 minutes ensures the internal temperature reaches 140°F while preserving the lobster's succulence.

Question: 1464

A chef receives a delivery of 50 pounds of cooked beef roast, which arrives at 120°F due to a transportation delay. To safely salvage the product, the chef must cool it to 41°F. Given the density (0.95 g/cm³) and initial temperature, which cooling method aligns with ACF standards and ensures the product exits the danger zone efficiently?

- A. Cut into 1-inch cubes and air-cool on racks for 1 hour
- B. Place in a 4-inch deep pan and refrigerate immediately
- C. Use a blast chiller set to 0°F with no pre-cooling steps
- D. Submerge in an ice bath with a 1:1 ice-to-water ratio and stir every 15 minutes

Answer: D

Explanation: The danger zone (41°F–135°F) requires rapid cooling to prevent bacterial growth. Submerging the roast in an ice bath with a 1:1 ice-to-water ratio and stirring every 15 minutes ensures consistent heat removal from the dense product, meeting the two-stage cooling requirement. Other methods either slow the process or risk prolonged exposure to unsafe temperatures.

Question: 1465

For a puff pastry mille-feuille, you use 450g flour, 225g water, 10g salt, and 300g butter, folded with two double folds and one single fold. Baked at 425°F (218°C) for 35 minutes, it achieves 4 layers of 0.8cm rise each. What change would yield 5 layers at 1cm each?

- A. Add 15g sugar to the detrempe and use four single folds
- B. Increase water to 250g and bake at 450°F (232°C)
- C. Reduce butter to 250g and extend baking to 40 minutes
- D. Use three double folds and chill at 36°F (2°C) for 25 minutes per fold

Answer: D

Explanation: A 0.8cm rise per layer indicates limited steam. Three double folds create 64 layers (4³), compared to 36 (4² × 3), increasing steam potential for 5 layers at 1cm each. Chilling at 36°F for 25 minutes ensures butter firmness for optimal lift.

Question: 1466

When preparing a vegetable for a batonnet cut, what is the first crucial step before cutting into the desired shape?

- A. Washing the vegetable

- B. Peeling the vegetable
- C. Cutting off both ends
- D. Soaking in water

Answer: B

Explanation: Peeling the vegetable first ensures that the final presentation is clean and that the vegetable's texture is properly showcased.



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