

## CHAPTER 1

### PROFESSIONALISM

#### CHAPTER 1 QUESTIONS FOR DISCUSSION

- 1 Describe the influences on the baker and pastry chef in the 20th century.

*Feedback: (a) Trend toward lighter, more naturally flavored foods under the influence of Fernand Point and pastry chef Gaston LeNôtre; (b) return to the craft of traditional bread making using old style equipment and techniques; (c) interest in traditional American pastries made with local ingredients part of the New American cuisine movement*

- 2 Many contemporary confections and pastries are rooted in ancient recipes. Use the Internet and library resources to research an early product such as a cake, cookie or candy and discuss how its taste and preparation technique has evolved over time.

*Feedback: Some candies and confections with a storied history include lollipops, peppermints, caramel candies and chewing gum. Among today's baked goods a long history are flatbreads, doughnuts, croissants and Graham crackers.*

- 3 What are the roles of the executive chef and the pastry chef in the modern kitchen brigade?

*Feedback: Executive chef—coordinates all kitchen activities, directs training, plans menus and sets standards of conduct  
Pastry chef—develops recipes for and prepares desserts, pastries, frozen desserts, confections and breads; reports to the executive chef and is responsible for purchasing food items used in the bakeshop.*

- 4 Review the 2009 revised Model Food Code and discuss its impact on sanitary practices in the bakeshop.

*Feedback: Providing well-prepared foods free from food-borne illness is the primary responsibility of all cooking professionals. Bakeshop products include many potentially hazardous foods such as raw fruits, custards and other egg and dairy based products that require care in their preparation. Cross-contamination is a major hazard in many food service establishments, including bakeries.*

- 5 Numerous professional organizations hold competitions for pastry chefs and bread bakers each year. Use the Internet to research recent bread making and pastry competitions. Discuss the winning entries and the people who succeeded in these competitions.

*Feedback: Some of the recognized competitions include:  
The World Pastry Team Championship  
The Coupe du Monde du Pain  
The National Pastry Championship  
<http://www.pastrychampionship.com>*

## CHAPTER 1 MULTIPLE CHOICE

1. Auguste Escoffier is known for bringing French cuisine into the 20th century by creating a style of cooking referred to as:

- a) the farm-to-table movement
- b) cuisine classique
- c) grand cuisine
- d) nouvelle cuisine

**Answer: b**

2. The bread baker credited with reintroducing traditional or artisan methods in France in the 20th century was:

- a) Lionel Poilâne
- b) Gaston Lenôte
- c) Paul Bocuse
- d) Antonin Carême

**Answer : a**

3. To whom do historians credit the discovery of yeast bread dough?

- a) The Greeks
- b) The French
- c) The Egyptians
- d) The Romans

**Answer: c**

4. The term *master baker* refers to which of the following?

- a) The head baker in a bread factory
- b) A baker who has reached a high level of achievement
- c) A baker of high achievement recognized by his or her country or a baking industry organization
- d) A baker who has graduated from a culinary program and has worked in the industry for many years

**Answer: c**

5. Bacteria thrive under which of the following conditions?

- a) A protein food is between 60°F and 120°F
- b) Moisture is present
- c) Neutral PH (acid/alkali balance)
- d) All of the above

**Answer: d**

6. Which of the following is NOT a potentially hazardous food?

- a) Crackers
- b) Ice cream
- c) Cheesecake
- d) Rice pudding

**Answer: a**

7. A saucepan can be sanitized after preparing a custard sauce by

- a) using a mechanical dishwasher only.
- b) scraping and spraying with hot water to remove soil.
- c) washing by hand in a three-compartment sink, including immersion in 170°F water for at least 30 seconds.
- d) using a brush to remove all visible soil.

**Answer: c**

#### CHAPTER 1 TRUE/FALSE

8. Honey was one of the earliest sweeteners used by humans until the process of refining sugar cane was discovered.

**Answer: T**

9. The French Revolution advanced the restaurant industry because many chefs, formerly employed by the aristocracy, opened restaurants to the public when they were no longer needed.

**Answer: T**

10. A pathogen is any organism that causes a disease.

**Answer: T**

11. Chilling foods below 40°F (4C°) kills most bacteria that can cause food-borne illnesses.

**Answer: F**

12. Thaw foods under running water or at room temperature if the foods will be prepared and served immediately.

**Answer: F**

13. A culinary education ensures that the student will develop into a well-rounded professional.

**Answer: F**

14. Pastry chefs should wash their hands immediately after handling raw foods.

**Answer: T**

15. Potentially hazardous foods usually contain an animal product such as milk, eggs, poultry, seafood or meat.

**Answer: T**

16. Sanitary gloves should be worn by pastry chefs when they ice and portion cakes for service.

**Answer: T**

#### CHAPTER 1 FILL IN THE BLANKS

17. Monsieur Boulanger remains famous among the French because, it is claimed, he opened the first modern \_\_\_\_\_ in 1765.

**Answer:** restaurant

18. A system of staffing in professional kitchens so that each worker is assigned a set of specific tasks is called a(n) \_\_\_\_\_.

**Answer:** brigade

19. A(n) \_\_\_\_\_ is the tall white hat worn by the professional chef.

**Answer:** toque

20. Bacteria thrive at temperatures between 41°F (5°C) and 135°F (57°C), what is referred to as the \_\_\_\_\_.

**Answer:** temperature danger zone

21. Store cooked foods \_\_\_\_\_ raw foods in the walk-in or refrigerator.

**Answer:** above