

1. Wheat is used in cooking primarily for which component
 - a. Simple carbohydrates like sucrose
 - b. Complex carbohydrates or starches
 - c. The germ cell as a source of protein
 - d. All of the above
 - e. None of the above
2. Soft wheat _____
 - a. Is often used in breads and batters
 - b. Is typically used for bread dough with eggs and yeast
 - c. Is used for its gluten to make pasta
 - d. Has very low gluten
3. Whole grain flour
 - a. is ground to include just the endosperm kernel.
 - b. Is the same as white flour but not bleached
 - c. Has better gluten and carbohydrate potential than white wheat
 - d. Has more starch than white processed wheat
 - e. Includes the bran and germ which give a different flavor and shorter shelf life than white flour
4. The main purpose of bleaching flour is _____
 - a. To enhance the off flavors of the germ and bran
 - b. To sterilize the flour
 - c. To change the sulfur bonds on gluten
 - d. To whiten the flour
 - e. To make a tastier but less nutritious flour
5. Gluten _____
 - a. is a combination of two proteins to stretch and form long elastic strands
 - b. formation increases as a batter is mixed or beaten
 - c. consists of glutenin and gliadin
 - d. all of the above
 - e. none of the above
6. The elasticity of dough comes from gluten. What protein property of gluten gives this elastic ability?
 - a. The rigid protein shape
 - b. The ability of glutenin to move past other glutenin molecules without binding to each other
 - c. The total lack of sulfur molecules on gluten protein
 - d. The coils and bends or kinks in the shapes of glutenin
 - e. The high amount of water within the protein shape
7. High protein flours in general will have what impact on gluten formation?
 - a. Less oxidation for less elastic gluten formed
 - b. Less water available for stretching out the gluten molecules
 - c. Increase the apparent sweetness as the starches are higher content
 - d. A buffered pH so acid can not alter the gluten cross-links
 - e. Strong gluten with high amounts of elasticity
8. Shortening _____
 - a. refers to how fats limit or weaken gluten contacts
 - b. is a special kind of fat that works best for cakes
 - c. results in shorter biscuits
 - d. is used in pies to increase the gluten structure
 - e. none of the above
9. Bread rises because of what phenomenon?
 - a. Gluten cross-links spreading
 - b. Gases expanding with heat
 - c. A mutant virus which attacks the recently dead
 - d. Glucose turning into a gas
 - e. None of the above
10. Yeast metabolism describes ____
 - a. the production of carbon dioxide and alcohol from glucose and oxygen
 - b. how the yeast creates acid as in sourdough breads
 - c. is the disease yeast cause if the wrong yeast infects bread dough
 - d. the production of glucose from carbon dioxide and oxygen
 - e. all of the above
11. The form of yeast which is not dormant is _____
 - a. cake yeast
 - b. active dry yeast
 - c. instant dry yeast
12. The source of carbon dioxide in quick breads is different than yeast breads because _____
 - a. one uses steam to produce the gas
 - b. yeast breads have gluten to hold the shape
 - c. the gas is produced in a fast chemical reaction
 - d. bacteria produced acids make the gas
 - e. the yeast breads don't make carbon dioxide, just ethanol
13. Baking powder ____ baking soda because _____
 - a. differs from ---- one is a liquid and the other a solid
 - b. is the same as - - - both create carbon dioxide
 - c. differs from - - - the first has both an acid compound and the base from baking soda
 - d. all of the above
 - e. none of the above
14. An example of the types of acid compounds in baking powder is
 - a. sodium bicarbonate
 - b. tartaric acid
 - c. dilute solutions of lactic acid
 - d. hydrochloric acid
 - e. potash
15. Breads that are knocked down after rising are done so because _____
 - a. they are high flour breads
 - b. the bread will form too large pockets of gas without
 - c. there is enough starch left for a second round of fermentation
 - d. all of the above
 - e. none of the above

16. Kneading the dough also does what to air bubbles
- creates large gas pockets for better yeast fermentation
 - cuts holes in the gluten
 - allows the alcohol to escape
 - creates smaller bubbles to increase rising during baking
17. Two-stage mixing known as autolysing is the process of
- combining flour and acid to produce gasses for dough rising
 - mixing all the ingredients' in dry or wet components then adding together right before baking
 - is a process to allow gluten proteins to absorb water without interference of salt
 - is the flour and water with extended mixing to form strong gluten containing dough
 - is only used for a limit type of yeast breads
18. A true sourdough bread gets its bacteria from what source?
- The environment
 - Boston or California
 - No where – sourdough should only have yeast that produces acid
 - From baker's quick rising yeast
 - From freshly baked bread
19. The kind of quick bread that has loose dough with baking soda is(are) _____
- biscotti
 - rye bread
 - scones
 - sourdough
 - biscuits
20. What is the starting metabolite used by yeast in wine making
- starce
 - glucose and fructose
 - maltose
 - table sugar
 - sucrose
- A red grapes whose sugar is quickly extracted will produce a(n) white or rose wine
 - tart wine
 - astringent wine
 - red wine
21. The compound which produces an astringent feel to wine is called (_____) and it comes from (_____).
- Acid - - - stems of plants
 - Tartaric acid - - skins of grapes
 - Tannins - - leaves and stems
 - Tannins - - skins of grapes and stems
 - Tartaric acid - - skins of grapes and stems
22. Sulfur dioxide is added to wine to
- Ferment the wine to prevent unwanted diseases and yeasts from growing
 - Promote retention of color, tannin and flavoring compounds
 - Decrease the effect of tannins and phenolics
 - Increase the sugar content
 - Inhibit other yeast and bacteria and serves as an antioxidant to save flavor and color
23. Malolactic fermentation
- is a process of using two yeast strains
 - introduces a second sugar for the brewer's yeast to ferment
 - is the result of adding malic acid to the wine
 - is a second fermentation with an acid producing bacteria
 - removes other flavors such as diacetyl
24. What does a wine maker do to generate a sweet wine?
- Use grapes which are moldy (noble rot)
 - Add back an unfermented reserve crush
 - Dehydrate the grapes prior to making a must
 - All of the above
 - None of the above
25. Kilning is
- The conversion of grain starch to a useable form
 - Drying and preserving the germinated grain
 - Cracking the grain for better water absorption
 - Adding yest
 - Filtering and carbonating
26. The reason for malting is what?
- Adding enough malt to start the liquor production
 - Germinate the seeds for a better flavor
 - Begin to release barley enzymes to digest starch for yeast fermentation
 - To break the bran of the wheat to allow yeast to digest the starch
 - None of the above
27. Which type of beer is produced when yeast clump and bind or trap the gasses produced?
- stout
 - ale
 - porter
 - lager
 - malt
28. The key sugar produced from barley endosperm after malting is what?
- glucose
 - sucrose
 - maltose
 - lactose
 - starch
29. What can alter reactions with light on some of the hop acids?
- Removing sulfur compounds
 - Using a bottle to absorb the blue-green light which starts the reaction
 - Increase the hops added in the wort
 - Decrease the temperature during malting
 - None of the above