

# NOCTI Culinary Study Guide with complete questions and answers.

List and describe the five grand OR MOTHER sauces including the main ingredients - correct answers. • Béchamel (1 tablespoon each of butter and flour per 1 cup of milk; a medium sauce would use 2 tablespoons each of butter and flour; a thick sauce, 3 tablespoons each.)

- Espagnole (most often a mixture of diced onion, carrots and celery)
- Hollandaise (butter, egg yolks and lemon juice) and mayo (vegetable oil, egg yolks, lemon juice or vinegar and seasonings)
- Vinaigrette (oil, vinegar, salt and pepper & spices, herbs, shallots, onions, mustard)
- Velouté (chicken, veal or fish stock. Enrichments such as egg yolks or cream are sometimes also added)

What is a roux? What are the ingredients? What are the three types of a roux - correct answers. • Substance created by cooking wheat flour and fat (traditionally butter).

- Base for sauce: a mixture of flour and fat that is cooked briefly and used as the thickening base of a sauce or soup
- White, blond and brown

What is an Onion Piquet? - correct answers. • A traditional French culinary technique

- Bay leaves, onions and a whole clove

What is clarified butter? What two parts do we eliminate? - correct answers. • butter made clear by heating and removing the sediment of milk solids

Stock - definition - correct answers. • Flavored water preparation and forms the basis of many dishes, particularly soups and sauces.

What is the most common liquid used for a stock? - correct answers. • Water

What is Mirepoix and the ratio of the ingredients - correct answers. • Ratio of 8 ounces of chopped onions to 4 ounces each of chopped carrots and celery for a basic mirepoix, so they are using a 2: 1: 1 ratio by weight.

- a mixture of chopped celery, onions, and carrots

# Nocti Culinary Study Guide

**JE Gale**



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