

TEN FREE 415A COOK PRACTICE QUESTIONS.

QUESTIONS	COST	LAST CHECKED
10, multiple choice, answers explained	Free. No account, no email	September 26, 2026

Ten 415A Cook questions in the format of the Red Seal exam: four options, one correct answer, no trick questions. They are free to use, print and share. There is nothing to sign up for on this page.

01 How to use these

The questions come from the TicketPrep 415A bank and are spread across the exam's work activities in the order and roughly the proportion the Red Seal Program publishes for this trade: A (hygiene, sanitation and safety), B (common occupational skills), C (produce), D (stocks, broths and soups), E (sauces), F (cheese, dairy, plant-based dairy alternatives, eggs and egg products), G (pastas, noodles, stuffed pastas and dumplings), H (grains, pulses, seeds, nuts and alternative proteins), I (meats, game, poultry, game birds and variety meats), J (fish and seafood). Answer each one before opening the explanation. Every explanation covers all four options, because on the real exam the wrong options are written to be plausible, and knowing *why* they are wrong is most of the skill.

- **Pace.** The exam allows four hours for 150 questions, so about 1 min 36 s per question. Try these at that pace.
- **Print.** The printed version shows the questions and the answer key without the explanations, so it works as a handout.
- **Mark.** The pass mark is 70 percent on every Red Seal trade; seven of ten here is the same bar.

02 The questions

Q1 · PROCEDURAL · HYGIENE, SANITATION AND SAFETY

A hotel's receiving clerk has an infrared (laser) thermometer. Which job is it suited to?

- A. Reading the core temperature of a vacuum-packed striploin
 - B. Reading the air temperature inside the walk-in cooler
 - C. Screening the surface temperature of incoming cases
 - D. Reading the internal temperature of a roast through its crust
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Q2 · PROCEDURAL · COMMON OCCUPATIONAL SKILLS

A hotel cook will reduce a tomato-and-white-wine sauce for 45 minutes. Which pan is the best choice?

- A. Well-seasoned bare cast-iron skillet
 - B. Heavy unlined aluminum sauté pan
 - C. Heavy-bottomed stainless-steel rondeau
 - D. Heavy unlined copper saucepan
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Q3 · RECALL · PRODUCE

What is a brunoise cut?

- A. 1 mm cubes, cut from paper-thin shavings
- B. 6 mm cubes, cut from batonnet sticks
- C. 12 mm cubes, cut from thick slabs
- D. 3 mm cubes, cut from julienne strips

Q4 · PROCEDURAL · STOCKS, BROTHS AND SOUPS

A remote camp cook is blanching veal bones for a white stock. What is the correct procedure?

- A. Soak in warm water overnight to draw out the blood
- B. Cover with cold water, bring to a boil, drain, rinse, restart cold
- C. Roast lightly at 200 °C until just coloured, then rinse
- D. Drop into boiling water, then keep that water as the stock base

Q5 · RECALL · SAUCES

What is beurre manié?

- A. Butter and flour cooked together until blond
- B. Butter melted and skimmed of its milk solids
- C. Raw butter and flour kneaded into a paste
- D. Cold butter whisked into a wine and shallot reduction

Q6 · PROCEDURAL · CHEESE, DAIRY, PLANT-BASED DAIRY ALTERNATIVES, EGGS AND EGG PRODUCTS

An à la carte brunch menu lists a classic French omelette. How is it cooked?

- A. Stirred and shaken to small soft curds, rolled, with no browning
- B. Left to set undisturbed, folded in half, lightly golden
- C. Yolks and whipped whites folded together and baked puffed
- D. Set on the stove, then finished under the salamander in the pan

Which potato gives the lightest potato gnocchi?

- A. Russet, a dry, floury high-starch potato
- B. Fingerling, a firm waxy potato that holds its shape
- C. Sweet potato, for its moisture and natural sugar
- D. Red-skinned new potato, a waxy low-starch type

A noodle bar wants crisp cubes of tofu to top a stir-fry. Which method gives the best result?

- A. Cube silken tofu and deep-fry it at about 150 °C until it colours
- B. Press extra-firm tofu, cube, coat in cornstarch, deep-fry at about 180 °C
- C. Batter wet firm tofu straight from the tub and fry it at 120 °C
- D. Simmer firm tofu cubes in the stir-fry sauce until they crisp

What is the usual sequence for carving a whole roast turkey at a carving station?

- A. Slice the breast straight down to the bone before removing any legs
- B. Remove the legs and thighs first, then carve the breast across the grain
- C. Carve the whole bird straight from the oven, without resting
- D. Cut the bird in half down the backbone and portion the halves

What is a classic mignonette served with raw oysters?

- A.** Ketchup, prepared horseradish and fresh lemon juice
- B.** Minced shallot, red wine vinegar and cracked pepper
- C.** Mayonnaise with chopped capers, pickles and herbs
- D.** Warm clarified butter with a squeeze of lemon juice

03 Answer key

QUESTION	ANSWER	WORK ACTIVITY
Q1	C	Hygiene, sanitation and safety
Q2	C	Common occupational skills
Q3	D	Produce
Q4	B	Stocks, broths and soups
Q5	C	Sauces
Q6	A	Cheese, dairy, plant-based dairy alternatives, eggs and egg products
Q7	A	Pastas, noodles, stuffed pastas and dumplings
Q8	B	Grains, pulses, seeds, nuts and alternative proteins
Q9	B	Meats, game, poultry, game birds and variety meats
Q10	B	Fish and seafood

04 More free questions

For the 415A exam itself, the [415A exam guide](#) covers the work activities, their weights and how the exam is scored, and the [415A Cook practice exam](#) page describes the full TicketPrep 415A question bank. The same free format is available for the other 8 trades, plus the free guides on the pass mark, question counts, exam day and how to study.

310S

**Automotive Service Technician
questions**

310T

**Truck and Coach Technician
questions**

309A

Electrician questions

403A

Carpenter questions

421A

**Heavy Duty Equipment Technician
questions**

332A

Hairstylist questions

433A

**Industrial Mechanic Millwright
questions**

313A

**Refrigeration & AC Systems
Mechanic questions**

HUB

All free practice questions

GUIDES

The Red Seal exam, explained

How these questions are written and checked: [how our questions are made](#). Found a mistake? Tell us and we will fix it.