

the quiz

THE ANSWERS

Here's a look at the answers to our fall 2013 quiz. Did you get them all correct?

Did you read all the articles in the fall 2013 issue of *Sizzle*? The correct answers to the quiz for this issue are in bold.



1. What notion is the Paleo dietary template based on?

- a. We should eat meat at every meal
- b. **We should eat in a way our hunter-gatherer ancestors did**
- c. Like squirrels, we should eat nuts and seeds
- d. We should avoid meat and dairy

2. Why is Jacques Pépin's book *La Technique: An Illustrated Guide to the Fundamental Techniques of Cooking* (Times Book, 1976) useful?

- a. **It shows step-by-step examples and illustrations of nearly 200 of the most useful culinary techniques**
- b. You can learn everything you need to know in 20 minutes
- c. It covers the nuances of many ethnic cuisines
- d. It's all done with photos

3. What is the classic shape of dessert financiers?

- a. Inner tube
- b. Heart
- c. **Gold bar**
- d. Swan

4. What type of flour is typically used to make financiers?

- a. **Almond flour**
- b. Whole-wheat flour
- c. Buckwheat flour
- d. Gold Medal flour



5. Among the 7,108 islands that make up the Philippines, how many languages are spoken?

- a. Two
- b. About 50
- c. Nearly 80
- d. **More than 170**

6. Filipino cuisine uses a lot of spices

- a. True
- b. **False**

7. What percentage of senior-care facilities employ pastry chefs?

- a. 0%
- b. **5% to 10%**
- c. 20% to 25%
- d. 50%

8. What generation will soon heavily impact senior-care dining?

- a. Millennials
- b. Generation X
- c. Swing generation
- d. **Baby boomers**

9. Restaurant drinks menus are a further extension of what's happening where?

- a. **In the kitchen**
- b. With soda manufacturers
- c. At full-scale bars
- d. In colleges and universities

10. What is one of the latest ingredients currently jazzing up nonalcoholic drinks?

- a. Brown sugar
- b. **Egg whites**
- c. Dried mint
- d. Shaved ice



11. Bill Telepan, chef/owner, Telepan Restaurant, New York, co-wrote an opinion article for the May 30, 2013, issue of *New York Daily News* on what topic?

- a. Local/seasonal ingredients
- b. Genetically modified foods
- c. Food safety
- d. **Fracking**

12. From what culinary school did Bill Telepan graduate?

- a. **The Culinary Institute of America**
- b. Johnson & Wales University
- c. Le Cordon Bleu
- d. Midwest Culinary Institute at Cincinnati State

13. What type of cookware were terrines traditionally baked in?

- a. Tin
- b. Glass
- c. Cast iron
- d. **Earthenware molds**

14. Traditionally, what type of meat mixtures are terrines made with?

- a. Fish
- b. Wild game
- c. **Force meat**
- d. Pork innards

15. September is national what month?

- a. Fig
- b. Water
- c. **Honey**
- d. Watermelon seed spitting