

CONTINUING-EDUCATION QUIZ

October 2009

If the articles in this month's issue of *The National Culinary Review* have sparked your interest and increased your learning, find out just how much by answering the 20 questions listed below. Answer the questions and mark the quiz appropriately, then earn continuing education hours (CEHs) from the American Culinary Federation (ACF) by taking the quiz online through the ACF Foundation eCulinary Professional Development Institute (<http://www.acfchefs.org/eculinary>). Seventy-five-percent accuracy is required to earn four hours of continuing-education credits toward professional certification. The cost for taking the quiz online is \$20, plus tax (based on your state of residence).

1. What did the State of World Fisheries and Aquaculture report predict for 2009?

- a) human consumption of wild-caught seafood will surpass farm-raised
- b) fish consumption has fallen compared to recent years
- c) human consumption of farm-raised seafood will surpass wild-caught
- d) fish consumption is leveling out compared to recent years

2. What are some concerns with farm-raised seafood?

- a) feed ratios, over-harvesting, pollution
- b) use of pesticides, destruction of habitat
- c) escapement of nonnative species
- d) all the above

3. Which organization is not recognized as a fresh-water farm?

- a) Australis Aquaculture
- b) Hog Island Oyster Company
- c) Sunburst Trout Company
- d) Blue Bay Farm

4. What is most important about setting up a bakery?

- a) location
- b) customer base
- c) staff
- d) equipment

5. Which community outreach program provides culinary training and résumé development to its participants?

- a) Share Our Strength
- b) Salvation Army Culinary Training Program
- c) Texas Restaurant Program
- d) Austin Children's Shelter

6. Which community-based initiative encourages high school culinarians to give back?

- a) Cooking Up Change
- b) City Harvest
- c) Students for a Better America
- d) Days of Taste

7. Which food did not make the list of "Top 10 Bad Foods," according to Chicago's Healthy Schools Campaign officials?

- a) cold cuts containing nitrates
- b) breaded chicken products
- c) spaghetti with sauce
- d) peanut butter/jelly

8. Why are small plates a hot new trend with consumers?

- a) opportunity for creativity, improve the bottom line
- b) good value, healthier, opportunity to sample high-end product
- c) casual dining, menu predictability
- d) less food waste, menu options

9. According to the 2007 Marketplace Survey, by what percentage did whole smoked turkey sales increase since 2005?

- a) 5%
- b) 5.5%
- c) 6%
- d) 6.5%

10. Which method directly involves a chef "smoking" a turkey in-house?

- a) hot-smoking
- b) cold-smoking
- c) liquid smoke
- d) direct purchase

11. What must a chef remember to do when cold-smoking a turkey?

- a) brine the turkey
- b) keep things simple
- c) cook the turkey
- d) forgo fresh herbs

12. Why is turkey a great option for restaurant operators?

- a) value
- b) low fat
- c) high protein
- d) all the above

13. According to the "Bean Feast" article, which bean is not traditionally used in cassoulet?

- a) white navy bean
- b) pamiér bean
- c) lima bean
- d) kidney bean

14. What farm-to-bar ingredient was used in making "The Summer Breeze" cocktail?

- a) cucumber
- b) mint
- c) tomato
- d) gooseberries

15. Which city was the first to get caught up in the cupcake craze?

- a) New York
- b) Chicago
- c) New Orleans
- d) San Diego

16. What grape is Argentina best known for?

- a) Chardonnay
- b) Sauvignon Blanc
- c) Torrontés
- d) Malbec

17. Which Argentine single vineyard produces around 1,000 cases a year?

- a) Finca Altamira
- b) Pascual Toso
- c) Finca Mirador
- d) Magdalena Toso

18. Which oil is the lowest in saturated fat?

- a) coconut
- b) sunflower
- c) soybean
- d) corn

19. Which fat is found in grain products?

- a) saturated
- b) monounsaturated
- c) polyunsaturated
- d) other

20. How can a chapter certification chair assist members?

- a) help guide candidates through process
- b) assist coordination of practical exams
- c) encourage membership and participation
- d) all the above