

CONTINUING-EDUCATION QUIZ

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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 does LEED stand for?

- a) Leadership in Energy and Environmental Design
- b) Linking Environment and Energy Development
- c) Local Environmental and Energy Design
- d) Lower Energy Equivalent Device

2. How can restaurants reduce their carbon footprint?

- a) change light bulbs to compact fluorescents
- b) reduce the amount of meat protein served
- c) reduce food waste
- d) all the above

3. How many Energy Star categories are there for kitchen equipment?

- a) 6
- b) 7
- c) 8
- d) 9

4. What is not a description of molecular cooking?

- a) the chemistry and physics behind the preparation of a dish
- b) use of modified starches to achieve desired effects
- c) experimenting with preparation techniques, such as the use of nitrogen
- d) use of science in the preparation of food

5. In molecular cooking, what ingredient can be added to create froths?

- a) transglutaminase
- b) lecithin
- c) methocel
- d) xanthan

6. Which country influences San Antonio's unique cuisine?

- a) France
- b) Germany
- c) Italy
- d) all the above

7. What area of Texas was settled by Germans in the 19th century?

- a) Fredericksburg
- b) Leon Springs
- c) Castle Hills
- d) Rocksprings

8. Which crust ingredient is made by blending it into a powder and baking overnight on low to dry?

- a) potato
- b) popcorn
- c) cashew
- d) Parmesan

9. Which nut-crusted fish has been a mainstay of American cuisine?

- a) almond-crusted scallops
- b) cashew-crusted tilapia
- c) macadamia-crusted halibut
- d) pecan-crusted trout

10. Which squash has a mildly sweet flavor and is versatile enough to use for stuffing or in casseroles, soups or stir-fry?

- a) white acorn
- b) turban
- c) butternut
- d) orangetti

11. According to the Economic Research Service, how much beef did the average American consume in 2007?

- a) 50.2 lbs
- b) 55.5 lbs
- c) 60.5 lbs
- d) 65.2 lbs

12. What is the advantage of having salt in an aging box?

- a) purifies the air and kills bacteria
- b) imparts a bit of flavor
- c) allows meat to be aged longer
- d) all the above

13. In the Aging-Beef Study, which cut has optimum tenderness at 21 days?

- a) strip loin
- b) chuck tender
- c) blade eye
- d) eye round

14. Which pickling method is used for sauerkraut?

- a) short soak in hot brine
- b) natural fermentation
- c) artificial fermentation
- d) quick refrigeration

15. What is recommended for the first-time canner?

- a) pickle two or three seasonal products
- b) wash jars in dishwasher to ensure they are sanitized
- c) cool to room temperature before sealing or refrigerating
- d) use glass, ceramic or aluminum containers

16. What type of cheese goes with dark chocolate?

- a) Gouda
- b) aged cheddar
- c) Brie
- d) goat cheese

17. What is true about the Bellini cocktail?

- a) named after Giovanni Bellini, its creator
- b) made with white-peach purée and sparkling wine
- c) uses sweet, not dry, sparkling wine
- d) was invented around the 15th century

18. Why does Cabernet Sauvignon pair well with heavier meat dishes?

- a) light texture and high acid levels
- b) rich texture and high acid levels
- c) light texture and slightly lower acid levels
- d) rich texture and slightly lower acid levels

19. What do chefs need to consider when pairing a wine that is stylistically specific?

- a) chefs are not concerned, because consumers drink what they like
- b) either parallel or complement the flavor with the food
- c) wines naturally are designed to complement an array of food
- d) add the wine as an ingredient in the dish to complement the pairing

20. What winemaker decision has a direct effect on the alcohol content of the harvest?

- a) blending tools
- b) type of farming techniques
- c) when to pick the grapes
- d) length of time in oak

The continuing-education quiz, which is available online through the ACF Foundation eCulinary Professional Development Institute, can be downloaded from the ACF Web site beginning in January 2010 for those who wish to review the questions before taking the quiz. The quiz will no longer appear in *The National Culinary Review*.