

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*.

## The National Culinary Review™

# CONTINUING-EDUCATION QUIZ

December 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 tips should chefs remember when starting their own gardens?**

- a) do your homework and seek out the advice of an expert
- b) don't grow what you can't use
- c) make use of available space and start small
- d) all the above

**2. What community-based program allows chefs to purchase shares of fresh-caught seafood?**

- a) Community Supported Seafood
- b) Walking Fish Community Supported Fishing
- c) Fisherman's Choice
- d) Open Water Share

**3. Which sustainable fish program rates fish high in healthy omega 3s and low in contaminants?**

- a) Environmental Defense Fund
- b) Seafood Watch
- c) Blue Ocean Institute
- d) Monterey Bay Aquarium

**4. Which fish was not listed in "The Super Green List" as "good for the ocean and good for your health?"**

- a) albacore tuna
- b) Pacific sardines
- c) swordfish
- d) Alaska salmon

**5. What makes controlled-vapor technology different from the immersion circulator method of cooking?**

- a) cooks at 100% humidity
- b) cooks a variety of items at once
- c) consistency of performance
- d) use of sous vide

**6. Which exotic meat was considered endangered until 1999?**

- a) boar
- b) alligator
- c) kangaroo
- d) iguana

**7. What year did the Louisiana Department of Wildlife and Fisheries initiate an alligator ranching program?**

- a) 1972
- b) 1979
- c) 1986
- d) 1989

**8. What type of bread is recommended for the Elvis Stuffed French Toast?**

- a) sourdough
- b) Pullman
- c) brioche
- d) croissant

**9. In 1802, which U.S. president served macaroni and cheese at the White House?**

- a) John Quincy Adams
- b) James Madison
- c) James Monroe
- d) Thomas Jefferson

**10. What should chefs remember when incorporating spirits in desserts?**

- a) use a high-end spirit in the reduction
- b) quality of the spirit is not crucial if not reducing
- c) pay attention to freezing point to achieve desired texture
- d) overuse of alcohol will not affect the taste

**11. Which carving medium is the least complicated?**

- a) vegetable
- b) sugar
- c) ice
- d) chocolate

**12. Which country has the oldest carving-style tradition?**

- a) Thailand
- b) China
- c) Japan
- d) Hawaii

**13. What characteristics are evaluated in carving competitions?**

- a) degree of difficulty
- b) variety of products used
- c) detail, color and contrast
- d) all the above

**14. Which fruit is considered unusual to carve?**

- a) papaya
- b) canary melon
- c) plum
- d) pineapple

**15. By what percentage has per-person wine consumption risen in the last 15 years?**

- a) 20%
- b) 35%
- c) 40%
- d) 55%

**16. What should be considered when developing a wine-list design?**

- a) feature popular brands recognized by consumers
- b) focus solely around cuisine
- c) incorporate appropriate wines and train staff
- d) use mass consumer trends to dictate design

**17. In a recent ACF report, which certification level shows the highest population?**

- a) CC
- b) CSC
- c) CCC
- d) CEC

**18. What is the first step in the accreditation process for the CSC level of certification?**

- a) survey of members
- b) job analysis
- c) develop written exam
- d) application to NCCA

**19. What is not a culinary treasure in New Mexican cuisine?**

- a) blue corn
- b) chiles
- c) *biscochito*
- d) churros

**20. In New Mexican cuisine, what is added to enchiladas to give flavor and body to the sauce?**

- a) chiles
- b) fried egg
- c) beef
- d) melted cheese