

CONTINUING-EDUCATION QUIZ

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As you read through this month's issue of *The National Culinary Review*, simply print out a copy of this quiz and answer the questions appropriately to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed online through the ACF Foundation eCulinary Professional Development Institute (<http://www.acfchefs.org/eculinary>). The cost for taking the quiz online is \$20, plus tax (based on your state of residence). Seventy-five-percent accuracy is required to earn four hours of continuing-education credits toward professional certification.

- 1. "Going green" in the restaurant industry encompasses what concept?**
 - a) using energy efficient building products and natural design features
 - b) utilizing environmentally safe products and imitating nature
 - c) limiting and reducing energy use/conservation
 - d) all the above
- 2. Which "green" innovation was not mentioned in the Mind-Blowing Beauty article?**
 - a) occupancy sensor
 - b) automated food waste tracking system
 - c) water-recapture systems
 - d) heat-reflecting windows
- 3. What have cooperatives/partnerships brought to mid-size farming?**
 - a) growing techniques have reduced tilling and land erosion
 - b) emphasis has switched from commodity to specialty products
 - c) networking has increased asking power and reduced costs
 - d) all the above
- 4. Which network of producers, processors and distributors was founded in Alaska?**
 - a) Copper River
 - b) Fire Food and Drink
 - c) Organic Prairie
 - d) Tallgrass Beef Company
- 5. What term is defined as a set price that will guarantee a farmer will not sell at a loss?**
 - a) commodity-market pricing
 - b) dignity price
 - c) consistent pricing
 - d) barter price
- 6. What is the base of traditional paellas?**
 - a) wine
 - b) vegetable stock
 - c) fish stock
 - d) saffron sauce
- 7. What is the most popular spice in Spain?**
 - a) cumin
 - b) saffron
 - c) paprika
 - d) peppercorn
- 8. According to Menutrends Direct by what percentage has burgers penetrated the fine-dining segment in the last three years?**
 - a) 20%
 - b) 30%
 - c) 40%
 - d) 50%
- 9. In the Premium Burger article, which of the six vantages emphasizes the humane treatment of livestock?**
 - a) dry aged
 - b) outstanding ingredients
 - c) green
 - d) fun factor
- 10. What ground meat offers low fat and mild flavor?**
 - a) Angus
 - b) buffalo
 - c) chicken
 - d) Kobe
- 11. What change can a restaurant incorporate to provide a healthier menu?**
 - a) use lighter sauces
 - b) reduce portion size
 - c) offer fresh vegetables
 - d) all the above
- 12. What cooking instruction is not used in the preparation of grits?**
 - a) use high heat
 - b) stir frequently
 - c) have patience
 - d) cook with stock or milk
- 13. What type of grits is gluten free?**
 - a) corn
 - b) grain
 - c) almond
 - d) rice
- 14. What is the secret to molten hot chocolate cake?**
 - a) good-quality flour
 - b) cooking time
 - c) milk chocolate
 - d) pan or baking form
- 15. According to pastry chefs, what is the most important factor when choosing chocolate?**
 - a) price
 - b) type
 - c) brand
 - d) quality
- 16. Which gourmet crafted beer contains the highest alcohol by volume?**
 - a) Bourbon Barrel Stout, CO
 - b) Palo Santo Marron, DE
 - c) Dogfather Imperial Stout, ID
 - d) Pit Bull Ice Malt Liquor, MN
- 17. At what rate is the catering industry growing each year?**
 - a) 3-6%
 - b) 5-8%
 - c) 7-10%
 - d) 9-12%
- 18. What guidelines were recommended for catering success?**
 - a) review menus with both sales and culinary team
 - b) encourage last minute requests
 - c) sell low-end items at high-end menu prices
 - d) discourage price haggling
- 19. What gives shoofly "pie" its charm/character?**
 - a) wet-bottom
 - b) molasses
 - c) raspberry cream
 - d) crumb topping
- 20. Which ingredient is not used to make scrapple?**
 - a) cornmeal
 - b) flour
 - c) pork trimmings
 - d) butter