

# CONTINUING-EDUCATION QUIZ

September 2016

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 \$25, 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. What organization hosts a sensory experience contest?
  - a. American Culinary Federation
  - b. National Restaurant Association
  - c. Produce Marketing Association
  - d. Research Chefs Association
2. What report rates the foodservice industry's progress toward addressing public health and environmental imperatives?
  - a. Honest Food
  - b. What's Hot
  - c. Menus of Change
  - d. Culinary TrendScape
3. Since when has *Wine Spectator* been honoring restaurants that have extraordinary wine programs?
  - a. 1981
  - b. 1991
  - c. 2001
  - d. 2011
4. What company's Little Mountain Cheese was named Best of Show at the 2016 American Cheese Society Competition?
  - a. Roelli Cheese Company, Inc.
  - b. Maple Leaf Cheese
  - c. Caves of Faribault
  - d. Klondike Cheese Co.
5. What plant family does rhubarb belong to?
  - a. Mustard
  - b. Buckwheat
  - c. Gourd
  - d. Parsley
6. Which of the following is *not* a benefit of restaurant week?
  - a. Brand awareness
  - b. New customer introduction
  - c. Community involvement
  - d. Participation cost
7. According to Edward Leonard, CMC, AAC, what is the biggest challenge for club chefs?
  - a. Working long hours
  - b. Managing the budget
  - c. Pleasing the members
  - d. Developing menu items
8. What Japanese term describes a meal consisting of dishes selected by the chef?
  - a. Omakase
  - b. Shokudo
  - c. Teishoku
  - d. Yatai
9. Does scheduling for success include giving employees more hours if they request them?
  - a. Yes
  - b. No
10. Which of the following is *not* a method used to adjust portion sizes?
  - a. Cut proteins
  - b. Spread out items
  - c. Use larger to-go containers
  - d. Use larger, more decorative plates
11. According to Datassential Research, what is the four-year growth percentage for carnitas menu mentions?
  - a. 6 percent
  - b. 8.8 percent
  - c. 10 percent
  - d. 13.8 percent
12. What Mexican term describes ribs?
  - a. Carnitas
  - b. Costillas
  - c. Buche
  - d. Cabeza
13. What type of anchovies are bright and vinegary?
  - a. White
  - b. Brown
  - c. Grey
  - d. Green
14. What native American dish describes squash stew with grilled herring?
  - a. Pemmican
  - b. Three sisters
  - c. Fry bread
  - d. Sobaheg
15. What native American dish is made from flour, milk and baking powder?
  - a. Pemmican
  - b. Three sisters
  - c. Fry bread
  - d. Sobaheg
16. What ingredient comes from shade-grown leaves from a particular type of green tea?
  - a. Kombucha
  - b. Matcha
  - c. Kefir
  - d. Kvas
17. Matcha contains high levels of what plant-based nutrient.
  - a. Lutein
  - b. Chlorophyll
  - c. Anthocyanins
  - d. Betalains
18. What term describes an upside-down caramelized apple tart?
  - a. Linzertorte
  - b. Bourdaloue
  - c. Bakewell tart
  - d. Tarte Tatin
19. What term describes an almond cream filling most notably used in the classic tarte Bourdaloue?
  - a. Frangipane
  - b. Chantilly
  - c. Crème anglaise
  - d. Zabaglione
20. Effective Oct. 1, 2016, how many full-time people must a CEC candidate supervise in the preparation of food?
  - a. Three
  - b. Four
  - c. Five
  - d. Six