

CONTINUING-EDUCATION QUIZ

October 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.

- The National Processed Raspberry Council reminds operators that wholesome frozen red raspberries deliver what?**
 - Field-fresh taste
 - Vivid color
 - The glow of summer all year round
 - All of the above
- What is the scientific name for fermentation?**
 - Zymology
 - Zementation
 - Zercology
 - Zymontology
- Culinary fermentation is most closely associated with what kind of cuisine?**
 - Italian
 - Korean
 - Japanese
 - French
- Eastern soups prefer what kind of stock?**
 - Cleaner/clear
 - Deep/dark
 - Flavorful
 - Robust
- Commercial kitchens used to have _____ to produce stocks for soups and sauces?**
 - Equipment
 - Time
 - Skilled staff
 - All of the above
- When making _____, don't stray too far from the ingredients you're using for other dishes.**
 - Sauces
 - Stock
 - Soup
 - Stew
- When making stock, too much water leads to what?**
 - A strong stock
 - A clearer stock
 - A tastier stock
 - A weak stock
- The need for packaged bases increased when _____ cooking became popular several decades ago.**
 - Slow-scratch
 - Cooking of processed foods
 - Speed-scratch
 - Short order
- _____ can be a flavorful ingredient in everything from cocktails to salads and entrees to desserts.**
 - Soda
 - Juice
 - Coffee
 - Tea
- Tea in a dish and as a partner to a dish _____ a menu.**
 - Energizes
 - Excites
 - Traditionalizes
 - Confuses
- What are chefs capitalizing on based on the year round abundance?**
 - Produce
 - Pasta
 - Beef
 - Organic onions
- Vetables are an important part of a healthy diet**
 - True
 - False
- The biggest issue with working with produce is establishing the proper _____**
 - Color
 - Appeal
 - Flavor
 - Doneness
- Because green vegetables rely on chlorophyll for color, it is important that the cooking liquid be _____ when the vegetables are added.**
 - Cold
 - Room temperature
 - Boiling
 - Tepid
- For building flavors and nutrient retention, what kind of cooking method are optimal?**
 - Dry-heat
 - Moist-heat
 - Broiling
 - Braising
- Those who want to create vegan desserts must find workable substitutions for ingredients such as _____, _____ & _____.**
 - Egg whites, margarine, sugar
 - Egg yolks, butter, brown sugar
 - Milk, cream, sugar
 - Butter, milk, eggs
- For customers who have wheat allergies, desserts can be made _____ free.**
 - Sugar
 - Dairy
 - Salt
 - Gluten
 - e.
- Vegan desserts can also be enjoyed by people who are _____.**
 - Have gluten allergies
 - Lactose intolerant
 - Diabetic
 - Vegetarian
- Gin is _____.**
 - Colorless
 - Odorless
 - Tasteless
 - Has little alcohol content
- Gin has long been a favorite of bartenders for its _____.**
 - Flavor
 - Color
 - Versatility
 - Smell