

INGREDIENT of the MONTH

Ingredient of the Month Quiz

March 2024 - Seitan

After you read through this month's Ingredient of the Month, take this quiz to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed through the ACF's Online Learning Center. Seventy-five percent accuracy is required to earn one hour of continuing education credits toward professional certification.

- In which century did the earliest known mention of wheat gluten, the core component of seitan, appear in the Qimin Yaoshu?**
 - 3rd century
 - 6th century
 - 10th century
 - 12th century
- The process of crafting seitan involves removing starches from wheat gluten through a washing process.**
 - True
 - False
- What key macronutrient does seitan (vital wheat gluten) primarily provide as a plant-based product?**
 - Carbohydrates
 - Protein
 - Fats
 - Fiber
- What role does selenium play in the body, and how much of the DV is found in a one-ounce portion of crumbled seitan?**
 - Supports bone health; 8%
 - Aids in muscle growth; 12%
 - Used for reproduction and DNA production; 16%
 - Enhances immune function; 20%
- Which method is NOT recommended for achieving seitan that has a "tender and succulent" texture in its finished product?**
 - Poaching
 - Steaming
 - Baking
 - Simmering
- Seitan can be consumed by anyone with celiac disease because it is naturally free of soy products.**
 - True
 - False
- Frozen seitan is recommended to be thawed quickly in the microwave for optimal texture and flavor.**
 - True
 - False
- What is recommended to prevent deli-meat-style seitan slices from sticking together when stored?**
 - Freezing them with water
 - Separating them with parchment paper
 - Storing them in a single layer
 - Adding extra oil
- In which type of dish would seitan crumbles be most suitable to use in its preparation?**
 - Deli sandwiches
 - Grilled dishes
 - Spicy curries
 - Tacos and burritos
- How does the environmental impact of producing seitan compare to traditional meat production?**
 - Higher environmental impact
 - No significant difference
 - Lower environmental impact
 - Impact depends on the production method

