

INGREDIENT of the MONTH

Ingredient of the Month Quiz

July 2024 – Corn Tortilla

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.

- 1. What is the origin of the term "tortilla"?**
 - a. Derived from the Aztec language
 - b. Named after a famous chef in Mesoamerica
 - c. Derived from the Spanish words torta and illa
 - d. Originated from the name of a Mayan king
- 2. Nixtamalization is a process involving the soaking of corn in an acidic solution before grinding.**
 - a. True
 - b. False
- 3. What health benefit(s) help distinguish corn tortillas from flour tortillas?**
 - a. Lower glycemic index
 - b. Gluten-free
 - c. Lower fat content
 - d. All of the above
- 4. A 1-ounce corn tortilla contains approximately 48% of the recommended daily value of magnesium.**
 - a. True
 - b. False
- 5. What distinguishes organic tortillas from non-organic?**
 - a. Enhanced flavor
 - b. Use of genetically modified corn
 - c. Production without pesticides or fertilizers
 - d. Higher salt content
- 6. How should corn tortillas be stored to prevent drying if they will be used within a few days?**
 - a. Refrigerated
 - b. Frozen
 - c. Room temperature in a cool, dry place
 - d. Warmed in direct sunlight
- 7. With both being made with corn tortillas, how do flautas differ from tostadas?**
 - a. Flautas are fried until crispy and topped, while tostadas are rolled and fried.
 - b. Flautas are layered like lasagna, while tostadas are not.
 - c. Flautas are filled with meat and rolled, while tostadas are topped with various ingredients.
 - d. Flautas are used as a thickener in soup, while tostadas are served for breakfast.
- 8. _____ is/are a traditional Mexican breakfast consisting of corn tortillas, fried or poached eggs, and a tomato-chili sauce.**
 - a. Chilaquiles
 - b. Pastel Azteca
 - c. Flautas
 - d. Huevos Rancheros
- 9. Historically, the typical four-person family of Mexican heritage will consume _____ of corn tortillas per day.**
 - a. 1 pound
 - b. 2 pounds
 - c. 3 pounds
 - d. 4 pounds
- 10. What was the estimated size of the tortilla market in the United States in 2021?**
 - a. \$10.5 billion
 - b. \$21.8 billion
 - c. \$35.5 billion
 - d. \$47.8 billion

