

# INGREDIENT of the MONTH

## Ingredient of the Month Quiz

August 2024 – Fish Sauce

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.

- Following the fermentation of fish sauce, the mixture is pressed to extract the liquid, and filtration is used to ensure a clear and smooth product.
  - True
  - False
- Which B vitamin is NOT found in fish sauce?
  - Thiamin (B1)
  - Riboflavin (B2)
  - Niacin (B3)
  - Pantothenic Acid (B4)
- How much sodium does a one tablespoon serving of fish sauce contain, and what percentage of the daily value does it represent?
  - 750mg; 35%
  - 1000mg; 45%
  - 1250mg; 55%
  - 1500mg; 65%
- \_\_\_\_\_, a variety of fish sauce from \_\_\_\_\_ is described as milder in taste and smell than other varieties.
  - Tuk Trey; Cambodia
  - Shottsuru; Japan
  - Yulu; China
  - Patis; the Philippines
- What is the main differentiator of Nuoc Mam from other varieties of fish sauce?
  - Aged to develop more complex flavors
  - Sweeter, syrupy, and more soy-like
  - Milder in flavor and smell
  - More pepper forward and spicier
- When purchasing fish sauce, how is the color related to the flavor of the product?
  - Lighter color indicates a stronger flavor
  - Darker color indicates a longer fermentation
  - Darker color indicates a shorter aging process
  - Color has no impact on flavor
- Storing fish sauce in temperatures exceeding 70° F is ideal for enhancing the flavor of fish sauce over time.
  - True
  - False
- What does using fish sauce as a glaze for grilled and roasted meats contribute to the overall dish?
  - Adds a sweet flavor
  - Adds a spicy kick
  - Adds a bitter taste
  - Adds a savory, caramelized element
- The original version of fish sauce, known as "Garum", originated from \_\_\_\_\_.
  - Southeast Asia
  - Vietnam
  - Ancient Rome
  - China
- What motivates some fish sauce producers to use bycatch fish products in their production?
  - To increase the cost of the final product
  - To reduce waste and pressure on fisheries
  - To enhance the flavor profile
  - To meet demand for vegetarian options

