

INGREDIENT of the MONTH

Ingredient of the Month Quiz

November 2024 – Bitters

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 the 17th century, what term is associated with bitters, referring to over-the-counter remedies?**
 - Royal Elixir
 - Medicinal Monopoly
 - Patent Medicine
 - Regal Remedy
- The infusion of botanical ingredients in bitters is commonly done in low-proof alcohol.**
 - True
 - False
- Which spice found in some bitters is known for its potential to assist in fortifying the body's defenses against sickness?**
 - Cinnamon
 - Turmeric
 - Chamomile
 - Thyme
- The chamomile and lavender in some bitters can contribute to calming effects on the mind and body.**
 - True
 - False
- What purpose does cocktail bitters serve in the preparation of cocktails?**
 - Adding sweetness
 - Enhancing the flavor profile
 - Providing carbonation
 - Substituting for alcohol
- Which type of bitters adds vegetal and earthy overtones to mixology and culinary recipes?**
 - Aromatic
 - Celery
 - Citrus
 - Chocolate
- Why is researching the reputation of different brands recommended when selecting bitters?**
 - To identify the cheapest option
 - To discover new and experimental brands
 - To find reliable options with a history of quality
 - To support local producers
- Why is maintaining a proper seal on bitters important after each use?**
 - To speed up the maceration process
 - To reduce the rate of evaporation
 - To protect them from light contamination
 - To add extra flavor to the bitters
- When used in the kitchen, which is NOT a function of bitters as a taste transformer?**
 - By adding bitterness
 - By cutting through richness
 - By reducing the intensity of flavors
 - By increasing sweetness
- What is the average alcohol by volume (ABV) range for bitters?**
 - 20-30%
 - 35-45%
 - 50-60%
 - 70-80%

