

INGREDIENT of the MONTH

Ingredient of the Month Quiz

December 2024 – Five-Spice

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.

- During which dynasty did five-spice powder rise above medicinal use to become a culinary staple?**
 - Tang Dynasty
 - Han Dynasty
 - Song Dynasty
 - Qin Dynasty
- What is the alternative name commonly used for Chinese cinnamon?**
 - Ceylon
 - Canella
 - Cassia
 - Corintje
- The cloves found in five-spice are rich in manganese, which supports bone health and metabolic functions.**
 - True
 - False
- Which regional five-spice powder includes white pepper and galangal?**
 - Taiwanese Five-Spice
 - Malay Five-Spice
 - Cantonese Five-Spice
 - Thai Five-Spice
- Vietnamese five-spice powder is characterized by the addition of curry leaves and dried tangerine peel.**
 - True
 - False
- What should you do if your five-spice powder smells dull or the flavor has faded?**
 - Add salt to enhance the flavor
 - Mix it with another spice blend
 - Freeze it to restore its potency
 - Replace it with a fresh batch
- How long does ground five-spice powder typically remain fresh?**
 - 1-3 months
 - 6-12 months
 - 18-24 months
 - Indefinitely if stored properly
- Which of the following uses would NOT be a commonly found culinary use of five-spice?**
 - Seasoning sushi rice
 - Adding to herbal broths
 - Coating roasted nuts
 - Infusing syrups for cocktails
- Why is five-spice powder considered to be an alternative to monosodium glutamate (MSG)?**
 - It has a similar texture
 - It is gluten-free
 - It enhances umami flavor
 - It contains less sodium
- Which mixing method is utilized when preparing the five-spice gingerbread cookies?**
 - One-Bowl Method
 - Creaming Method
 - Cut-In Method
 - Blending Method

