

INGREDIENT of the MONTH

Ingredient of the Month Quiz

January 2025 – Jackfruit

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.

- Jackfruit's popularity has grown due to its potential as a sustainable, plant-based meat alternative.**
 - True
 - False
- How long does it typically take for jackfruit seedlings to begin fruiting?**
 - 1-2 years
 - 3-6 years
 - 6-8 years
 - Over 10 years
- How much dietary fiber is found in one cup of raw, sliced jackfruit?**
 - 1 gram
 - 2.5 grams
 - 5 grams
 - 7.5 grams
- What makes jackfruit a good vegan substitute for traditional meat options?**
 - Its high calcium content
 - The protein found in its seeds
 - Its meaty texture
 - All of the above
- Ripe jackfruit is most commonly used in savory dishes.**
 - True
 - False
- Which regional variety of jackfruit is widely exported and known for being crunchy and sweet?**
 - Thong Prasert
 - Koozha
 - Varikka
 - Cempedak
- How should you store whole jackfruit if it is not ripe?**
 - In the refrigerator
 - In an airtight container
 - In the freezer
 - At room temperature
- Jackfruit seeds, when boiled or roasted, have a flavor similar to what?**
 - Almonds
 - Chestnuts
 - Pecans
 - Macadamia nuts
- What is the origin of the name jackfruit?**
 - Hindi word "Jakka"
 - Portuguese word "Jaca"
 - Tamil word "Kakka"
 - Bengali word "Chakka"
- What is another name for the Kaffir lime leaves used in the recipe for Jackfruit Pad Prik King?**
 - Persian
 - Hystrix
 - Makrut
 - Key lime

