

INGREDIENT of the MONTH

Ingredient of the Month Quiz

March 2025 - Nduja

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.

- Which Italian region is 'nduja traditionally from and lends its name to the chili peppers used in its production?**
 - Padrón
 - Calabria
 - Pasilla
 - Anaheim
- What compound in 'nduja is known for its metabolism-boosting and anti-inflammatory properties?**
 - Allicin
 - Omega-6 fatty acid
 - Monounsaturated fat
 - Capsaicin
- The fermentation process in traditional 'nduja promotes good gut bacteria, enhancing digestion and immune function.**
 - True
 - False
- Which 'nduja variety has a protected designation of origin (DOP) status?**
 - Sila 'Nduja
 - Smoked 'Nduja
 - Spilinga 'Nduja
 - Aspromonte 'Nduja
- How does Sila 'Nduja differ from other varieties?**
 - It has a milder spice level and a creamier texture
 - It has a firmer texture and a smokier taste
 - It is aged with added wine for sweetness
 - It contains no Calabrian chili peppers
- How should you store 'nduja for the longest shelf life?**
 - In a jar at room temperature
 - In the refrigerator at 35–40°F
 - Wrapped in plastic and foil in the freezer
 - On the counter, warmed by sunlight
- What is a sign that 'nduja has spoiled?**
 - Slight darkening of color
 - White mold on its natural casing
 - A strong, sour smell
 - A soft, spreadable texture
- 'Nduja is best used cold, as heating it diminishes its flavor.**
 - True
 - False
- Traditionally, how was 'nduja aged to develop its complex flavor?**
 - Wrapped in cheesecloth
 - In an underground cellar
 - In a wooden barrel
 - In a pig's stomach casing
- How should the eggs be cooked in the Spicy 'Nduja Shakshuka?**
 - Fully scrambled into the sauce
 - Boiled separately and added before serving
 - Poached in the sauce with runny yolks
 - Fried and placed on top after cooking the sauce

