

INGREDIENT of the MONTH

Ingredient of the Month Quiz

July 2025 - Chili Crisp

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.

- 1. Who helped bring chili crisp to international prominence with commercial production?**
 - a. David Chang
 - b. Tao Huabi
 - c. Roy Choi
 - d. Andrea Nguyen
- 2. The trademarking of the terms "chili crunch" and "chile crunch" in 2023 caused controversy because:**
 - a. It banned imports of Lao Gan Ma
 - b. It was enforced by the Chinese government
 - c. It was seen as commodifying a cultural tradition
 - d. It raised food safety concerns
- 3. Which compound in chilies is responsible for their heat and associated health benefits?**
 - a. Allicin
 - b. Quercetin
 - c. Sanshool
 - d. Capsaicin
- 4. Which ingredient in chili crisp contains hydroxy-alpha-sanshool, which may have pain-relieving effects?**
 - a. Fermented Black Beans
 - b. Garlic
 - c. Sichuan Peppercorns
 - d. Shallots
- 5. Which chili crisp brand is known for incorporating seaweed, garlic, and has flavor variations like black truffle and hot honey?**
 - a. Boon Sauce
 - b. Fly By Jing
 - c. Momofuku Chili Crunch
 - d. Zhong Sauce
- 6. Zhong Sauce is oil-based but thicker and used more like a dipping sauce than a topping.**
 - a. True
 - b. False
- 7. Why might someone choose a small-batch or artisanal chili crisp?**
 - a. It is cheaper
 - b. It uses better quality ingredients
 - c. It uses more ingredients
 - d. It is usually less spicy
- 8. Refrigerating chili crisp, often very perishable, after opening can help it last up to 3 months.**
 - a. True
 - b. False
- 9. It's not safe or recommended to use chili crisp in baked goods like cornbread or focaccia.**
 - a. True
 - b. False
- 10. The global market value of the chili crisp and chili oil condiment category is estimated at over:**
 - a. \$10 Million
 - b. \$50 Million
 - c. \$100 Million
 - d. \$500 Million

