

# INGREDIENT of the MONTH

## Ingredient of the Month Quiz

August 2025 - Vinegar

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 bacteria is primarily responsible for converting ethanol into the acetic acid found in vinegar?**
  - Lactobacillus
  - Streptococcus
  - Acetobacter
  - Bifidobacterium
- Which traditional vinegar-making method involves aging in wooden barrels?**
  - Orléans Process
  - Bordeaux Cascade Method
  - Open Vat Process
  - Italian Balsamic Method
- What potential cardiovascular benefit has been associated with regular vinegar consumption?**
  - Increased heart rate
  - Lower cholesterol and triglycerides
  - Thickened arterial walls
  - Higher sodium levels
- Acetic acid can help improve absorption of minerals like iron and calcium from plant foods.**
  - True
  - False
- You're developing a pan sauce in the kitchen. Which vinegar would best enhance the flavor with its aged, complex, and nutty profile?**
  - Sherry vinegar
  - Seasoned rice vinegar
  - Champagne vinegar
  - Spirit vinegar
- Spirit vinegar typically has lower acidity than white distilled vinegar.**
  - True
  - False
- What should you do if vinegar becomes unusually cloudy, smells off, or develops mold?**
  - Shake well and continue use
  - Boil and reuse
  - Add vinegar to dilute
  - Discard it
- In addition to enhancing flavor, what key culinary function does vinegar serve when used in marinades?**
  - Breaks down fibers
  - Acts as a thickener
  - Neutralizes sodium
  - Enhances color
- Which of the following accurately reflects global vinegar production and its market value in 2023?**
  - 700 tons; \$130 million
  - 7,000 tons; \$300 million
  - 70,000 tons; \$700 million
  - 7,000,000 tons; \$1.3 billion
- What is the primary acidic ingredient used in the marinade for Filipino Chicken Adobo?**
  - Lemon juice
  - White distilled vinegar
  - Cane vinegar
  - Apple cider vinegar

