

INGREDIENT of the MONTH

Ingredient of the Month Quiz

September 2025 - Harissa

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. Which country is said to have the strongest cultural ties to harissa?**
 - a. Morocco
 - b. Tunisia
 - c. Algeria
 - d. Egypt
- 2. Which spices are commonly used in harissa?**
 - a. Cinnamon, nutmeg, and cloves
 - b. Paprika, oregano, and thyme
 - c. Saffron, turmeric, and fenugreek
 - d. Coriander, cumin, and caraway
- 3. What percentage of the daily value (DV) for Vitamin C does two tablespoons of harissa provide?**
 - a. 5%
 - b. 6%
 - c. 34%
 - d. 43%
- 4. Which nutrient in harissa helps maintain healthy blood pressure and muscle health?**
 - a. Calcium
 - b. Iron
 - c. Vitamin B6
 - d. Potassium
- 5. Moroccan harissa is known for its bold and fiery flavor with a heavy use of caraway.**
 - a. True
 - b. False
- 6. Which harissa form has the longest shelf life and works well for rubs and marinades?**
 - a. Paste Form
 - b. Powdered Form
 - c. Sauce Form
 - d. Frozen Form
- 7. Harissa is versatile enough to be used both during cooking and after cooking as a finishing condiment.**
 - a. True
 - b. False
- 8. What does the Arabic word *harasa*, from which "harissa" is derived, mean?**
 - a. To boil or stew
 - b. To pound or crush
 - c. To mix or blend
 - d. To dry or smoke
- 9. What is the Scoville heat range for Baklouti peppers used in traditional Tunisian harissa?**
 - a. 100-500 SHU
 - b. 1,000-5,000 SHU
 - c. 5,000-10,000 SHU
 - d. 50,000-100,000 SHU
- 10. What internal temperature should the harissa honey chicken thighs reach when fully cooked?**
 - a. 145°F
 - b. 155°F
 - c. 165°F
 - d. 185°F

