

INGREDIENT of the MONTH

Ingredient of the Month Quiz

October 2025 - Amberjack

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.

- Amberjack is the common name for several large marine fish in which genus?**
 - Thunnus
 - Seriola
 - Gadus
 - Scomber
- Which fishing methods are commonly used in the commercial harvest of amberjack?**
 - Hook-and-line
 - Handlines
 - Longlines
 - All of the above
- Approximately how much protein does a serving of amberjack provide?**
 - ~10 g (20% DV)
 - ~19 g (38% DV)
 - ~25 g (50% DV)
 - ~30 g (58% DV)
- Which mineral in amberjack functions as an antioxidant and supports thyroid health?**
 - Phosphorus
 - Magnesium
 - Selenium
 - Calcium
- Which amberjack has darker, more tender flesh with a richer flavor, often marketed as kampachi?**
 - Lesser Amberjack
 - Almaco Jack
 - Banded Rudderfish
 - Greater Amberjack
- Yellowtail, also known as hamachi or buri, is prized for its rich, buttery, mild flavor.**
 - True
 - False
- What kind of aroma should fresh amberjack have?**
 - Strong, fish smell
 - Sharp, ammonia-like smell
 - Sweet, fermented scent
 - Clean, like the ocean
- At what temperature should fresh amberjack be stored in the refrigerator?**
 - 20–25°F (-6 to -4°C)
 - 32–34°F (0–1°C)
 - 40–45°F (4–7°C)
 - 54–56°F (12–13°C)
- Amberjack fillets should never be breaded and fried because the fish is too oily.**
 - True
 - False
- Japan, global leader in farming and consumption of amberjack, ranks it among the country's "Big 3" aquaculture fish alongside:**
 - Eel and salmon
 - Salmon and halibut
 - Halibut and tuna
 - Tuna and eel

