As you read through this month's Ingredient of the Month, simply print out a copy of this quiz and answer the questions appropriately to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed online 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. What family does the Illicium verum tree belong?
   a. Magnolia
   b. Birch
   c. Rose
   d. Walnut

2. Aniseed and Star anise are related.
   a. True
   b. False
   c. 

3. What type of Star anise is toxic?
   a. Chinese Star anise
   b. Japanese Star Anise
   c. Neither A or B
   d. Both A and B

4. What type of flavor does star anise have?
   a. Sour
   b. Bitter
   c. Hot and Spicy
   d. Sweet and Spicy

5. What color are the auxiliary flowers of star anise trees?
   a. Purple
   b. Red
   c. Yellow
   d. All of the above

6. Star anise fruit trees are native to _____________.
   a. Asia
   b. Africa
   c. North America
   d. South America

7. Which acid, extracted from star anise, is used in prevention of the flu virus?
   a. Citrus
   b. Lactic
   c. Shikimic
   d. Acetic

8. Whole star anise will remain fresh and vibrantly flavored for _________.
   a. 6 months
   b. 1 year
   c. 2 years
   d. Indefinitely

9. Which of the following is NOT an ingredient in the Chinese five-spice blends.
   a. Star anise
   b. Cloves
   c. Cinnamon
   d. Cardamom

10. According to Chinese folklore, finding a star anise with more than _______ points was considered good luck.
    a. Four
    b. Six
    c. Eight
    d. Ten

Star Anise