



Havarti

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. Havarti is made from sheep's milk.

- a. True
- b. False

2. The small irregular holes in cheese are sometimes known as _____.

- a. Eyes
- b. Honey comb
- c. Blemishes
- d. None of the above

3. Havarti has a _____ aroma.

- a. Fruity
- b. Buttery
- c. Smoky
- d. Earthy

4. Havarti is native to _____.

- a. The Netherlands
- b. Denmark
- c. Belgium
- d. Sweden

5. What nutrient in Havarti can help lower blood pressure and is also important in brain function?

- a. Vitamin A
- b. Vitamin B12
- c. Potassium
- d. Iron

6. What nutrient in Havarti is essential for vision health?

- a. Vitamin A
- b. Vitamin B12
- c. Potassium
- d. Iron

7. Cream Havarti has been enriched with extra cream to bring the butterfat up to what the French would call a "double crème".

- a. True
- b. False

8. For most cheeses, storing them at _____ degrees Fahrenheit will keep them fresh for a few weeks.

- a. 30-45
- b. 40-45
- c. 45-50
- d. 50-55

9. When creating a cheeseboard, Havarti is best served _____.

- a. Cold
- b. At Room Temperature
- c. With crackers
- d. As the main event

10. If you are creating a cheese board as a meal, it is recommend serving _____ per person.

- a. 4-6 ounces
- b. 5-6 ounces
- c. 7-8 ounces
- d. 7.5-9 ounces