

Vanilla Extract



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. What plant family does vanilla belong to?

- a. Lily family
- b. Rose family
- c. Mulberry family
- d. Orchid family

2. The orchid that produces vanilla only blooms for 24 hours.

- a. True
- b. False

3. According to FDA specifications, pure vanilla extract contains _____ ounces of vanilla beans per gallon during extraction.

- a. 5.5 ounces
- b. 13.35 ounces
- c. 16.09 ounces
- d. 32.45 ounces

4. Where does vanilla originate?

- a. South and Central America
- b. North America
- c. India

5. Vanilla Extract contains manganese and potassium, which both play an important role in _____.

- a. Muscle growth
- b. Brain function
- c. Cardiovascular health
- d. Healthy skin

6. What nutrient contained in vanilla extract is central to building strong tissue?

- a. Manganese
- b. Riboflavin
- c. Potassium
- d. Copper

7. What is the most popular type of vanilla bean used to make vanilla extract?

- a. Mexican
- b. Madagascar
- c. Indian
- d. Tahitian

8. How much imitation vanilla is required to replace the amount of pure vanilla extract in a recipe?

- a. Half the amount
- b. Same amount
- c. Twice the amount

9. How long can pure vanilla extract that has no added sugar or corn syrup be stored?

- a. 1 year
- b. 10 years
- c. 20 years
- d. Forever

10. Vanilla is the most expensive spice in the world.

- a. True
- b. False