

# UMAMI

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. Umami substances have been considered to be “flavor enhancers.”**

- a. True
- b. False

**2. Which of the following is a food rich in umami?**

- a. Cheese
- b. Seaweed
- c. Dried fish
- d. All of the above

**3. Umami was first scientifically identified in \_\_\_\_\_ by Kikunae Ikeda.**

- a. 1856
- b. 1906
- c. 1919
- d. 2000

**4. Which of the following is not a big-8 allergen?**

- a. Milk
- b. Soy
- c. Fruit
- d. Peanuts

**5. The taste of umami arises out of a combination of the traditionally recognized taste receptors.**

- a. True
- b. False

**6. The ancient Romans made an umami-rich fermented fish sauce called \_\_\_\_\_.**

- a. garum
- b. moqueca
- c. nuoc cham
- d. katsuobushi

