

Continuing-Education Quiz

January/February 2024

As you read through this month's issue of the National Culinary Review, 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 Online Learning Center. Seventy-five-percent accuracy is required to earn four hours of continuing-education credits toward professional certification.

- 1. What is one of the fastest-growing comfort food dishes on menus nationwide, according to Datassential?**
 - a. Chicken and dumplings
 - b. Boeuf bourguignon
 - c. Green bean casserole
 - d. Cassoulet
- 2. The use of hot honey as an ingredient has grown 111% over the past four years, according to Datassential MenuTrends in Q3 2023.**
 - a. True
 - b. False
- 3. Based on reports from Datassential and Unilever Food Solutions, Mexican cuisine has become a primary source for North America's favorite comfort foods, especially among Gen Z and millennials.**
 - a. True
 - b. False
- 4. What is the primary ingredient in idli, a soft, fluffy and warm breakfast staple in southern India?**
 - a. Wheat and rice
 - b. Corn and black lentils
 - c. Black lentils and rice
 - d. Oats and rice
- 5. In the modern version of sole à l'andalouse prepared by ACF Chef Frank Constantino, Ed.D., CEC, CCA, CCE, CEPC, AAC, and culinary student Isabella Torres, how is the Arborio rice transformed to speed up the risotto cooking process?**
 - a. Soaked in water
 - b. Ground into a coarse powder
 - c. Fermented
 - d. Infused with truffle oil
- 6. The handheld Austrian platter-style of presentation is a characteristic of Chef Auguste Escoffier's classical approach to culinary arts.**
 - a. True
 - b. False
- 7. What percentage of calories consumed by children and adolescents in 2018 came from ultra-processed foods, according to a 2021 study by the Journal of the American Medical Association (JAMA)?**
 - a. 45%
 - b. 57%
 - c. 67%
 - d. 75%
- 8. According to data gathered from the Centers for Disease Control (CDC) by ACF Chef Michael Garahan, CEC, how much nutritional education do kids need per year for behavioral change?**
 - a. 25 hours
 - b. 30 hours
 - c. 40 hours
 - d. 50 hours
- 9. How does ACF Chef Doug Patten Sr., CEC, CCA, AAC, ensure and uphold quality and consistency in the services provided by FLIK Hospitality?**
 - a. Internal audits conducted by FLIK chefs
 - b. Customer feedback tracking through an outside auditing service
 - c. Regular inspections by health department officials
 - d. Online surveys filled out by FLIK employees
- 10. When asked what FLIK customers are currently looking for in dining, ACF Chef Doug Patten Sr., CEC, CCA, AAC, emphasizes the importance of elaborate and intricate dishes during menu development.**
 - a. True
 - b. False
- 11. Who is credited with sending a letter to the ACF Board of Governors in 1954, asking for the establishment of the American Academy of Chefs (AAC)?**
 - a. Chef Pierre Berard, AAC, HOF
 - b. Chef Michael "Mickey" Beriau, CEC, AAC
 - c. Chef Peter Berrini, AAC, HOF
 - d. Chef Louis Perrotte, CEC, AAC, HOF
- 12. The key role in elevating the status of executive chef from the services to the professional category in 1977 was played by Dr. L.J. Minor, HAAC, HHOF, Chef Louis I. Szathmary, AAC, HOF and Lt. Gen John D. McLaughlin.**
 - a. True
 - b. False
- 13. Why does ACF Chef Paul Sorgule, AAC, believe Chef Auguste Escoffier is an important figure for professional chefs?**
 - a. He invented modern cooking techniques
 - b. He introduced molecular gastronomy
 - c. He elevated the status of the chef profession
 - d. He was a famous food critic
- 14. Where did ACF Chef Tony Le, CEC, land his first position after earning degrees from Johnson & Wales University?**
 - a. California
 - b. New York
 - c. Rhode Island
 - d. Massachusetts
- 15. Why does ACF Chef Susan Notter, CEPC, AAC, suggest using a blend of dextrose, low DE glucose and sorbitol sugars in chocolate making?**
 - a. It increases water activity
 - b. It prevents crystallization
 - c. It enhances flavor
 - d. It helps achieve a puffy texture
- 16. What type of chocolate does ACF Chef Susan Notter, CEPC, AAC, use when making her single-origin chocolate truffles?**
 - a. 82% Valrhona couverture
 - b. 84% Venezuela couverture
 - c. 86% Valrhona couverture
 - d. 88% Venezuela couverture
- 17. With its knack for celebrating youth and having one of the youngest chapter presidents of any chapter, the ACF Greater Buffalo chapter focuses its fundraisers on providing what benefit to members?**
 - a. Culinary competitions
 - b. Networking events
 - c. Culinary school scholarships
 - d. Chef certifications
- 18. Who is the current student chapter president of the ACF Greater Buffalo chapter?**
 - a. Chef Jacob Rhodes
 - b. Chef Danica Geinitz
 - c. Chef Jean White
 - d. Chef Evan Thur
- 19. ACF Chef Keith Blauschild, CEC, believes that the flexibility and variety of catering make it a segment of the industry that chefs often want to stay in.**
 - a. True
 - b. False
- 20. Currently being led by ACF Chef Jon Papineau, the Larkin's Restaurant Group in Greenville, S.C., hosts approximately how many catering events per year?**
 - a. 280
 - b. 330
 - c. 360
 - d. 400