

Continuing-Education Quiz

January/February 2025

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.

- ACF Chef Jeffrey Quasha, CEC, CCA, AAC, views healthcare foodservice as a growing and positive opportunity for culinary professionals.**
 - True
 - False
- What ingredients does ACF Chef Charles Hayes predict will appear more in plant-based foods?**
 - Mushrooms and soybeans
 - Pea protein and tofu
 - Nuts and legumes
 - Seaweed and kelp
- What is the major focus of the ACF Chefs of Milwaukee chapter's fundraising efforts?**
 - Supporting chapter scholarships
 - Expanding culinary competitions
 - Offering professional certifications
 - Building a new culinary training facility
- What ingredient does ACF Chef LaKisha Harris use as a binder for her "Get Yo Man" fried chicken recipe?**
 - Buttermilk
 - Sour cream
 - Eggs
 - Yellow mustard
- ACF Chef Keith Taylor includes tomatoes, shrimp, and the "Holy Trinity" of carrots, celery, and onions in his Creole version of Jambalaya.**
 - True
 - False
- When is National Peking Duck Day celebrated?**
 - January 7
 - January 18
 - January 23
 - January 29
- What is one reason chefs are incorporating duck into their menus, according to Joey Jurgielewicz?**
 - Duck is easier to cook than other proteins.
 - Duck is a more affordable premium protein pound for pound.
 - Duck requires less time for preparation.
 - Duck is the most requested protein by diners.
- Why does ACF Chef Katrina Warner, CEC, compare chefs to surgeons?**
 - Both professions require years of formal training.
 - Chefs and surgeons both work under pressure.
 - Both professions need to focus on sanitation and people's health.
 - Chefs and surgeons require precision and teamwork.
- Why does ACF Chef Nazim Khan, CEC, believe it's important to involve parents when teaching kids about food?**
 - To help parents teach kids about grocery shopping.
 - To inspire families to cook together at home.
 - To show parents professional techniques.
 - To collect feedback about events.
- What thickening agent did the Greenbrier's Junior Chef Apprentices use to thicken the sauce normande when preparing the classical version of Dover Sole à La Normande?**
 - Cornstarch
 - Gelatin sheets
 - Calf's foot jelly
 - Agar agar
- What pizza style saw the largest increase in menu presence according to Datassential in 2024?**
 - New York fold-over style
 - Detroit-style pizza
 - Chicago deep dish
 - Grandma-style pizza
- What is the South Asian, floral syrup called that is gaining popularity for use in non-alcoholic beverages?**
 - Shoyu Syrup
 - Rooh Afza
 - Matcha Essence
 - Koatji Syrup
- Which practice below helps improve soil health, biodiversity, and ingredient quality?**
 - Vertical farming
 - Hydroponic systems
 - Organic crop rotation
 - Regenerative farming
- Sweetie drop peppers, popular for their sweet flavor and mild heat, originate from which country?**
 - China
 - Japan
 - Peru
 - Mexico
- What percentage of mushrooms consumed in the U.S. are button mushrooms?**
 - 67%
 - 77%
 - 87%
 - 97%
- Which of the following is NOT a health benefit of mushrooms discussed by John Michelotti of the North American Mycological Association?**
 - Supporting digestive health
 - Potential boosting of vitamin D
 - Improving cardiovascular health
 - Providing essential amino acids
- Which two regions does the two-star Michelin restaurant Providence in Los Angeles source its cacao beans?**
 - Hawaii and Peru
 - Mexico and Colombia
 - Madagascar and Ecuador
 - Dominican Republic and Venezuela
- Chef Mac Daniel Dimla uses the cacao shells from roasted beans to create tisane, a delicate hot drink served to guests at Providence.**
 - True
 - False
- What type of fish does ACF Chef Frank Turchan, CEC, AAC, buy to promote sustainability on campus at the University of Michigan?**
 - Salmon and tuna
 - Monkfish and catfish
 - Swordfish and halibut
 - Flounder and mackerel
- How does ACF Chef Rajeev Patgaonkar, CEC, AAC, stay informed on trends about student dining preferences?**
 - He conducts monthly surveys.
 - He observes social media.
 - He engages the student menu committee.
 - He attends food trade shows.