

Continuing-Education Quiz

July/August 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 condiment is described as a smooth, avocado-based Venezuelan sauce with herbs and lime?**
 - a. Chimichurri
 - b. Guasacaca
 - c. Amatriciana
 - d. Gremolata
- 2. Datassential's 2024 Food Trends Report found that _____ of consumers want to drink more water and exercise more in 2024.**
 - a. 58%
 - b. 62%
 - c. 68%
 - d. 72%
- 3. What percentage of Gen Z and Gen Alpha consumers are expected to interact with Artificial Intelligence (AI) technology daily?**
 - a. 50%
 - b. 60%
 - c. 70%
 - d. 80%
- 4. How can ChatGPT assist chefs in developing ideas for a new dish?**
 - a. By providing ready-to-use recipes
 - b. By generating prep and ordering lists
 - c. By brainstorming ideas based on specific ingredients or themes
 - d. All of the above
- 5. What sauce used by Chef Itamar Abramovitch is made from fermented and curried green mango?**
 - a. Harissa sauce
 - b. Escovitch sauce
 - c. Gochujang sauce
 - d. Amba sauce
- 6. What paste does Chef Yesenia Ramdass consider a pantry staple for adding a depth of tanginess to dishes?**
 - a. Tamarind paste
 - b. Amino paste
 - c. Harissa paste
 - d. Culantro paste
- 7. What purpose does the miso or shio koji used in dishes created by Chef Tim Crockett serve?**
 - a. To sweeten the dish
 - b. To add umami and depth of flavor to the dish
 - c. To reduce acidity in the dish
 - d. To thicken a sauce used in the dish
- 8. Along with espagnole sauce, what are the other components traditionally served with a classical poulet sauté à la Catalane?**
 - a. Glazed carrots and peas
 - b. Mashed potatoes and green beans
 - c. Glazed button onions, chestnuts and sliced sausage
 - d. Roasted potatoes and broccoli florets
- 9. For the modern rendition of poulet sauté à la Catalane, the SUNY student team used chicken thighs for a mousseline piped into a mold.**
 - a. True
 - b. False
- 10. What activity does ACF Chef Paul Jensen II, CEC, CCA, AAC, find to be the perfect outlet for dealing with stress and improving mental well-being?**
 - a. CrossFit
 - b. Strongman competitions
 - c. Jujitsu
 - d. Triathlons
- 11. What are the key elements to making an exercise regimen work, according to ACF Chef Ken Arnone, CMC?**
 - a. Motivation, diet and rest
 - b. Time management, commitment and consistency
 - c. Intensity, variety and frequency
 - d. Equipment, environment and support
- 12. Consuming nutrient-dense beverages like smoothies can help chefs stay hydrated and replenish nutrients while on the clock.**
 - a. True
 - b. False
- 13. According to ACF Chef Erin Szopiak, RD, and her tips for healthy eating habits in the kitchen, how does excessive caffeine consumption affect metabolism?**
 - a. It increases metabolism
 - b. It has no effect on metabolism
 - c. It decreases the appetite, which can slow metabolism
 - d. It boosts one's appetite
- 14. Why do ACF Chefs Thomas Recinella, CEC, AAC, and Paula Recinella, HAAC, go through the effort of hosting events such as the Roland E. Schaeffer Culinary Classic and the Central Region Qualifier?**
 - a. To gain media attention
 - b. To provide a learning experience for students
 - c. To increase enrollment at the Culinary Institute of Michigan
 - d. To attract more funding for the school
- 15. In his position as associate dean of the hospitality and culinary center at SUNY Broome Community College, what technology has ACF Chef Michael Stamets, CEC, spent time exploring for culinary purposes?**
 - a. Virtual reality
 - b. Artificial intelligence
 - c. Augmented reality
 - d. Blockchain cryptography
- 16. According to ACF Chef Frank Vollkommer, CMPC, what should chefs do to understand the position of ingredient sources on sustainability?**
 - a. Visit the suppliers' farms
 - b. Read the marketing-based language on suppliers' websites and product packaging
 - c. Conduct due diligence to verify suppliers' practices and initiatives
 - d. Only buy from local suppliers
- 17. Which company is currently producing a plant-based oat milk chocolate that retains a smooth texture and has flavors of cacao and malt?**
 - a. Lindt Chocolate
 - b. Hershey's Chocolate
 - c. Cadbury Chocolate
 - d. TCHO Chocolate
- 18. What is distinctive about the membership composition of the Washington State Chefs Association?**
 - a. It has more professional chefs than student members
 - b. It has an equal number of professional chefs and student members
 - c. It has more student members than professional chefs
 - d. It has more senior members than any other chapter
- 19. ACF Chef Maynard "J.J." Meland considers _____ to be one trait that is essential for those pursuing a career as a culinarian.**
 - a. creativity
 - b. dedication
 - c. leadership
 - d. flexibility
- 20. How is ACF Chef Ted Polfelt managing rising food prices at his restaurant, Brood Restaurant and Bar, located in Salem, Va.?**
 - a. By increasing menu prices on expensive proteins
 - b. By balancing portion sizes with more grains and vegetables
 - c. By eliminating less popular items from the menu
 - d. By sourcing cheaper ingredients