

Exploring Filipino Cuisine

Culinary Arts · Answer Key · 29 Questions

1. What is a staple carbohydrate in Filipino cuisine?

- A) Rice**
- B) Bread
- C) Pasta
- D) Potatoes

2. Which country's cuisine has significantly influenced Filipino food?

- A) China
- B) Spain**
- C) India
- D) Thailand

3. What is the national dish of the Philippines, often considered a culinary icon?

- A) Sinigang
- B) Adobo**
- C) Lechon
- D) Kare-Kare

4. Which sour soup is known for its distinct tangy flavor, often using tamarind?

- A) Adobo
- B) Sinigang**
- C) La Paz Batchoy
- D) Bulalo

5. What is 'Lechon'?

- A) A sweet pastry
- B) A roasted pig**
- C) A type of noodle soup
- D) A pickled fruit

6. Which dish features a rich peanut sauce and is often served with oxtail and vegetables?

- A) Sinigang
- B) Adobo
- C) Kare-Kare**
- D) Bicol Express

7. What is the primary ingredient in 'Halo-Halo'?

- A) Ice cream
- B) Sweet beans
- C) Shaved ice and milk**
- D) Fried bananas

8. 'Lumpia' are most similar to which type of food?

- A) Dumplings
- B) Spring rolls**
- C) Tacos
- D) Pizza

9. What is the main flavoring in traditional Filipino 'Adobo'?

- A) Soy sauce and vinegar**
- B) Coconut milk and turmeric
- C) Tamarind and chili
- D) Garlic and ginger

10. Which sweet delicacy is made from coconut milk and sugar, often shaped into small balls?

- A) Ube Halaya
- B) Buko Pie
- C) Puto**
- D) Macapuno

11. What is 'Pancit'?

- A) A type of stew
- B) A noodle dish**
- C) A rice cake
- D) A fried snack

12. Which fermented fish paste is a common ingredient and condiment in Filipino cooking?

- A) Soy sauce
- B) Vinegar
- C) Bagoong**
- D) Patis

13. 'Bicol Express' is known for its spicy kick, primarily from what ingredient?

- A) Black pepper
- B) Chili peppers**
- C) Ginger
- D) Lemongrass

14. What is 'Ube Halaya'?

- A) A savory stew
- B) A purple yam jam**
- C) A fried dough pastry
- D) A coconut pudding

15. Which soup uses beef shanks and bone marrow, creating a rich broth?

- A) Sinigang
- B) La Paz Batchoy
- C) Bulalo**
- D) Nilaga

16. What is the main component of 'Balut'?

- A) Duck egg embryo**
- B) Chicken feet
- C) Pork belly
- D) Shrimp

17. 'Kinilaw' is a Filipino dish prepared using what method?

- A) Grilling
- B) Frying
- C) Marinating in vinegar**
- D) Boiling

18. What is 'Patis'?

- A) Fish sauce**
- B) Soy sauce
- C) Vinegar
- D) Shrimp paste

19. Which Filipino dessert is made from glutinous rice and coconut milk?

- A) Bibingka
- B) Puto Bumbong
- C) Suman**
- D) Kutsinta

20. 'Sisig' is a popular dish often made from what part of the pig?

- A) Tenderloin
- B) Ears and snout**
- C) Ham
- D) Bacon

21. What is the typical base for Filipino 'Ginataang' dishes?

- A) Tomato sauce
- B) Coconut milk**
- C) Vinegar
- D) Soy sauce

22. Which Filipino dish is a clear broth soup with various meats and vegetables, often a comfort food?

- A) Sinigang
- B) Nilaga**
- C) Bulalo
- D) La Paz Batchoy

23. 'Bibingka' is a type of what?

- A) Fried chicken
- B) Rice cake**
- C) Soup
- D) Dessert

24. What is 'La Paz Batchoy'?

- A) A sweet dessert
- B) A noodle soup**
- C) A fried appetizer
- D) A savory stew

25. Which fruit is commonly used in Filipino desserts and savory dishes for its sweet and slightly tart flavor?

- A) Mango**
- B) Banana
- C) Pineapple
- D) Papaya

26. What is 'Munggo Guisado'?

- A) A meat stew
- B) A vegetable stir-fry
- C) A stewed mung bean dish**
- D) A fried fish dish

27. 'Dinuguan' is a Filipino stew made with pork blood, giving it a distinctive dark color.

- A) True**
- B) False

28. Which Filipino dish is a sweet and savory pork belly stew, often with potatoes and bell peppers?

- A) Afritada
- B) Menudo**
- C) Kaldereta
- D) Puchero

29. What is 'Puto Bumbong'?

- A) A type of bread
- B) A steamed purple rice cake**
- C) A fried pastry
- D) A sweet soup