

# Exploring Filipino Cuisine

Culinary Arts · Practice Test · 29 Questions

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## 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