

Gastronomy Exploration

Gastronomy · Answer Key · 20 Questions

1. Which country is traditionally credited with the invention of sushi as a method of preserving fish in fermented rice?

- A) Japan
- B) China**
- C) Thailand
- D) South Korea

2. What is the main ingredient used to make traditional Italian pesto sauce?

- A) Spinach
- B) Basil**
- C) Parsley
- D) Kale

3. Which of these ingredients is a key component in the traditional French mirepoix used as a flavor base?

- A) Carrots**
- B) Potatoes
- C) Tomatoes
- D) Broccoli

4. From which part of the plant is saffron, the world's most expensive spice, harvested?

- A) Root
- B) Leaf
- C) Stigma of a flower**
- D) Bark

5. In culinary terms, what does the French word 'julienne' describe?

- A) Cutting food into thin strips**
- B) Boiling food in water
- C) Grilling over a flame
- D) Baking in a crust

6. Which bean is used to produce chocolate?

- A) Kidney bean
- B) Coffee bean
- C) Cacao bean**
- D) Soybean

7. What type of food is 'nori', commonly used to wrap sushi rolls?

A) Seaweed

B) Rice paper

C) Thin omelette

D) Lettuce

8. Which fruit is botanically classified as a berry, but a strawberry is not?

A) Apple

B) Banana

C) Peach

D) Cherry

9. What is the process of heating milk to a specific temperature to kill bacteria called?

A) Pasteurization

B) Fermentation

C) Distillation

D) Homogenization

10. Which grain is the primary ingredient in risotto?

A) Quinoa

B) Barley

C) Arborio rice

D) Wheat

11. What is the main leavening agent used in sourdough bread that gives it a tangy flavor?

A) Baking soda

B) Wild yeast and bacteria

C) Baking powder

D) Egg whites

12. Which spice comes from the dried inner bark of a tree?

A) Cinnamon

B) Clove

C) Nutmeg

D) Cardamom

13. What is the process of removing the germ and bran from a grain called?

- A) Refining**
- B) Harvesting
- C) Pickling
- D) Curing

14. Which of these is a traditional Japanese soup made from fermented soybean paste?

- A) Gazpacho
- B) Miso soup**
- C) Minestrone
- D) Borscht

15. What is the primary ingredient in traditional hummus?

- A) Black beans
- B) Lentils
- C) Chickpeas**
- D) Peas

16. Which cooking technique uses hot fat as the primary medium to cook food quickly?

- A) Steaming
- B) Deep-frying**
- C) Poaching
- D) Braising

17. What is the culinary term for a liquid that has been thickened with a roux?

- A) Reduction
- B) Emulsion
- C) Velouté**
- D) Brine

18. Which nut is used to create marzipan?

- A) Almond**
- B) Walnut
- C) Cashew
- D) Pecan

19. Which type of tea is processed to prevent oxidation, keeping its leaves green?

- A) Black tea
- B) Oolong tea
- C) Green tea**
- D) Pu-erh tea

20. What is the scientific name for the common table salt used in cooking?

A) Sodium bicarbonate

B) Sodium chloride

C) Calcium carbonate

D) Magnesium sulfate