

Gastronomy Exploration

Gastronomy · Practice Test · 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