

Culinary Arts Basics

Culinary Arts · Answer Key · 20 Questions

1. What is the primary ingredient in bread?

- A) Rice
- B) Corn
- C) Flour**
- D) Potatoes

2. Which of these is a common spice derived from the bark of a tree?

- A) Cinnamon**
- B) Pepper
- C) Salt
- D) Paprika

3. What is the process of cooking food using dry heat, usually in an oven?

- A) Boiling
- B) Frying
- C) Baking**
- D) Steaming

4. Which type of cooking involves submerging food in hot fat or oil?

- A) Grilling
- B) Roasting
- C) Sautéing
- D) Frying**

5. What is the main flavoring agent in pesto sauce?

- A) Parsley
- B) Mint
- C) Basil**
- D) Rosemary

6. Which of the following is a root vegetable often used to make mashed potatoes?

- A) Carrot
- B) Onion
- C) Potato**
- D) Beetroot

7. What is the culinary term for finely chopped ingredients cooked together in fat?

- A) Julienne
- B) Mince
- C) Braise

D) Soffritto

8. Which liquid is essential for making stock or broth?

- A) Milk
- B) Oil

C) Water

D) Vinegar

9. What is the basic seasoning that enhances the flavor of most foods?

A) Sugar

B) Salt

C) Pepper

D) Garlic

10. Which cooking method involves submerging food in a liquid at or below boiling point?

A) Steaming

B) Poaching

C) Frying

D) Roasting

11. What is the name for a mixture of eggs, milk, and flour used as a base for pancakes and crepes?

A) Dough

B) Batter

C) Mousse

D) Salsa

12. Which fruit is commonly used to make applesauce?

A) Banana

B) Orange

C) Apple

D) Strawberry

13. What is the term for small, flavorful pieces of food, often used as garnishes?

- A) Croutons
- B) Chutney
- C) Coulis

D) Garnishes

14. Which dairy product is made from churned cream and is a key ingredient in many baked goods?

- A) Yogurt
- B) Cheese

C) Butter

- D) Sour Cream

15. What is the process of cooking food gently in liquid just below boiling point?

A) Simmering

- B) Boiling
- C) Frying
- D) Baking

16. Which common ingredient is a member of the allium family and adds pungency to dishes?

- A) Mushroom

B) Garlic

- C) Ginger
- D) Lemon

17. What is the term for meat or vegetables cooked very slowly in a covered pot, often with liquid?

- A) Sautéing

B) Braising

- C) Grilling
- D) Roasting

18. Which spice is made from the dried stigmas of a flower and is known for its distinctive color and flavor?

- A) Turmeric

B) Saffron

- C) Cumin
- D) Paprika

19. What is the fundamental liquid used in many soups and sauces?

- A) Juice
- B) Soda
- C) Water**
- D) Cream

20. Which of these is a common type of pasta shaped like small bows?

- A) Spaghetti
- B) Penne
- C) Farfalle**
- D) Fusilli