

Global Gastronomy Challenge

Gastronomy · Practice Test · 15 Questions

1. Which specific substance in hot chili peppers creates the sensation of heat, measured in Scoville Heat Units?

- A) Capsaicin
- B) Piperine
- C) Curcumin
- D) Allicin

2. In French culinary terminology, what are the five 'Mother Sauces' derived from?

- A) Auguste Escoffier's original list
- B) The evolution of pasta sauces
- C) The combination of all spices
- D) The seasonal harvest of Provence

3. Which fermentation process is required to turn cabbage into traditional German sauerkraut?

- A) Lactic acid fermentation
- B) Alcoholic fermentation
- C) Acetic acid oxidation
- D) Enzymatic browning

4. Which continent is the original botanical home of the 'Solanum tuberosum', known as the potato?

- A) South America
- B) Europe
- C) Asia
- D) Africa

5. What is the primary ingredient that causes bread dough to rise through the release of carbon dioxide?

- A) Yeast
- B) Baking soda
- C) Cornstarch
- D) Gelatin

6. Which Japanese culinary technique involves thinly slicing raw fish served with soy sauce and wasabi?

- A) Sashimi
- B) Tempura
- C) Yakitori
- D) Tonkatsu

7. What is the main ingredient in traditional Italian Pesto Genovese, besides garlic, pine nuts, olive oil, and cheese?

- A) Fresh basil leaves
- B) Spinach
- C) Parsley
- D) Arugula

8. In chocolate production, what are the beans inside the fruit of the Theobroma cacao tree called before processing?

- A) Cacao nibs
- B) Coffee beans
- C) Vanilla pods
- D) Peppercorns

9. Which culinary technique involves cooking food in a vacuum-sealed bag in a temperature-controlled water bath?

- A) Sous-vide
- B) Confit
- C) Poaching
- D) Braising

10. What is the name of the traditional Spanish dish made primarily of rice, saffron, vegetables, and meat or seafood?

- A) Paella
- B) Gazpacho
- C) Tortilla
- D) Churros

11. Which molecule gives maple syrup its distinct aroma and flavor, often extracted from bark or produced synthetically?

- A) Sotolon
- B) Vanillin
- C) Citric acid
- D) Limonene

12. What is the 'Maillard reaction' responsible for in cooking?

- A) Browning and complex flavor development
- B) The curdling of dairy products
- C) The melting of chocolate
- D) The freezing of ice cream

13. Which legume is the primary ingredient used to make traditional Middle Eastern hummus?

- A) Chickpeas
- B) Lentils
- C) Black beans
- D) Kidney beans

14. What is the primary difference between a 'gastropub' and a traditional pub?

- A) High-quality, chef-prepared food
- B) The type of alcohol served
- C) The time of day they open
- D) The presence of live music

15. Which Italian cheese is traditionally produced using the milk of water buffalo?

- A) Mozzarella di Bufala
- B) Parmigiano-Reggiano
- C) Gorgonzola
- D) Ricotta