

Gastronomy Fundamentals

Gastronomy · Answer Key · 20 Questions

1. Which fruit is the primary ingredient in traditional guacamole?

- A) Mango
- B) Avocado**
- C) Tomato
- D) Pineapple

2. What type of pasta is shaped like small rice grains?

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

3. Which common kitchen spice is derived from the dried stigmas of a crocus flower?

- A) Saffron**
- B) Cinnamon
- C) Paprika
- D) Turmeric

4. Which country is famously associated with the invention of sushi?

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

5. What is the main ingredient in the traditional Italian dish polenta?

- A) Wheat flour
- B) Cornmeal**
- C) Potato
- D) Rice

6. Which nutrient is the primary component of egg whites?

- A) Fat
- B) Protein**
- C) Carbohydrate
- D) Fiber

7. From which plant is chocolate produced?

- A) Coffee bean
- B) Cacao tree**
- C) Vanilla bean
- D) Sugar cane

8. Which vegetable is used to make sauerkraut?

- A) Cabbage**
- B) Carrot
- C) Lettuce
- D) Spinach

9. What is the name for a mixture of oil, vinegar, and seasoning used to dress salads?

- A) Béchamel
- B) Vinaigrette**
- C) Hollandaise
- D) Velouté

10. Which gas is produced by yeast that causes bread dough to rise?

- A) Oxygen
- B) Nitrogen
- C) Carbon dioxide**
- D) Hydrogen

11. What is the culinary term for cooking food in a liquid just below the boiling point?

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

12. Which of these is a fermented dairy product?

- A) Butter
- B) Yogurt**
- C) Cream
- D) Milk

13. What is the primary ingredient of hummus?

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

14. Which herb is essential for making traditional pesto sauce?

- A) Parsley
- B) Coriander
- C) Basil**
- D) Dill

15. Which fruit is known as a drupe or stone fruit?

- A) Peach**
- B) Banana
- C) Strawberry
- D) Blueberry

16. What is the main ingredient used to make balsamic vinegar?

- A) Apples
- B) Grapes**
- C) Rice
- D) Barley

17. Which part of the tea plant is used to make tea?

- A) Roots
- B) Seeds
- C) Leaves**
- D) Bark

18. What is the most common fat used in traditional French pastry making?

- A) Lard
- B) Vegetable oil
- C) Butter**
- D) Margarine

19. Which nut is used to create marzipan?

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

20. Which spice is known for its bright yellow color and is commonly used in curries?

- A) Cumin
- B) Turmeric**
- C) Ginger
- D) Nutmeg