Gastronomy and Culinary Science

Gastronomy · Answer Key · 15 Questions

1. Which culinary technique involves cooking food in a sealed bag at a precise, low temperature in a water bath?

A) Sautéing
B) Sous-vide
C) Blanching
D) Braising

2. What is the primary leavening agent used in sourdough bread that relies on wild yeast and bacteria?

A) Baking soda
B) Baking powder
C) Starter culture
D) Egg whites

3. Which chemical process explains the browning of food and the creation of complex flavors when applying heat to proteins and sugars?

A) Maillard reaction
B) Caramelization
C) Oxidation
D) Fermentation

4. Which ingredient is commonly used as a natural emulsifier to stabilize mixtures like mayonnaise?

A) Sugar
B) Vinegar
C) Egg yolk
D) Salt

5. What is the term for a French culinary technique where vegetables are cut into thin, matchstick-like strips?

A) Julienne
B) Macedoine
C) Brunoise
D) Chiffonade

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6. Which nutrient is primarily responsible for the structural integrity of dough during the baking process?

A) Glucose
B) Gluten
C) Starch
D) Lactose

7. What is the main purpose of 'blanching' vegetables before freezing them?

A) To increase sweetness
B) To deactivate enzymes that cause spoilage
C) To change the color permanently
D) To remove all water content

8. Which of the following is considered a 'mother sauce' in classical French cuisine?

A) Hollandaise
B) Teriyaki
C) Sweet and Sour
D) Pesto

9. In food safety, what is the 'Danger Zone' temperature range where bacteria multiply most rapidly?

A) 0°C to 10°C
B) 5°C to 60°C
C) 80°C to 100°C
D) 100°C to 120°C

10. Which acid is the primary component in vinegar?

A) Citric acid
B) Lactic acid
C) Acetic acid
D) Ascorbic acid

11. What type of fat remains solid at room temperature?

A) Saturated fat
B) Polyunsaturated fat
C) Monounsaturated fat
D) Essential fatty acids

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12. Which spice is derived from the dried stigmas of the Crocus sativus flower?

A) Turmeric
B) Cumin
C) Saffron
D) Paprika

13. What is the process of heating a liquid or food to a specific temperature to kill harmful pathogens?

A) Pasteurization
B) Homogenization
C) Distillation
D) Clarification

14. Which part of the wheat kernel is processed to make white flour?

A) Bran
B) Germ
C) Endosperm
D) Husk

15. What is the culinary term for a liquid, often stock, that has been thickened by simmering with bones and vegetables?

A) Reduction
B) Emulsion
C) Infusion
D) Clarification

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