Food Trivia

Use this key to check answers and read the explanations.

1. Which legume gives classic hummus its base?
   - A. Chickpeas
   - B. Black beans
   - C. Green peas
   - D. Red lentils

   Correct answer: A. Chickpeas
   Chickpeas, also called garbanzo beans, are blended with ingredients such as tahini and lemon to make classic hummus.

2. What do maple syrup producers collect directly from maple trees?
   - A. Seeds
   - B. Pollen
   - C. Sap
   - D. Bark

   Correct answer: C. Sap
   Maple trees are tapped for their sap. Concentrating the sap produces maple syrup.

3. What gives sushi its defining base even when the topping contains no fish?
   - A. Cold wheat noodles
   - B. Vinegar-seasoned rice
   - C. Salted cucumber
   - D. Pressed tofu

   Correct answer: B. Vinegar-seasoned rice
   Sushi is made with seasoned rice and can be paired with fish, egg, vegetables, or other ingredients.

4. Kimjang, the tradition of making and sharing kimchi, is recognized by UNESCO as heritage from which country?
   - A. Thailand
   - B. Vietnam
   - C. Japan
   - D. South Korea

   Correct answer: D. South Korea
   UNESCO lists kimjang as a tradition of the Republic of Korea. Communities prepare and share batches of kimchi, especially before winter.

5. Which leafy ingredient gives classic pesto alla Genovese its signature flavor?
   A. Parsley
   B. Basil
   C. Mint
   D. Sage
   Correct answer: B. Basil
   Genovese pesto gets its herbal flavor from basil. Traditional versions include pine nuts, cheese, garlic, and olive oil.

6. What creates the flaky layers inside a classic butter croissant?
   A. Thin layers of dough separated by butter
   B. Whipped egg whites folded into the dough
   C. Coarse sugar mixed into the dough
   D. A filling spread between baked sheets
   Correct answer: A. Thin layers of dough separated by butter
   Rolling and folding traps thin sheets of butter between layers of dough. During baking, steam helps lift those layers apart.

7. Which tiny grain is the classic choice for the fermented batter of Ethiopian injera?
   A. Quinoa
   B. Rye
   C. Oats
   D. Teff
   Correct answer: D. Teff
   Teff is ground into flour for this fermented flatbread. Injera can also be made with other grains, depending on the region and recipe.

8. What is the main bean traditionally fermented to make Japanese miso?
   A. Pinto bean
   B. Kidney bean
   C. Soybean
   D. Lima bean
   Correct answer: C. Soybean
   Traditional miso ferments soybeans with salt and koji, which can be made with rice, barley, or soybeans.

9. What ingredient is usually rolled into the tiny grains of traditional wheat couscous?
   A. Semolina
   B. Breadcrumbs
   C. Cornmeal
   D. Potato starch
   Correct answer: A. Semolina
   Semolina is moistened and rolled into small grains. Traditional couscous is then steamed.

10. After how many months of aging does a Parmigiano Reggiano wheel first qualify for its official quality inspection?

A. 18 months
B. 3 months
C. 6 months
D. 12 months

Correct answer: D. 12 months
The consortium requires at least 12 months of aging before inspection. Makers can then age qualifying wheels for longer.

11. Which part of the saffron crocus is dried to make saffron threads?

A. Pollen grains
B. Petals
C. Stigmas
D. Bulbs

Correct answer: C. Stigmas
The red stigmas are the pollen-receiving parts of the flower. The dried strands are sold as saffron.

12. What ingredient did Kikunae Ikeda study when he identified glutamate as the source of a distinct savory taste?

A. Nori
B. Kombu
C. Miso
D. Dried shiitake

Correct answer: B. Kombu
Ikeda isolated glutamate from kombu, an edible kelp used in broth. He named its characteristic savory taste umami.

13. Which fish appears on the ingredient list for original Lea & Perrins Worcestershire sauce sold in the U.S.?

A. Herring
B. Sardines
C. Mackerel
D. Anchovies

Correct answer: D. Anchovies
Anchovies help give this original sauce its savory flavor. Ingredient lists can differ across brands and recipes.

14. Nixtamalization uses what kind of solution to process maize for traditional masa?

A. Alkaline
B. Acidic
C. Plain neutral water
D. Concentrated sugar syrup

Correct answer: A. Alkaline

Traditional nixtamalization treats maize with an alkaline liquid, often made with calcium hydroxide. The processed maize can be ground into masa.

15. When chocolate is tempered, which component is encouraged to form stable crystals for a glossy bar with a crisp snap?

A. Milk protein
B. Cocoa fiber
C. Cocoa butter
D. Granulated sugar

Correct answer: C. Cocoa butter

Tempering controls how cocoa butter solidifies. The desired crystal structure helps set the chocolate's surface and texture.