Ice Cream Trivia

Use this key to check answers and read the explanations.

1. Which flavor is traditionally extracted from the cured pods of an orchid?
   - A. Vanilla
   - B. Cocoa
   - C. Peppermint
   - D. Cinnamon

   Correct answer: A. Vanilla
   Vanilla flavor comes from the cured fruit of a vanilla orchid.

2. Which ingredient supplies the fat naturally present in cream-based dairy ice cream?
   - A. Ice crystals
   - B. Table salt
   - C. Milkfat
   - D. Air

   Correct answer: C. Milkfat
   Cream supplies milkfat, which affects the flavor and structure of a scoop.

3. Which frozen treat puts a flat layer of ice cream between two cookies or wafers?
   - A. A scoop in a waffle cone
   - B. An ice cream sandwich
   - C. A molded ice pop
   - D. An ordinary milkshake

   Correct answer: B. An ice cream sandwich
   The ice cream sandwich uses two outer layers to hold its center.

4. Which ingredient forms the ice crystals in a frozen scoop?
   - A. Milk proteins
   - B. Air
   - C. Vanilla
   - D. Water

   Correct answer: D. Water
   Some of the water in the mix freezes into crystals.

5. What gas mixture is normally incorporated while ice cream is whipped and frozen?
   A. Pure oxygen
   B. Air
   C. Helium
   D. Steam
   Correct answer: B. Air
   Churning introduces and disperses air in the mix.

6. What makes the just-churned dessert more solid in the next production step?
   A. Continued freezing in a colder hardening stage
   B. Leaving it uncovered in a warm room
   C. Adding liquid water at room temperature
   D. Removing it from the freezer as its only step
   Correct answer: A. Continued freezing in a colder hardening stage
   Hardening freezes more of the water after the product leaves the initial freezer.

7. Which crystal size generally gives ice cream a smoother mouthfeel?
   A. The size has no effect at all.
   B. A few very large ice crystals
   C. Ice crystals large enough to count by sight
   D. Many small ice crystals
   Correct answer: D. Many small ice crystals
   Large ice crystals can feel coarse. Small crystals are less noticeable.

8. Besides adding sweetness, how does dissolved sugar usually affect the freezing point of an ice cream mix?
   A. It removes all the water from the mix.
   B. It raises the freezing point above room temperature.
   C. It lowers the freezing point.
   D. It has no effect on freezing.
   Correct answer: C. It lowers the freezing point.
   Dissolved sugars depress the freezing point, affecting how much water is frozen at a given temperature.

9. Which storage habit is most likely to encourage a coarse, icy texture?
   A. Letting the ice cream warm and refreeze repeatedly
   B. Keeping the tub steadily frozen
   C. Limiting the time the tub spends on the counter
   D. Putting the tub back promptly after serving
   Correct answer: A. Letting the ice cream warm and refreeze repeatedly
   Temperature swings promote ice recrystallization, which can make the crystals grow.

10. What does a scraper blade do at the cold wall of a batch freezer?

A. It removes all the air bubbles before freezing.
B. It prevents the wall from getting cold.
C. It separates all the sugar from the mix.
D. It removes the mix that freezes onto the wall.

Correct answer: D. It removes the mix that freezes onto the wall.
Scraping clears frozen mix from the cold surface and helps maintain effective heat transfer.

11. What is the term for the percentage increase in ice cream volume caused by air incorporated during freezing?

A. Evaporation
B. Proofing
C. Overrun
D. Dilution

Correct answer: C. Overrun
Overrun measures the volume increase relative to the original mix volume.

12. Why does a scoop still contain some unfrozen water at a typical serving temperature?

A. The water in ice cream cannot form ice under any conditions.
B. Dissolved ingredients lower the freezing point of the remaining liquid.
C. Frozen ice crystals generate enough heat to melt all the water around them.
D. Air bubbles permanently convert the water into sugar.

Correct answer: B. Dissolved ingredients lower the freezing point of the remaining liquid.
As some water freezes, dissolved ingredients are concentrated in the remaining liquid, which freezes at a lower temperature.

13. Two tubs hold equal volumes made from the same mix, but one has more overrun. Which tub usually weighs less before packaging is counted?

A. Volume cannot be used to compare the two tubs at all.
B. The tub with less overrun
C. They necessarily weigh the same.
D. The tub with more overrun

Correct answer: D. The tub with more overrun
More of an equal volume consists of low-mass air, so the more aerated tub weighs less.

14. A liter of mix yields 1.5 liters of finished ice cream. What is the approximate volume overrun?

A. 50%
B. 33%
C. 100%
D. 150%

Correct answer: A. 50%
The volume increases by 0.5 liter. Divide by the starting liter and multiply by 100 to get 50%.

15. A full measuring cup of mix weighs 240 g. The same volume of finished ice cream weighs 160 g. Ignoring the cup, what is the overrun by weight?

A. 33%
B. 25%
C. 50%
D. 80%

Correct answer: C. 50%
Subtract 160 g from 240 g, then divide the difference by 160 g. The resulting ratio is 0.5, or 50%.