



# Food and Cooking Trivia - Answer Key

10 questions · Pencil & Grid

## 1. Which grain is traditionally used to make risotto?

Answer: Arborio rice

Arborio and related short-grain varieties release starch that gives risotto its creamy texture.

## 2. Which ingredient gives sourdough bread its rise and tang?

Answer: A living starter

A sourdough starter contains wild yeast and lactic-acid bacteria that ferment the dough.

## 3. Which herb is the main ingredient in traditional pesto Genovese?

Answer: Basil

Traditional pesto Genovese is based on fresh basil.

## 4. What does it mean to julienne a vegetable?

Answer: Cut it into thin matchsticks

Julienne is a knife cut that produces thin, uniform strips.

## 5. Which cheese is commonly used in a Greek salad?

Answer: Feta

Feta is the traditional brined cheese used in Greek salad.

## 6. What does it mean to blanch a vegetable?

Answer: Cook it briefly in boiling water, then cool it

Blanching briefly cooks food in boiling water before rapid cooling, often in ice water.

## 7. Which fruit is dried to make a prune?

Answer: Plum

Prunes are dried plums.

## 8. What cooking method uses hot fat to brown food quickly?

Answer: Sautéing

Sautéing cooks food quickly in a small amount of hot fat.



**9. Which spice gives many curry powders their yellow color?**

Answer: Turmeric

Turmeric contains the yellow pigment curcumin.

**10. What is meringue made from?**

Answer: Egg whites and sugar

Meringue is made by whipping egg whites with sugar.