**Unit 4- Herbs, Spices and Seasonings Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Food Service Occupations 2 Period:\_\_\_\_\_\_\_\_**

1. Herbs and spices should \_\_\_\_\_\_\_\_\_\_\_ the flavors of foods, not \_\_\_\_\_\_\_\_\_\_\_ the flavors.
   1. Complement, cover up
   2. Overpower, under power
   3. Decrease, increase
   4. Cover up, increase
2. **T/F** Each herb or spice should be able to be tasted in a dish

***For 3-15, chose either Herbs or Spices for each answer.***

1. Herbs B. Spices
2. Strong in aroma and flavor
3. Leaf, stem or flower of a small plant
4. Often whole
5. Added at the end of the hot cooking process
6. Added at the beginning of the hot cooking process
7. Mint
8. Cinnamon
9. Allspice
10. Parsley
11. Sage
12. Ginger
13. Nutmeg
14. Garlic
15. A recipe calls for fresh parsley, but you don’t have any in your fridge. You do have dried parsley flakes. The original recipe calls for 3 Tablespoons of minced fresh parsley. What amount of dried parsley flakes should you use instead?
    1. 1 1/5 Tablespoons
    2. 3 Tablespoons
    3. 1 teaspoon
    4. 1 Tablespoon
16. **T/F** When adding spices and herbs to uncooked dishes, add them at the beginning, so the flavors “meld” together
17. Which answer below would be considered a blend?
    1. Cinnamon
    2. Seasoned Salt
    3. Dried Oregano
    4. Ginger
18. What is the proper way to store herbs?
    1. Loose, in the fridge
    2. In a baggie in the fridge
    3. On the counter
    4. In a baggie with a damp paper towel in the fridge
19. **T/F** Spices and their flavors last indefinitely.
20. **T/F** Cheap spices have just as good quality as expensive spices.

**Matching: For 22-24, match the description with the correct kind of salt**

1. Table Salt B. Sea Salt C. Kosher Salt
2. Has bigger flakes, often used to season meats
3. Contains iodine, good for baking
4. Fresh, clean flavor
5. **T/F** Vinegars are often used in dressings, marinades and sauces
6. What is the correct definition of Smoke Point?
   1. The temperature at which oil releases its flavors into food.
   2. The temperature at which to store oils
   3. The temperature at which oils start to break down.
   4. None of the above
7. **T/F** Olive oil is good for marinating because it has a high smoke point.
8. **T/F** Canola oil is good for deep fat frying because it has a high smoke point.