**AI/American Regional Cuisine 3e Test Bank: Chapter 1 Questions (The Cuisine of New England)**

1. The New England region includes all of the following states EXCEPT:
   1. Massachusetts
   2. New Jersey
   3. Vermont
   4. Connecticut
2. This symbol is so much a part of the early history of the settlement of the coastal regions, that a model of it is found in the Massachusetts statehouse:
   1. A barrel of nutmeg
   2. The Green Mountain Pine Tree
   3. The Sacred Cod
   4. A framed piece of pink granite
3. The cold Labrador Current and the warm Gulf stream meet here, considered one of the most productive fisheries in the world:
   1. The Massachusetts Bay
   2. The Grand Banks
   3. The Atlantic Ocean
   4. The Left Bank

4. The state shell of Rhode Island is the quahog, a clamshell that Native Americans used as:

1. Money
2. Food
3. A weapon
4. Medicine
5. In the early 1990’s this fishing industry collapsed completely due to overfishing:
   1. Diver Scallops
   2. Shrimping
   3. Lobstering
   4. Cod
6. All of these fish are on the endangered species list EXCEPT:
   1. Halibut
   2. Bluefin Tuna
   3. Swordfish
   4. Haddock
7. Fish and other animals caught in fishing gear that are thrown away are called:
   1. Trash fish
   2. Seafood litter
   3. Spoilers
   4. Bycatch
8. Aquaculture, the practice of farm-raising fish and shellfish will soon surpass wild fisheries as the main source of seafood for the world.
   1. True
   2. False
9. The Pilgrims left England for the following reason:
   1. For political asylum
   2. For financial gain
   3. To escape religious persecution
   4. For land and opportunity to stake claims in a new country
10. Early colonists were instructed to plant this with each seed of corn to fertilize their crop:
    1. A piece of granite
    2. A clam shell
    3. A small fish
    4. Dried pine needles
11. It takes a typical lobster this long to grow to a minimum size of 1 pound:
    1. 9 months
    2. 2 years
    3. 5 years
    4. 10 years
12. The term used for a lobster outgrowing it’s shell is called:
    1. Molting
    2. Casting
    3. Resizing
    4. Divesting
13. Considered to be a delicacy, this is the liver of the lobster:
    1. Coral
    2. Tomalley
    3. Roe
    4. Paquette
14. These lobsters must be thrown back into the ocean due to their small size:
    1. Shorts
    2. Chickens
    3. Tinkers
    4. Culls
15. The most popular size of lobster is:
    1. 1 lb
    2. 1 ¼ lb – l ½ lb
    3. 1 ¾ lb – 2 lb
    4. 3 lb
16. This regional chowder is a clear broth with clams, onions, and potatoes:
    1. New England Clam Chowder
    2. Manhattan Clam Chowder
    3. Vermont Clam Chowder
    4. Maine Chaudeau
17. Turkey should be cooked to an internal temperature of:
    1. 140 degrees
    2. 155 degrees
    3. 165 degrees
    4. 180 degrees

18. Which of the following menu items does NOT belong on a New England cuisine-based menu?

a. Mashed sweet potatoes

b. Chicken satay

c. Snickerdoodles

d. Clams casino

19. Baking the dressing separately from the bird yields better results due to which of the following reasons:

a. The stuffing needs additional time to heat thoroughly, which results in overcooked poultry.

b. The stuffing is lower in carbohydrates when cooked outside the bird.

c. The skin of the bird is juicier when stuffed.

d. The stuffing will maintain a better color when baked separately.

20. The cuisine of New England is an adaptation of:

a. English cuisine

b. Native American cuisine

c. French cuisine

d. Neolithic cuisine

21. The swampy bogs found in Cape Cod and Nantucket make this area home to the:

a. Termite

b. Water chestnut

c. Apple

d. Cranberry

22. The state tree of Vermont is the:

a. Sugar maple

b. Red oak

c. White birch

d. Cherry blossom

1. In the 1880’s people immigrated to the New England region from all of these countries EXCEPT for:
   1. England
   2. Ireland
   3. Italy
   4. Portugal
2. Today, Massachusetts is home to the third largest community of immigrants from this country:
   1. Haiti
   2. Vietnam
   3. Cape Verde
   4. Mexico
3. Early settlers and their children drank this as their main beverage:
   1. Rum
   2. Well water
   3. Hard cider
   4. Milk
4. Historically “Succotash” includes all of these vegetables EXCEPT:
5. Maize
6. Beans
7. Root vegetables
8. Squash
9. This grape is native to New England and is used for grape jelly and wine:
   1. Beaujolais
   2. Merlot
   3. Zinfandel
   4. Concord
10. True Vermont Cheddar Cheese is very expensive to make because:
    1. The cheddaring process requires a lengthy time to age
    2. The cheese can only be made in the cold, winter months
    3. The cheese can only be made from the milk of one herd, from one specific farm
    4. The fat content of the milk for the cheese must exceed 40%
11. This part of the Blue Mussel must be removed before using:
    1. Adductor muscle
    2. Byssus threads
    3. Syphon
    4. Mesh tube
12. Bluefish, known as a sportsman’s “trophy fish” is best cooked this way due to it’s dark, oily flesh:
    1. Poaching
    2. Frying
    3. Smoking
    4. Sous vide
13. These scallops are the smallest scallops, and are considered the best tasting due to their mild and sweet flavor:
    1. Bay Scallops
    2. Cape Scallops
    3. Sea Scallops
    4. Diver Scallops

32. True or False: Mussels are traditionally served raw.

* 1. True
  2. False

33. Which of the following fish is an appropriate substitute for bluefish?

* 1. Salmon
  2. Haddock
  3. Mackerel
  4. Tilapia

34. Which of the following items does NOT belong on a New England cuisine menu?

1. Hangtown fry
2. Ginger bread
3. Clam chowder
4. Lobster rolls

35. Snickerdoodles are characterized by their:

1. Red coloring
2. Ganache centers
3. Cracked surfaces
4. Square shape

36. Overcooking scallops will cause them to become:

1. Bright pink and charred
2. Tough and chewy
3. Translucent and soft
4. Flavorful and easier to cut

**Answer Key:**

1. b. New Jersey

2. c. The Sacred Cod

3. b. The Grand Banks

4. a. Money

5. d. Cod

6. d. Haddock

7. d. Bycatch

8. a. True

9. c. To escape religious persecution

10. c. A small fish

11. c. 5 years

12. a. Molting

13. b. Tomalley

14. a. shorts

15. b. 1 ¼ lb – l ½ lb

16. c. Vermont Clam Chowder

17. c. 165 degrees

18. b. Chicken satay

19.a. The stuffing needs additional time to heat thoroughly, which results in overcooked poultry.

20. a. English cuisine

21. d. Cranberry

22. a. Sugar maple

23. c. Italy

24. a. Haiti

25. c. Hard cider

26. c. Root vegetables

27. d. Concord

28. c. The cheese can only be made from the milk of one herd, from one specific farm

29. b. Byssus threads

30. c. Smoking

31. a. Bay Scallops

32. b. False

33. c. Mackerel

34. a. Hangtown fry

35. c. Cracked surfaces

36. b. Tough and chewy