

Name: _____

Hour: _____

VIDEO WORKSHEET

Review

Directions: After watching “*Herbs & Spices*”, answer the following questions.

1. What factors are flavor systems based on?
2. What are herbs?
3. How should you care for fresh herbs purchased from the grocery store?
4. What are robust herbs? Which herbs are considered robust herbs?

5. What are tender herbs? Which herbs are considered tender herbs?

6. How do you substitute fresh herbs when a recipe calls for dried?

7. How can you bring out the flavor in dried herbs?

8. What herbs are included in Herbes de Provence?

9. Where do spices come from? What are some examples?

10. Which two forms do most spices come?

11. How can you grind spices?

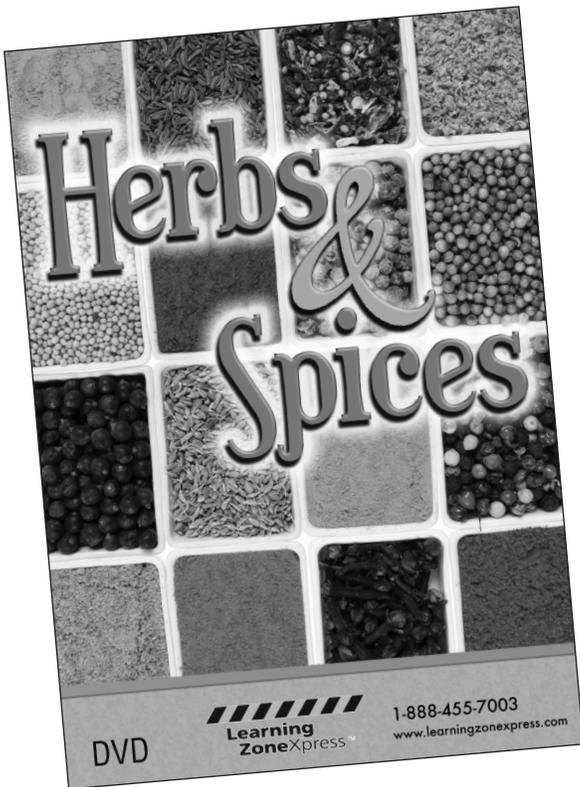
12. What is the most expensive spice in the world? Which plant does it come from?

13. Spice blends create strong flavors and are used in small amounts.
What spices are included in curry powder?

What spices are included in five spice powder?

14. What is the difference between black and white peppercorns?

15. What are some different types of salt?



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TEACHER'S KEY

Review

Directions: After watching “Herbs & Spices”, answer the following questions.

1. What factors are flavor systems based on?

The indigenous ingredients, which are the food items that grow in a region based on the geography and the climate, and herbs and spices, which are the components that give the cuisine their unique personalities.

2. What are herbs?

Herbs are the leafy parts of the plant that are at their best when used fresh. They are easy to grow in a garden or in a pot. The more you use them, the better they grow.

3. How should you care for fresh herbs purchased from the grocery store?

Trim the ends, wrap the ends in a moist paper towel and place in the refrigerator if you are going to use them soon or for longer storage, place the ends in a glass of cool water, cover the leaves with a plastic bag, and refrigerate. Never wash fresh herbs until just before using them. Rinse them in cool water and dry them by rolling in a clean kitchen towel or in a salad spinner.

4. What are robust herbs? Which herbs are considered robust herbs?

Herbs with tough stems, resistant to heat of the sun and cooking that are often used in soups and slow simmered stews.

***Rosemary
Oregano
Sage***

***Thyme
Marjoram
Bay Leaf***

5. What are tender herbs? Which herbs are considered tender herbs?

Herbs with tender leaves and soft stems added at the end of cooking or added to a completed dish

Basil

Parsley

Cilantro

Mint

Dill

Chives

6. How do you substitute fresh herbs when a recipe calls for dried?

Three times as much fresh than dried. For example, 1 tsp dried is equal to 1 Tbsp fresh.

7. How can you bring out the flavor in dried herbs?

Rubbing them between your fingers as you add them releases more flavor.

8. What herbs are included in Herbes de Provence?

Dried basil, fennel seed, marjoram, rosemary, sage, savory, thyme, and sometimes lavender

9. Where do spices come from? What are some examples?

Spices come from the bark, berry, buds, fruit, root, seeds, or stems of a plant.

Cinnamon

Cloves

Allspice

Mustard

Coriander

Cumin

Celery Seed

Caraway

Star Anise

Nutmeg

10. Which two forms do most spices come?

Whole or ground

11. How can you grind spices?

In a coffee grinder dedicated to only grinding spices or with a mortar and pestle.

12. What is the most expensive spice in the world? Which plant does it come from?

Saffron, which comes from the stigma of a small purple crocus that have to be handpicked. It takes 14,000 stigmas to make one ounce.

13. Spice blends create strong flavors and are used in small amounts.

What spices are included in curry powder?

Cardamom, chilies, cinnamon, cloves, coriander, cumin, fennel seed, mace, nutmeg, pepper, saffron, and turmeric.

What spices are included in five spice powder?

Cinnamon, cloves, fennel seeds, star anise, and Szechuan peppercorns

14. What is the difference between black and white peppercorns?

Black peppercorns are unripe berries and white peppercorns are berries that ripen before drying.

15. What are some different types of salt?

Table salt, kosher salt, sea salt