

# Comprehensive Menu Items and Ingredients for Food and Beverage Studies Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.**

**SAMPLE**

## Questions

- 1. What ingredient gives the asparagus flavor when grilled?**
  - A. Olive oil**
  - B. Salt and pepper**
  - C. Lemon juice**
  - D. Balsamic vinegar**
- 2. What ingredient is common in the Wedge Salad and Cobb Salad?**
  - A. Bacon**
  - B. Avocado**
  - C. Goat cheese**
  - D. Diced tomatoes**
- 3. What is a common ingredient found in Teriyaki sauce?**
  - A. Cilantro**
  - B. Sesame**
  - C. Parsley**
  - D. Honey**
- 4. Which of the following ingredients is NOT included in the Spinach Artichoke Dip?**
  - A. Chili Powder**
  - B. Mascarpone**
  - C. Red Onion**
  - D. Paprika**
- 5. What type of pasta is used in the Macaroni and Cheese?**
  - A. Fusilli**
  - B. Penna**
  - C. Spaghetti**
  - D. Rotini**
- 6. Which sauce is used in the Shrimp Scampi dish?**
  - A. Tomato sauce**
  - B. Alfredo sauce**
  - C. White wine sauce**
  - D. Vinaigrette**

- 7. What cheese is most prominently used in Mannings Signature Potatoes?**
- A. Monterey Jack**
  - B. Gruyere**
  - C. Swiss**
  - D. Blue cheese**
- 8. What is the primary ingredient in the Peppercorn Encrusted dish?**
- A. Garlic**
  - B. Sherry**
  - C. Peppercorns**
  - D. Parsley**
- 9. What is the primary fruit in the Mango Salad?**
- A. Pineapple**
  - B. Mango**
  - C. Strawberry**
  - D. Blueberry**
- 10. What is the characteristic feature of a Pittsburgh or Black and Blue cooked steak?**
- A. Well-done with no pink**
  - B. High-temperature char on the exterior, rare or raw inside**
  - C. Hot pink center**
  - D. Warm red center**

## **Answers**

SAMPLE

1. B
2. A
3. B
4. A
5. A
6. C
7. B
8. C
9. B
10. B

SAMPLE

## **Explanations**



**1. What ingredient gives the asparagus flavor when grilled?**

- A. Olive oil
- B. Salt and pepper**
- C. Lemon juice
- D. Balsamic vinegar

The characteristic flavor of grilled asparagus primarily comes from the natural sugars and compounds present in the asparagus itself, which caramelize when grilled. While salt and pepper are often used as seasoning to enhance the inherent flavors of the asparagus, they do not impart a unique flavor on their own. Instead, they elevate the natural taste by enhancing its savory aspects. Olive oil is typically used to coat the asparagus to promote even cooking and prevent sticking, contributing to the texture and mouthfeel but not fundamentally altering its core flavor profile. Lemon juice adds brightness and acidity, while balsamic vinegar can introduce a sweet and tangy dimension, but neither is crucial for the authentic grilled flavor of asparagus. It is essential to recognize that grilling enhances the sweetness and earthiness of the asparagus, and the flavors of the spices and oils merely complement these qualities rather than define them.

**2. What ingredient is common in the Wedge Salad and Cobb Salad?**

- A. Bacon**
- B. Avocado
- C. Goat cheese
- D. Diced tomatoes

Both the Wedge Salad and Cobb Salad are known for their hearty toppings and typically include bacon as a key ingredient. In a Wedge Salad, which consists of a wedge of iceberg lettuce, bacon is often crumbled on top alongside other toppings such as blue cheese and tomatoes. Similarly, Cobb Salad features an array of ingredients, including diced chicken, avocado, and bacon, which adds a savory, crispy element that complements the other fresh ingredients. While the other ingredients listed—avocado, goat cheese, and diced tomatoes—may appear in various salads, they do not appear in both the Wedge Salad and Cobb Salad as consistently as bacon does. It's the presence of bacon in both salads that establishes a shared characteristic between the two, making it the common ingredient.

**3. What is a common ingredient found in Teriyaki sauce?**

- A. Cilantro
- B. Sesame**
- C. Parsley
- D. Honey

Teriyaki sauce is a savory and slightly sweet sauce that originates from Japan, commonly used for grilling or marinating meats, as well as a glaze for various dishes. One of the distinctive features of Teriyaki sauce is its flavor profile, which includes ingredients that contribute to umami and sweetness. Sesame is a common ingredient in Teriyaki sauce, often used in forms like sesame oil or sesame seeds. It complements the other flavors in the sauce, adding a nutty aroma and depth to the dish. The combination of soy sauce, mirin (a sweet rice wine), and sesame makes for a well-rounded and flavorful condiment that enhances the taste of grilled or sautéed foods. Other ingredients such as honey can also be found in some variations of teriyaki sauce, aiming to provide sweetness; however, sesame is more traditionally associated with the dish, especially in Asian cuisines where it is commonly used. This highlight of sesame's role in flavoring and as a garnish reinforces its importance in the Teriyaki experience.

**4. Which of the following ingredients is NOT included in the Spinach Artichoke Dip?**

- A. Chili Powder**
- B. Mascarpone
- C. Red Onion
- D. Paprika

Spinach Artichoke Dip traditionally includes a variety of creamy and savory ingredients that complement the spinach and artichokes, such as mascarpone, which adds a rich and smooth texture. Red onion is also frequently incorporated to provide a subtle sharpness and crunch that enhances the overall flavor profile. Various spices and seasonings, such as paprika, are commonly used to add depth and color to the dish. Chili powder, however, is not typically found in classic recipes for Spinach Artichoke Dip. While it can be an interesting addition in some variations, it is not a standard component of the traditional version. Thus, identifying chili powder as the ingredient not commonly included aligns with what is generally recognized in culinary practices regarding this dish.

**5. What type of pasta is used in the Macaroni and Cheese?**

- A. Fusilli**
- B. Penna**
- C. Spaghetti**
- D. Rotini**

The type of pasta traditionally used in Macaroni and Cheese is elbow macaroni, which is a short tubular pasta that resembles the shape of macaroni. Among the choices provided, fusilli is a spiral-shaped pasta that can hold sauces well, but it is not the standard pasta used in this dish. Macaroni and Cheese typically emphasizes the creamy cheese sauce that coats the pasta, and elbow macaroni's shape allows it to trap the sauce, creating a comforting texture and flavor experience. This specific pasta choice contributes to the dish's identity as a classic American comfort food. While penne, spaghetti, and rotini are popular types of pasta, they do not align with the traditional Macaroni and Cheese preparation, where the classic macaroni shape serves a specific culinary purpose in the dish's presentation and mouthfeel.

**6. Which sauce is used in the Shrimp Scampi dish?**

- A. Tomato sauce**
- B. Alfredo sauce**
- C. White wine sauce**
- D. Vinaigrette**

In Shrimp Scampi, the predominant sauce is a white wine sauce, which often includes garlic, butter, and herbs. The combination of these ingredients enhances the delicate flavor of the shrimp without overwhelming it. White wine serves as the principal component that adds acidity and depth, complementing the richness of the butter while balancing the dish's overall flavor profile. This sauce is crucial in the traditional preparation of Shrimp Scampi, making it a defining characteristic that sets it apart from other shrimp dishes. The incorporation of fresh parsley is also common, contributing a burst of freshness. While other sauces like tomato sauce, Alfredo sauce, or vinaigrette serve distinct purposes in different culinary contexts, they do not align with the traditional preparation or flavor profile of Shrimp Scampi.

**7. What cheese is most prominently used in Mannings Signature Potatoes?**

- A. Monterey Jack**
- B. Gruyere**
- C. Swiss**
- D. Blue cheese**

Manning's Signature Potatoes prominently feature Gruyere cheese for several reasons that align with both culinary practices and flavor profiles. Gruyere is a semi-hard cheese known for its rich, nutty flavor and excellent melting qualities, making it a popular choice for baked dishes like potatoes. Its smooth texture and complex taste contribute a luxurious mouthfeel and depth to the dish, enhancing the overall eating experience. In many recipes, particularly those that include potatoes, cheese is used not only for flavor but also to create a creamy texture that binds the ingredients together. Gruyere's ability to produce a beautiful golden crust when baked further elevates the presentation of the dish. Additionally, its character complements the starchiness of the potatoes, resulting in a well-balanced dish that resonates with savory profiles. Other cheeses, like Monterey Jack, Swiss, or Blue cheese, have distinct flavors and melting properties that may not achieve the same depth or texture that Gruyere offers in this specific application.

**8. What is the primary ingredient in the Peppercorn Encrusted dish?**

- A. Garlic**
- B. Sherry**
- C. Peppercorns**
- D. Parsley**

The primary ingredient in a Peppercorn Encrusted dish is peppercorns, which are used to create a distinctive crust that adds both flavor and texture to the dish. The name itself signifies the importance of this ingredient, as peppercorns are pepper seeds that come in various varieties, such as black, white, and green, each contributing its own unique taste profile. This seasoning not only provides heat but also enhances the overall depth of flavor in the dish, making it a standout choice in culinary applications. The other ingredients mentioned, such as garlic, sherry, and parsley, may play supporting roles in various recipes or preparations but do not hold the same significance in defining the dish's name or its primary flavor profile. Peppercorns are fundamentally essential for the dish's identity, making them the focal point in both preparation and presentation.

**9. What is the primary fruit in the Mango Salad?**

- A. Pineapple
- B. Mango**
- C. Strawberry
- D. Blueberry

The primary fruit in Mango Salad is indeed mango. This dish is typically characterized by the fresh, sweet, and slightly tangy flavor of mango, which acts as the star ingredient. Mangoes bring a vibrant color and a juicy texture, which are essential elements that define the salad. Other ingredients often complement the mango, such as vegetables, nuts, or other fruits, but the distinction of the salad comes from the dominant flavor and essence of the mango itself. This highlights the importance of recognizing key ingredients in dishes, as different fruits contribute unique flavors and textures that can significantly alter the overall profile. In contrast, while pineapple, strawberry, and blueberry can all be delicious fruits, they are not the focus of a Mango Salad and do not provide the characteristic taste associated with this particular dish.

**10. What is the characteristic feature of a Pittsburgh or Black and Blue cooked steak?**

- A. Well-done with no pink
- B. High-temperature char on the exterior, rare or raw inside**
- C. Hot pink center
- D. Warm red center

A Pittsburgh or Black and Blue cooked steak is distinguished by its unique cooking method, which involves searing the exterior of the steak at a very high temperature to create a pronounced char or crust. This intense heat seals in the juices and gives the steak a crispy exterior, while the inside remains rare or almost raw. The term "Black and Blue" aptly describes this cooking style, highlighting both the charred outside (black) and the raw, cool center (blue). This cooking technique is specifically designed to maximize flavor and maintain tenderness in the meat. The contrast between the caramelized surface and the rare interior is what makes this preparation distinct and appealing to steak enthusiasts who prefer their meat with minimal cooking. Other options do not capture this essential characteristic of the cooking style; for instance, a well-done steak or one with a specific center hue like hot pink or warm red does not reflect the signature char and rare center that define a Pittsburgh or Black and Blue steak.