

# Smoke like it hot

## Spicy food trivia

1. What is the top selling spice in the world?

- a. Mustard
- b. Chile Powder
- c. Peppercorns
- d. Salt

2. What is a key ingredient in both curry and chili powder?

- a. Cumin
- b. White pepper
- c. Paprika
- d. Cardamom

3. What is the most expensive spice in the world?

- a. Turmeric
- b. Cardamom
- c. Ginger
- d. Saffron

4. What is the hottest pepper?

- a. Tepin
- b. Bhut Jolokia
- c. Red Savina Habanero
- d. Jalapeno

5. What scale measures the hotness of peppers?

- a. Pungency Scale
- b. Scoville Scale
- c. Capsaicin Scale
- d. Parke-Davis Scale

6. What is the best way to stop the burning sensation in your mouth after eating spicy food?

- a. Drink water
- b. Eat a piece of bread
- c. Drink milk
- d. Drink coffee

7. Sometimes referred to as the "World's most widely used herb", this spice is commonly used in salsas, guacamoles, and curried dishes.

- a. Cilantro
- b. All Spice
- c. Cinnamon
- d. Basil

8. Hungarian food, often said to be the spiciest European cuisine, is known for which spice?

- a. Habaneros
- b. Jalapenos
- c. Peppercorns
- d. Hot paprika

9. Besides your mouth, what other part of your body will feel the burn of spicy food?

- a. Your eyes
- b. Your skin
- c. Your ears
- d. Your joints

10. What is the chemical responsible for the "heat" or "hot" taste of peppers?

- a. Casein
- b. Phosphoprotein
- c. Curcumin
- d. Capsaicin

11. What is a smoked, dried jalapeno called?

- a. Chipotle
- b. Ceviche
- c. Poc Chuc
- d. Pipian

12. What spice gives the bright yellow color to curry?

- a. Anatto
- b. Cayenne
- c. Turmeric
- d. Cardamom oil

13. Which of the following are benefits of eating spicy food?

- a. Antibacterial - "hot" spices kill harmful bacteria on food and inhibit spoilage
- b. Increases metabolism
- c. Can fight cancer and build immunity
- d. All of the above.

14. What is the popular dish known as Yook Gae Jang?

- a. Vietnamese deep fried spring rolls with spicy fish sauce
- b. Grilled chicken with lemongrass and chiles
- c. Korean spicy beef and vegetable soup
- d. Indian vegetable and pineapple curry

15. What is the combination of chocolate, chiles, and other spices called?

- a. Mole Sauce
- b. Pollo Pibil
- c. Piccalilli Sauce
- d. Crema Mexicana

