

SBMS Season 2 Trivia Week  
Week 9, 5<sup>th</sup> Aug 2020

Herbs and Spices - culinary miracle workers

1. What is the difference between Herbs and Spices?	B	Herbs are stronger and more flavourful	Herbs come from the green, leafy parts of the plant and spices come from root, bark, seeds or fruit	Herbs must be ground before use
2. In general, to make the most of their flavours and aromas, herbs should be added ... in the cooking time and spices added ...	A	Late; early on	Early; later on	Whenever
3. Cinnamon is derived from the bark of a tree. Where do the majority of cinnamon trees grow?	C	China	Bangladesh	Sri Lanka
4. Ras el hanout is a well known Moroccan spice blend with as many as 50 spices. An Arabic phrase, what does Ras el hanout roughly translate to?	C	Sweet and Spicy	How hot can you handle it	Best of the shop
5. What viral social media challenge involving the ingestion of large amounts of a certain spice, is discouraged by doctors as it can cause severe throat irritation, pneumonia and asphyxiation?	C	The Tumeric Challenge	The Curry Challenge	The Cinnamon Challenge
6. What measurement system is used to gauge the heat of chilli peppers?	A	Scoville units	Heat index	Richter scale

7. A laurel is a type of wreath worn as a mark of victory or honour. Traditionally, what leaves are used?	A	Bay leaf	Marjoram	Tarragon
8. Saudi Arabia prohibits the importation of which spice, due to its hallucinogenic properties?	A	Nutmeg	Cumin	Cayenne pepper
9. The worlds most hated herb and spice, by popular culture, is found in Asian and South American cuisines. What is it?	A	Coriander	White pepper	Sage
10. What is the worlds most expensive spice?	C	Tellicherry peppercorns	Bourbon vanilla	Iranian saffron
11. Chewing on what spice has been known to alleviate toothache?	C	Cinnamon	Star anise	Cloves
12. A blend known as "pumpkin pie spice" has moved on from its original use and now flavours Oreos, beer and coffee	A	Cinnamon, ginger, nutmeg	Cardamon, cumin, coriander	Fennel, anise, orange zest
13. Which country is responsible for over 70% of the worlds spice production?	B	Colombia	India	Ethiopia
14. What spice do Hungarians use in abundance and even have two museums dedicated to it?	A	Paprika	Nutmeg	Chilli pepper
15. In 17 <sup>th</sup> century, the Dutch traded Manhattan with the British in exchange for Banda Islands, mainly to obtain which spice?	B	Cinnamon	Nutmeg	Peppercorns