

Brittany and Normandy Cuisine

Your Name:

1. Which of the following regional specialties is Normandy most renowned for?

- ☐ A. Fish stews with buckwheat
 - ☐ B. Cider and Camembert cheese
 - ☐ C. Savory crêpes
 - ☐ D. Salted butter pastries
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2. Brittany's cuisine is significantly influenced by its proximity to the Atlantic Ocean, leading to a dominance of seafood dishes.

- ☐ A. True
 - ☐ B. False
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3. What is the primary fruit that is central to many dishes and beverages in Normandy?

4. The traditional Breton fish stew, known as, is often made with various types of fish like mackerel and hake.

5. Match the following dishes with their region of origin.

1. Moules
à la
Normande

A. Normandy

2.
Kouign-
Amann

B. Normandy

3.
Tarte
Tatin

C. Brittany

4. Far
Breton

D. Brittany

6. Which of these ingredients is typically used to create a crispy finish on Coquilles Saint-Jacques?

- ☐ A. Parmesan cheese
 - ☐ B. Crushed nuts
 - ☐ C. Toasted breadcrumbs
 - ☐ D. Flaky pastry
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7. The mild and rainy climate in Brittany and Normandy is ideal for growing citrus fruits like oranges and lemons.

- ☐ A. True
 - ☐ B. False
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8. What type of butter, made with fleur de sel, is a significant dairy product in Brittany's cooking?

9. Moules Marinières, a classic Breton dish, consists of mussels steamed in white wine with and parsley.

10. What historical group is noted for bringing new cooking ideas and ingredients to Brittany?

- ☐ A. Romans
 - ☐ B. Vikings
 - ☐ C. Celts
 - ☐ D. Gauls
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11. Calvados is a popular cider from Normandy.

- ☐ A. True
 - ☐ B. False
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12. What are two renowned dairy cheeses specifically mentioned as coming from Normandy?

13. The dish Poulet au Cidre from Brittany features chicken cooked in and cream until tender.

14. What distinguishes the traditional Breton pastry Kouign-Amann?

- ☐ A. Its fluffy, airy texture
 - ☐ B. Its caramelized crust and layers of butter and sugar
 - ☐ C. Its savory cheese filling
 - ☐ D. Its preparation with yeast and fruit
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15. Galette Saucisse is a traditional dessert from Brittany.

- ☐ A. True
 - ☐ B. False
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16. What is the common accompaniment for Moules Marinières, often served alongside the dish in Brittany?

17. Cancale are prized for their exceptional quality and briny flavor, typically eaten raw with lemon.

18. Which of the following is NOT a common ingredient found in Brittany and Normandy cuisine?

- ☐ A. Fresh seafood
 - ☐ B. Exotic spices
 - ☐ C. Fresh apples
 - ☐ D. Salted butter
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19. The dish known as Moules à la Normande combines mussels with cream and cider.

- ☐ A. True
 - ☐ B. False
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20. What is the name of the dense, flan-like dessert from Brittany that often includes prunes?

21. A classic dessert from Normandy, Tarte Tatin, is an upside-down tart.

22. What is a characteristic serving style for Langoustines in Brittany?

- ☐ A. Deep-fried with a garlic dip
 - ☐ B. Mashed into a seafood paste
 - ☐ C. In a spicy tomato sauce
 - ☐ D. Grilled or boiled and served simply
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23. Traditional French food in Brittany and Normandy relies heavily on imported ingredients rather than local products.

- ☐ A. True
 - ☐ B. False
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24. Name one traditional beverage from Normandy, besides cider, that is an apple brandy.

25. Seafood platters in Brittany typically feature an assortment of fresh shellfish such as oysters, prawns, and

26. Which of the following describes the consistency of Far Breton?

- ☐ A. Dense flan-like pudding
 - ☐ B. Light and airy meringue
 - ☐ C. Crunchy shortbread
 - ☐ D. Chewy, risen bread
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27. Sole meunière is a well-known seafood dish from Brittany.

- ☐ A. True
 - ☐ B. False
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28. Moules frites is a well-known specialty frequently enjoyed in both Brittany and Normandy. What is served with the mussels?

29. Buckwheat and crêpes are iconic dishes from Brittany, often paired with cider.

30. What is the primary characteristic of the traditional Breton dish Kouign-Amann?

- ☐ A. It is a layered pastry with a caramelized crust.
 - ☐ B. It is a cheese tart baked with apples.
 - ☐ C. It is a savory pancake filled with vegetables.
 - ☐ D. It is a seafood stew with a rich cream sauce.
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31. The culture in Brittany and Normandy places a strong emphasis on preserving traditional recipes, keeping their culinary heritage alive.

- ☐ A. True
 - ☐ B. False
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32. What type of sausage is typically wrapped in a buckwheat pancake for the popular street food Galette Saucisse?

33. The dish Pot au Feu de Homard combines lobster with shrimp, oysters, mussels, and scallops in a flavorful

34. What role does cream typically play in Normandy's desserts and dishes?

- ☐ A. It is a foundational ingredient for rich flavors.
 - ☐ B. It is only used in savory dishes.
 - ☐ C. It is often replaced by milk in most recipes.
 - ☐ D. It is used sparingly for garnish.
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35. Pears are a local product that thrive in the climate of Brittany and Normandy, similar to apples.

- ☐ A. True
 - ☐ B. False
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36. Which specific region's scallops are particularly prized for their delicate flavor in Coquilles Saint-Jacques?

37. The unique dish from Brittany and Normandy, Pork and Amber Beer, is an example of how adds a rich depth of flavor.

38. How is Tarte Tatin typically inverted before serving?

- ☐ A. It is left to cool and then scooped out.
 - ☐ B. It is served directly from the skillet without inversion.
 - ☐ C. It is cut into slices while still in the pan.
 - ☐ D. It is flipped upside down after baking.
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39. Chefs in Brittany often use sugar and fruit preserves as toppings for savory crêpes.

☐ A. True

☐ B. False

40. What is the collective term for the traditional combination of cider and calvados commonly highlighted in Normandy's cuisine?
