

French Regional Cuisine Exploration

Your Name:

1. Which dish is a savory stuffed crepe with ham and mushrooms in a creamy béchamel sauce?

- ☐ A. Carbonnade Flamande
 - ☐ B. Ficelle Picarde
 - ☐ C. Quiche Lorraine
 - ☐ D. Marmite Dieppoise
-

2. Bouillabaisse is a classic dish that originates from the Burgundy region of France.

- ☐ A. True
 - ☐ B. False
-

3. Name two popular goat's cheeses that are famous in the Loire Valley.

4. Carbonnade Flamande, a beef stew made with dark beer, onions, and spices, is a famous dish from the region.

5. Match the dish with its region of origin:

1.

Coq
au
Vin

A. Provence-Alpes-Côte d'Azur

2.

Cassoulet

B. Burgundy

3.

Quiche
Lorraine

C. Occitanie

4.

Ratatouille

D. Lorraine

6. Which of the following cheeses is known for its pyramid shape and being covered in ash or charcoal?

- ☐ A. Camembert
 - ☐ B. Valençay
 - ☐ C. Roquefort
 - ☐ D. Crottin de Chavignol
-

7. Normandy is well-known for its production of sparkling wine.

- ☐ A. True
 - ☐ B. False
-

8. What main ingredients are typically found in a traditional Quiche Lorraine?

9. The slow-cooked casserole featuring white beans, sausage, and duck or pork is known as

10. Which region is famous for its sophisticated, multi-course meals and lavish pastries like croissants?

- ☐ A. Brittany
 - ☐ B. Paris and Île-de-France
 - ☐ C. Normandy
 - ☐ D. Champagne, Lorraine, and Alsace
-

11. Bouchot Mussels are harvested using a unique farming method on wooden poles.

- ☐ A. True
 - ☐ B. False
-

12. What is the signature flavor ingredient that gives Bouillabaisse its golden hue and aroma?

13. Brittany's savory buckwheat pancakes are called

14. Which dish is a vegetable stew featuring fresh tomatoes, eggplant, and zucchini?

- ☐ A. Choucroute Garnie
 - ☐ B. Hachis Parmentier
 - ☐ C. Ratatouille
 - ☐ D. Coq au Vin
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15. The coastal influences primarily affect only the availability of seafood in French cuisine.

- ☐ A. True
 - ☐ B. False
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16. What type of meat is typically braised in red wine for the dish Coq au Vin?

17. Normandy is well-known for its creamy Camembert cheese and tangy made from local apples.

18. Which region's cuisine is characterized by hearty ingredients like cheeses, potatoes, leeks, meats, and strong beer?

- ☐ A. Nord-Pas-de-Calais and Picardy
 - ☐ B. Champagne, Lorraine, and Alsace
 - ☐ C. Brittany
 - ☐ D. Normandy
-

19. In Auvergne, smoking meat typically involves burning local woods like pine or beech.

- ☐ A. True
 - ☐ B. False
-

20. What is the name of the creamy fish stew from Dieppe that combines cod, mussels, shrimp, and sole with white wine?

21. The region of Bordeaux is primarily known for its extensive production.

22. Which of these dishes is a traditional Alsatian dish known for meat marinated in wine?

- ☐ A. Steak Tartare
 - ☐ B. Tarte Flambée
 - ☐ C. Choucroute Garnie
 - ☐ D. Baeckeffe
-

23. Poitou and Charente are known for supplying excellent citrus fruits and olive oil.

- ☐ A. True
 - ☐ B. False
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24. What are the sweet counterparts to galettes in Brittany's cuisine, often enjoyed with sugar, fruits, or chocolate spread?

25. The culinary culture of Paris and Île-de-France reflects a blend of rich history and innovation.

26. Which region produces robust beef stew made with dark beer, often called Carbonnade Flamande?

- ☐ A. Occitanie
 - ☐ B. Nord-Pas-de-Calais and Picardy
 - ☐ C. Brittany
 - ☐ D. Burgundy
-

27. The climate in Bordeaux contributes to the production of high-quality wines.

- ☐ A. True
 - ☐ B. False
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28. From which specific city does the iconic fish stew Bouillabaisse originate?

29. French Regional Cuisine from Southern France often features lighter meals with fresh ingredients like courgette and

30. Which region is known for dishes like Andouillette and Rillettes de Porc?

- ☐ A. Normandy
 - ☐ B. Alsace
 - ☐ C. Centre-Val de Loire
 - ☐ D. Lorraine
-

31. Ratatouille is traditionally served as a dessert.

- ☐ A. True
 - ☐ B. False
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32. What term is used for the bacon cubes included in Coq au Vin?

33. The Atlantic Ocean provides an abundance of daily, shaping seafood dishes in coastal regions like Brittany.

34. Which of these dishes is NOT typically associated with Paris and Île-de-France?

- ☐ A. Choucroute Garnie
 - ☐ B. Croque Monsieur
 - ☐ C. Hachis Parmentier
 - ☐ D. Steak Frites
-

35. Quiche Lorraine is a sweet tart typically served for dessert.

- ☐ A. True
 - ☐ B. False
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36. What is the name of the general category of cooking methods that involves using salt and pepper, often with added herbs like thyme or bay leaves, particularly in Auvergne?

37. The region of Champagne is most famous for its wine.

38. Which French region is renowned for its dairy products, including creamy Camembert cheese?

- ☐ A. Loire Valley
 - ☐ B. Normandy
 - ☐ C. Auvergne
 - ☐ D. Brittany
-

39. Cotriade is a type of savory buckwheat pancake from Brittany.

☐ A. True

☐ B. False

40. Which region, known for its mild climate and rich pastures, is famous for several varieties of goat's cheeses?
