

Southern France Cuisine

Your Name:

1. Which of the following ingredients is typically NOT found in a traditional Bouillabaisse?

- ☐ A. Rascasse
 - ☐ B. Sausage
 - ☐ C. Saffron
 - ☐ D. Sea robin
-

2. Traditional ratatouille is typically baked in an oven, similar to Provençal Tian.

- ☐ A. True
 - ☐ B. False
-

3. What is the primary difference in cooking method between traditional ratatouille and Provençal Tian?

4. Cassoulet, a hearty stew from the South of France, traditionally includes white beans, duck confit, and

5. Which dish is a Provençal flatbread topped with caramelized onions, anchovies, and olives?

- ☐ A. Pissaladière
 - ☐ B. Fougasse
 - ☐ C. Socca
 - ☐ D. Pan Bagnat
-

6. Confit de Canard involves duck legs slow-cooked in olive oil until tender.

- ☐ A. True
 - ☐ B. False
-

7. Tarte Tropézienne, a famous dessert from St. Tropez, originated when Alexandre Micka created it in the

8. What is rouille and what is its traditional accompaniment to Bouillabaisse?

9. Match the dish with its culinary region in Southern France:

- | | | |
|-----------|----------------------|-------------------------|
| 1. | <input type="text"/> | A. Southwest of France |
| Aïoli | | |
| 2. | <input type="text"/> | B. Côte d'Azur |
| Cassoulet | | |
| 3. Pan | <input type="text"/> | C. Languedoc-Roussillon |
| Bagnat | | |
| 4. | <input type="text"/> | D. Provence |
| Tiella | | |
| Sétois | | |
-

10. Which set of herbs primarily constitutes Herbes de Provence?

- ☐ A. Thyme, Rosemary, Basil, Marjoram
 - ☐ B. Cilantro, Oregano, Mint, Bay Leaf
 - ☐ C. Parsley, Chives, Tarragon, Chervil
 - ☐ D. Dill, Sage, Fennel, Savory
-

11. Truffles from Black Perigord are typically found in seafood dishes, enhancing their flavor.

- ☐ A. True
 - ☐ B. False
-

12. Olive oil and olives are vital in Southern French cuisine, with ancient olive groves especially prevalent in

13. How do truffle hunters typically locate truffles in the Black Perigord region?

14. Which type of seafood is mentioned as being a central component of Bouillabaisse of Marseilles?

- ☐ A. Clams and scallops
 - ☐ B. Shrimp and lobster
 - ☐ C. Sea bass and red mullet
 - ☐ D. Oysters and mussels
-

15. France is the largest oyster importer and producer in Europe.

- ☐ A. True
 - ☐ B. False
-

16. Daube Provençale is a beef stew slowly cooked to perfection using red wine and

17. What are the two main courses that comprise a traditional Bouillabaisse serving?

18. What is Fougasse, a traditional bread from Provence?

- ☐ A. A flatbread shaped like a leaf or ear of wheat
 - ☐ B. A sweet roll often served for breakfast
 - ☐ C. A dense sourdough with a crispy crust
 - ☐ D. A braided loaf baked with cheese
-

19. Socca is a pancake made from wheat flour, commonly found in Marseille.

- ☐ A. True
 - ☐ B. False
-

20. Salade Niçoise typically includes lettuce, tomatoes, boiled eggs, tuna, anchovies, and

21. What primary cooking method distinguishes grilled Salade Niçoise from typical salads?

22. Which of the following spirits is a hallmark of Provence, known for its anise flavor?

- ☐ A. Calvados
 - ☐ B. Cognac
 - ☐ C. Armagnac
 - ☐ D. Pastis
-

23. Pissaladière is a large savory tart similar to a quiche, featuring a creamy filling.

- ☐ A. True
 - ☐ B. False
-

24. Pan Bagnat, a staple from Nice, is a crusty round bread filled with ingredients similar to those found in

25. What is the main filling of Tarte Tropézienne?

26. Where can one find Aligot, a creamy blend of potatoes and cheese, in the South of France?

- ☐ A. Marseille
 - ☐ B. Nice
 - ☐ C. St. Tropez
 - ☐ D. Aubrac near Toulouse
-

27. The Gâteau des Rois is a savory pastry enjoyed during summer festivals.

- ☐ A. True
 - ☐ B. False
-

28. Aioli, a garlic mayonnaise variation, is a central dish in cuisine.

29. What type of grapes thrive in the warm climate of the South of France, producing fruity and spicy wines?

30. What is Tapenade primarily made from?

- ☐ A. Roasted red peppers and walnuts
 - ☐ B. Artichoke hearts and spinach
 - ☐ C. Black olives, capers, and olive oil
 - ☐ D. Sun-dried tomatoes and basil
-

31. The Menton Lemon Festival is a celebration of local seafood dishes and coastal traditions.

- ☐ A. True
 - ☐ B. False
-

32. During Christmas, travelers to Toulouse markets can especially find fresh, known for their strong aroma.

33. Which city is known as the origin of Bouillabaisse?

34. Which of these dishes is a hearty bean stew from the southwest of France?

- ☐ A. Bouillabaisse
 - ☐ B. Tapenade
 - ☐ C. Cassoulet
 - ☐ D. Ratatouille
-

35. Le Genty Magre in Toulouse won the 2023 World Champion of Cassoulet de Toulouse.

- ☐ A. True
 - ☐ B. False
-

36. Salad Niçoise includes fresh tomatoes, green beans, boiled eggs, tuna (or anchovies), olives, and is dressed with olive oil and or vinaigrette.

37. What is the common term for the garlic and cayenne mayonnaise served with Bouillabaisse?

38. Brigitte Bardot's filming of 'And God Created Woman' helped popularize which dessert?

- ☐ A. Tarte Tropézienne
 - ☐ B. Mille-feuille
 - ☐ C. Gâteau des Rois
 - ☐ D. Crème Brûlée
-

39. Mourvèdre wine is known for its light, fruity notes and is best paired with delicate fish dishes.

- ☐ A. True
 - ☐ B. False
-

40. Tapenade often includes garlic and for an extra punch.
