**Global Foods Final Study Guide**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_**

1. List 10 ingredients that are typically used in dishes from the following countries (salt and pepper do not count):

France

Spain

Italy

Mexico

India

China

Define the following terms:

Mire poix:

Bechemel sauce:

Tapas:

Aromatics:

Empanada:

Wok:

Saute:

Name the 3 aromatics that make up the following:

French mire poix:

Asian mire poix:

Spanish mire poix:

What are the primary ingredients in:

Guacamole:

Sofrito:

Pesto:

Salsa:

Bechemel:

Bolognese:

Alfredo:

Be familiar with the soup formula – know how to write a soup recipe according to the soup formula.