

TURQUOISE BELT SEAFOOD ALTERNATIVES



SEAFOOD ALTERNATIVES

TURQUOISE BELT EXAM

1. Tofu is a protein-rich, versatile, environmentally-friendly, cost effective alternative to seafood.
- True
 False
2. According to marine scientists, overfishing can cause disruption to marine habitats.
- True
 False
3. The Earth's oceans play a critical role in regulating climate, absorbing carbon dioxide, generating oxygen, and providing a habitat for an incredibly diverse range of life forms.
- True
 False
4. Bycatch refers to the unintentional capture of the following:
- Non-target fish
 Sea mammals
 Sea birds
 All of the above
5. Heavy metals can accumulate in fish and shellfish when they ingest food containing them, or absorb them directly from contaminated water.
- True
 False
6. Identifiable sources of human activities causing heavy metal contamination in our oceans include:
- Industrial discharge
 Wastewater run-off
 Mining activities
 Ship borne pollution
 Oil spills
 All of the above
7. Destructive fishing techniques include the following activities:
- Trawling the sea floor
 Use of dynamite
 Use of cyanide poisoning
 All of the above
8. The large amounts of plastic garbage entering our oceans is a significant concern for the following reasons:
- Its enduring persistence
 It decays into microplastics
 It causes harm to marine life
 It enters our food system
 All of the above
9. Bioaccumulation occurs when smaller organisms ingest contaminants such as plastics and heavy metals, and then larger fish consume them. The higher a fish is in the food chain, the greater the levels of heavy metals and plastics.
- True
 False
10. Not all countries possess the economic and technological capabilities necessary to treat wastewater. Even in the best of conditions, raw sewage spills can occur. The consequences of untreated wastewater entering our oceans include:
- Algal blooms
 Marine oxygen depletion
 Habitat destruction
 Chemical contaminants
 Introduction of pathogens leading to disease transmission
 All of the above
11. Vessel disasters, equipment failures, harsh weather conditions, fishing-related accidents, and on-the-job fatalities collectively contribute to making commercial fishing one of the most dangerous occupations on earth.
- True
 False
12. Aquacultured fish, shellfish and crustaceans are cultivated in confined spaces that lead to the following conditions:
- Endless swimming in circles
 Spread of disease and infection
 Spread of parasites
 Pollution from concentrated waste, antibiotics, and chemicals threaten local ecosystems
 All of the above
13. Aquacultured fish are fed soybean meal as an alternative to wild-caught fishmeal to prepare them for harvest and be sold as fish fillets.
- True
 False
14. Tofu can be transformed into plant-based flaky fishless fillets, no fish required.
- True
 False
15. Anthropocentrism is a term that captures the human tendency to prioritize life forms based on their resemblance to us. The less a species mirrors our own, the lower the concern for its well-being.
- True
 False
16. Fish and many other sea life forms silently endure suffering at the hands of humans. Scientific evidence compellingly affirms their sentience and capacity for experiencing distress.
- True
 False
17. Billions of fish and marine life are slaughtered each year.
- True
 False
18. Restaurant menus warn consumers about eating under cooked seafood because it may expose them to the following health risks:
- Infection from worms or parasites
 Infection from harmful bacteria
 All of the above
19. Tofu does not require a warning label advising consumers of the risks of being under cooked.
- True
 False
20. The presence of radioactive waste in marine ecosystems can accumulate in the tissues of marine organisms and travel up the food chain. Exposure to radioactive materials can cause mutations in DNA and damage cells leading to various health problems including cancer.
- True
 False
21. Ocean oil spills release toxic compounds, heavy metals, and other dangerous chemicals that accumulate in the tissues of fish, shellfish, and crustaceans. Contaminated seafood can pose serious health risks including cancer and reproductive issues.
- True
 False
22. Ocean acidification is the result of carbon dioxide emissions from activities such as animal agriculture and the burning of fossil fuels being absorbed into the ocean.
- True
 False
23. Ocean acidification leads to a decline in the pH level essential for sustaining marine life. Zooplankton and smaller organisms at the base of the marine food chain are the first to be impacted, causing a harmful cascading effect on fish and other marine organisms.
- True
 False
24. Melting glaciers and rising sea levels pose a significant threat to marine ecosystems. The influx of fresh water into our oceans, thermal expansion of seawater due to rising temperatures, extreme weather events, and the submergence of low lying coastal areas all threaten the well-being of our oceans.
- True
 False
25. Humans have assumed the role of apex predators in the oceans, exploiting many marine species to the verge of extinction.
- True
 False

26. Tofu is a good source of protein, fiber, calcium, and iron.

- True
- False

27. Tofu is a cholesterol-free source of plant-based protein.

- True
- False

28. Seafood is rich in nutrition but carries many health and environmental risks.

- True
- False

29. Ceviche made with soy was once considered a poor man's dish in Mexico. Today, it's growing in popularity and and revered for its culinary greatness.

- True
- False

30. No one has to risk their life at sea to produce the tofu used in vegan crab cakes.

- True
- False

31. Traditional remoulade is easily veganized by switching the recipe's regular mayo for an egg-free vegan mayo.

- True
- False

32. The list of ingredients needed to veganize traditional clam chowder include:

- Clam-cut firm to extra-firm tofu and oyster mushrooms
- Premium vegan butter
- Unsweetened non-dairy creamer
- All of the above

33. The Fresh Cuts TOFU Butchery technique for making mock lobster uses an ice cream scoop or melon baller to cut curved pieces of lobster-free meat.

- True
- False

34. After marinating, mock lobster pieces are strained, and the marinade is reserved. Beet juice is added to the marinade and poured into a baking dish. Then, the mock lobster pieces are placed into the baking dish and stained red on one side during a brief roasting. Mock lobster provides a protein-rich alternative to lobster, no lobsters required.

- True
- False

35. Cubed and marinated water melon replaces the traditional tuna in vegan poke bowls, but the baked teriyaki tofu and edamame provide the protein.

- True
- False

36. To make flaky toona, chisel cut a block of extra-firm tofu, then use a masher to press the flaky layers together.

- True
- False

37. Vegan toona salad can be used to create the following dishes:

- Toona sandwiches
- Stuffed tomato salads
- Hot grilled toona melts
- All of the above

38. Old Bay Seasoning is advertised to be used on seafood, poultry, and meat, but it can be used to create that familiar seafood flavor profile with tofu.

- True
- False

39. Fringe cut wedges of tofu to create quick and simple grilled fishless fillet sandwiches.

- True
- False

40. Veganize tartar sauce by replacing the traditional mayo with vegan egg-free mayo.

- True
- False

41. Veganize any traditional white fish recipe using tofu's Infinite Possibilities Basic White Flaky Fishless Fillet.

- True
- False

42. Medium to firm tofus make tender flaky fishless fillets.

- True
- False

43. Beet juice is used to stain tofu for redfish recipes.

- True
- False

44. Steps to creating the Infinite Possibilities White Flaky Fishless Fillet include the following:

- Cut the block into thin slabs
- Sprinkle nutritional yeast seasoning on the layers
- Stack the layers
- Cut the stacked block of layers in half lengthwise
- Fringe cut the sides of each half at an angle leaving a portion down the center uncut to hold it together
- Place the prepared fillets in a tofu press and press them for four hours or overnight
- All steps above are correct

45. White flaky fishless fillets can be battered, then fried in high heat oil at 375° F. to create British Vegan Fish & Chips.

- True
- False

46. Grilled white flaky fishless fillets can be used as a fish alternative in Spanish paella.

- True
- False

47. Traditional Japanese Maki Sushi is made with the rice and fillings on the inside of the roll.

- True
- False

48. Uramaki Sushi was made popular in the United States. The rice covered nori is flipped over, and the fillings are arranged on the nori. The rice is rolled on the outside and often sprinkled with a sesame seed coating.

- True
- False

49. Round canopy cutters are used to create simple tofu scallops that can be used to veganize any traditional scallop recipe.

- True
- False

50. Organic tofu serves as an incredibly cost-effective, simple, and nutritious alternative to seafood. It's a chef's blank canvas capable of transforming itself into limitless creative culinary applications. Tofu provides an environmentally friendly, protein-rich, cholesterol-free staple food option that promotes good health for both us and the planet.

- True
- False



CONGRATULATIONS!

You made it through the *Seafood Alternatives Turquoise Belt* exam! If you thought the exam was easy, yes it was. But, it's not over yet! Check your answers on **page XX**, then take on the next tofu challenge!

ENTER THE WINNER'S CIRCLE

Build your culinary portfolio by preparing an original tofu-based seafood alternative recipe. Get creative, explore the infinite possibilities, and veganize a traditional seafood recipe. Inspire the world, show us your seafood alternative masterpiece!

Take a photo of your finished dish, then submit the image with a write-up of the recipe and receive a downloadable Turquoise Belt in Seafood Alternatives Certificate of Achievement. You'll also be entered into a drawing for a tofu cookery gift package.

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