

Appendix 1

Metric Conversion Factors

WEIGHT

- 1 ounce = 28.35 grams
- 1 gram = 0.035 ounce
- 1 pound = 454 grams
- 1 kilogram = 2.2 pounds

VOLUME

- 1 fluid ounce = 29.57 milliliters
- 1 milliliter = 0.034 ounce
- 1 cup = 237 milliliters
- 1 quart = 946 milliliters
- 1 liter = 33.8 fluid ounces

LENGTH

- 1 inch = 25.4 millimeters
- 1 centimeter = 0.39 inch
- 1 meter = 39.4 inches

TEMPERATURE

To convert Fahrenheit to Celsius:

Subtract 32. Then multiply by $\frac{5}{9}$.

Example: Convert 140°F to Celsius.

$$140 - 32 = 108$$

$$108 \times \frac{5}{9} = 60^{\circ}\text{C}$$

To convert Celsius to Fahrenheit:

Multiply by $\frac{9}{5}$. Then add 32.

Example: Convert 150°C to Fahrenheit.

$$150 \times \frac{9}{5} = 270$$

$$270 + 32 = 302^{\circ}\text{F}$$

Note: The metric equivalents in the recipes in this book are rounded off. See pages 107–108 for complete explanation.

Appendix 2

Standard Can Sizes

CAN NAME	VOLUME		APPROXIMATE WEIGHT ^a	
	U.S.	METRIC	U.S.	METRIC
6 oz	5.75 fl oz	170 mL	6 oz	170 g
8 oz	8.3 fl oz	245 mL	8 oz	227 g
No. 1 picnic	10.5 fl oz	311 mL	10.5 oz	298 g
No. 211 cylinder	12 fl oz	355 mL	12 oz	340 g
No. 300	13.5 fl oz	399 mL	14 oz	397 g
No. 303	15.6 fl oz	461 mL	16–17 oz	454–482 g
No. 2	20 fl oz	591 mL	1 lb 4 oz	567 g
No. 2½	28.5 fl oz	843 mL	1 lb 13 oz	822 g
No. 3 cylinder	46 fl oz	1360 mL	3 lb	1360 g
No. 5	56 fl oz	1656 mL	3 lb 8 oz	1588 g
No. 10	103.7 fl oz	3067 mL	6½–7 lb	2722–2948 g

^aBecause the density of food varies, so does the net weight for any given can size.

Appendix 3

Approximate Weight-Volume Equivalents of Dry Foods

The following equivalents are rough averages only. Actual weight per volume varies considerably. For accurate measurement, all ingredients should be weighed.

BREAD FLOUR, SIFTED

1 pound = 4 cups
1 cup = 4 ounces

BREAD FLOUR, UNSIFTED

1 pound = $3\frac{1}{2}$ cups
1 cup = 4.75 ounces

CAKE FLOUR, SIFTED

1 pound = $4\frac{1}{4}$ cups
1 cup = 3.75 ounces

CAKE FLOUR, UNSIFTED

1 pound = $3\frac{1}{2}$ cups
1 cup = 4.5 ounces

GRANULATED SUGAR

1 pound = $2\frac{1}{4}$ cups
1 cup = 7 ounces

CONFECTIONERS' SUGAR, SIFTED

1 pound = 4 cups
1 cup = 4 ounces

CONFECTIONERS' SUGAR, UNSIFTED

1 pound = $3\frac{1}{2}$ cups
1 cup = 4.5 ounces

CORNSTARCH, SIFTED

1 pound = 4 cups
1 cup = 4 ounces
1 ounce = 4 tablespoons = $\frac{1}{4}$ cup
1 tablespoon = 0.25 ounce

CORNSTARCH, UNSIFTED

1 pound = $3\frac{1}{2}$ cups
1 cup = 4.5 ounces
1 ounce = $3\frac{1}{2}$ tablespoons
1 tablespoon = 0.29 ounce

COCOA, UNSIFTED

1 pound = 5 cups
1 cup = 3.2 ounces
1 ounce = 5 tablespoons
1 tablespoon = 0.2 ounce

GELATIN, UNFLAVORED

1 ounce = 3 tablespoons
 $\frac{1}{4}$ ounce = $2\frac{1}{4}$ teaspoons
1 tablespoon = 0.33 ounce
1 teaspoon = 0.11 ounce

BAKING SODA

1 ounce = 1 tablespoon +
 $2\frac{1}{4}$ teaspoons
0.25 ounce = $1\frac{1}{2}$ teaspoons
1 tablespoon = 0.57 ounce
1 teaspoon = 0.19 ounce

BAKING POWDER (PHOSPHATE TYPE AND SODIUM ALUMINUM SULFATE TYPE)

1 ounce = 2 tablespoons
0.25 ounce = $1\frac{1}{2}$ teaspoons
1 tablespoon = 0.5 ounce
1 teaspoon = 0.17 ounce

CREAM OF TARTAR

1 ounce = 4 tablespoons
0.25 ounce = 1 tablespoon
1 teaspoon = 0.08 ounce

SALT

1 ounce = $4\frac{1}{4}$ teaspoons
0.25 ounce = $1\frac{1}{8}$ teaspoons
1 teaspoon = 0.22 ounce

PAPRIKA AND GROUND CHILES

1 ounce = 17 teaspoons
0.25 ounce = $4\frac{1}{4}$ teaspoons
1 teaspoon = 0.06 ounce

GROUND SPICES (EXCEPT PAPRIKA AND GROUND CHILES)

1 ounce = 14 teaspoons
0.25 ounce = $3\frac{1}{2}$ teaspoons
1 teaspoon = 0.07 ounce

GRATED LEMON ZEST

1 ounce = 4 tablespoons
1 teaspoon = 0.08 ounce

DRIED BEANS

1 cup = 6.5 ounces
1 pound = $2\frac{1}{2}$ cups
(yields 6 cups cooked)

RICE, LONG-GRAIN

1 cup = 7 ounces
1 pound = $2\frac{1}{4}$ cups
(yields 8 cups cooked)

Appendix 4

Kitchen Math Exercises: Metric Versions

This appendix includes metric sample calculations corresponding to the calculations in the text that use U.S. measures. Refer to the appropriate pages in the text for explanations.

Recipe Conversion, Pages 110–112

Beef Tenderloin Tips and Mushrooms à la Crème

PORTIONS: 8 PORTION SIZE: 250 G

Butter	60 g
Onions	125 g
Flour	15 mL
Mushrooms	250 g
Beef tenderloin	1250 g
White wine	125 mL
Prepared mustard	10 mL
Brown sauce	750 mL
Heavy cream	250 mL
Salt	to taste
Pepper	to taste

To determine quantities for 18 portions, divide the new yield by the old yield to find the conversion factor:

$$\frac{\text{new yield}}{\text{old yield}} = \frac{18}{8} = 2.25$$

Example 1

INGREDIENT	QUANTITY	TIMES	CONVERSION		NEW QUANTITY (ROUNDED OFF)
			FACTOR	EQUALS	
Butter	60 g	×	2.25	=	135 g
Onions	125 g	×	2.25	=	275 g
Flour	15 mL	×	2.25	=	35 mL
Mushrooms	250 g	×	2.25	=	575 g
Beef tenderloin	1250 g	×	2.25	=	2800 g
White wine	125 mL	×	2.25	=	275 mL
Prepared mustard	10 mL	×	2.25	=	23 mL
Brown sauce	750 mL	×	2.25	=	1700 mL
Heavy cream	250 mL	×	2.25	=	575 mL

To determine quantities for 40 portions at 175 grams each, first find the total yield of the old recipe. Multiply the portions by the portion size:

$$8 (\text{portions}) \times 250 \text{ g} = 2000 \text{ g}$$

Do the same calculation for the desired yield:

$$40 (\text{portions}) \times 175 \text{ g} = 7000 \text{ g}$$

Divide the desired yield by the old yield to find the conversion factor:

$$7000 \div 2000 = 3.5$$

Example 2

INGREDIENT	QUANTITY	TIMES	CONVERSION		NEW QUANTITY (ROUNDED OFF)
			FACTOR	EQUALS	
Butter	60 g	×	3.5	=	200 g
Onions	125 g	×	3.5	=	450 g
Flour	15 mL	×	3.5	=	50 mL
Mushrooms	250 g	×	3.5	=	875 g
Beef tenderloin	1250 g	×	3.5	=	4375 g
White wine	125 mL	×	3.5	=	450 mL
Prepared mustard	10 mL	×	3.5	=	35 mL
Brown sauce	750 mL	×	3.5	=	2625 mL
Heavy cream	250 mL	×	3.5	=	875 mL

Completed Raw Yield Test Form (Metric), Page 117

Item veal leg to scaloppine Test number 3 Date 6/5/2010
 Purveyor ABC Meats Price per kilogram \$11.00 Total cost \$148.50
 AP weight (1) 13.5 kg Kg price (2) \$11.00 Total cost (3) \$148.50

Trim, salvage, and waste:

ITEM	WEIGHT	VALUE/KG	TOTAL VALUE (KG X VALUE)
(4) fat	1.14 kg	\$0.25	\$0.29
(5) bone	1.5 kg	\$0.88	\$1.32
(6) ground veal	0.95 kg	\$9.75	\$9.26
(7) stew meat	1.4 kg	\$10.95	\$15.33
(8) unusable trim	0.4 kg	0	0
(9) cutting loss	0.09 kg	0	0
(10)			
Total weight (4–10) (11)	5.48 kg	Total value (4 thru 10) (12)	\$26.20
Total yield of item (13)	8.02 kg		
Net cost (3 – 12) (14)		\$122.30	
Cost per kg (14 ÷ 13) (15)		\$15.25	
Percentage of increase (15 ÷ 2) (16)		1.39 (139%)	

Completed Cooked Yield Test Form (Metric), Page 119

Item roast fresh ham Test number 2 Date 6/5/2010
 AP price per kg \$7.75
 Cooking temperature 165°C
 Net raw weight (1) 5.5 kg Net cost per kg (2) \$8.73
 Total net cost (3) \$48.02
 Weight as served (4) 3.75 kg
 Cooked cost per kg (3 ÷ 4) (5) \$12.81
 Shrinkage (1 – 4) (6) 1.75 kg
 Percentage of shrinkage (6 ÷ 1) (7) 32%
 Total percentage of cost increase (5 ÷ AP price per kg) (8) 165%

Metric Example: Costing a Recipe, Page 120
Item: Baked Rice

INGREDIENT	RECIPE QUANTITY	AP QUANTITY	PRICE	TOTAL
Rice, long-grain	2 kg	2 kg	\$1.59/kg	\$3.18
Butter	375 g	0.375 kg	4.25/kg	1.59
Onions	500 g	0.5 kg	0.79/kg	0.40
Chicken stock	4 L	4 L	0.30/L	1.20
Salt	30 g	0.03 kg	0.35/kg	0.01
		Total cost		\$6.38
		Number of portions		50
		Cost per portion		\$0.13

Eggs and Safety

Eggs and Egg-Based Products

Outbreaks of salmonellosis have been traced to clean, whole, uncracked-shell eggs contaminated with *Salmonella enteritidis*. Whole-shell eggs are now classified as potentially hazardous foods by the U.S. Food and Drug Administration (FDA).

The following guidelines, which treat eggs as potentially hazardous foods during storage, handling, preparation, and service, must be followed to prevent the possibility of food-borne illness:

- Store eggs at refrigerated temperatures of 45°F (7°C) or lower until time of use. Do not freeze eggs in shells.
- Cook eggs thoroughly until both the yolk and white are firm, not runny. Generally, eggs should be cooked to 145°F (63°C) or higher for at least 15 seconds.
- To hold cooked eggs for later service, cook them to 155°F (68°C) or higher for 15 seconds, then hold them at 135°F (57°C) or higher.
- Avoid pooling raw eggs for holding. Eggs may be pooled in small quantities for immediate cooking and serving.
- For lightly cooked egg items, such as custards, French toast, mousses, and meringues, use pasteurized eggs.
- Avoid raw egg menu items. Review menus, recipes, and preparation procedures using raw eggs. Pasteurized eggs may be substituted in Caesar salad, hollandaise and béarnaise sauces, eggnog, ice cream, and egg-fortified beverages.
- Pasteurized eggs require the same time and temperature handling as other potentially hazardous foods.
- Wash hands with hot, soapy water before and after handling eggs and egg products.
- Wash and sanitize utensils, equipment, and the work area after handling eggs and egg products.
- Do not reuse a container that has held a raw egg mixture. Use a clean, sanitized container for each batch.

Source: National Restaurant Association Educational Foundation, ServSafe Coursebook, 5th ed.

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Glossary and Cooking Vocabulary

Note: Phonetic guides are included for difficult French words, giving the approximate pronunciation using English sounds. Exact rendering is impossible in many cases because French has a number of sounds that don't exist in English.

A

- Abaisser (ah bess say)** To roll a dough to the desired thickness with the aid of a rolling pin.
- Abats (ah bah)** Offal; internal organs of butchered animals. Also called *variety meats*.
- Aboyeur (ah bwah yer)** Kitchen worker who accepts and transmits orders from waiters, calls for orders to be finished, inspects finished dishes, and passes them to the dining room staff.
- Accompaniment Salad** A salad served as a side dish—that is, at the same time as a main course.
- Acidifier (ah si di fee ay)** To add lemon juice or vinegar to fruits, vegetables, and fish to prevent oxidation.
- Aciduler (ah see dyoo lay)** To make a preparation slightly acidic, tart, or tangy by adding a little lemon juice or vinegar.
- Active Dry Yeast** A dry, granular form of yeast that must be rehydrated in 4 times its weight of warm water before use.
- Adductor Muscle** The muscle with which a mollusk closes its shell. In the case of American and Canadian scallops, this is usually the only part that is eaten.
- Aerobic** Requiring oxygen to live and grow; said of bacteria.
- Aging** Holding meats in coolers under controlled conditions to allow natural tenderizing to take place.
- Aiguillette (ay gwee yet)** A long, narrow slice of meat cut from the breast of poultry (especially duck) and game birds.
- À la Carte** (1) Referring to a menu on which each individual item is listed with a separate price. (2) Referring to cooking to order, as opposed to cooking ahead in large batches.
- Al Dente** Firm, not soft or mushy, to the bite. Said of vegetables and pasta.
- Allemande** (1) German style. (2) A sauce made of velouté (usually veal), a liaison, and lemon juice.
- Allergen** A substance that causes an allergic reaction.
- All-Purpose Potato** An irregularly shaped potato suitable for most purposes, though not usually for baking due to its shape; not as dry, starchy, or expensive as a russet.
- Allumette** Cut into matchstick shapes; usually refers to potatoes.
- Amaranth** A tiny, yellow-brown seed high in good-quality protein and having a somewhat spicy, nutty flavor when cooked; often used in vegetarian diets.
- Americano** Espresso diluted with hot water.
- Amino Acids** Long chains of smaller compounds that, when joined in various combinations, make up over 100,000 proteins in the human body.
- Amuse Bouche** A tiny appetizer or hors d'oeuvre offered to guests seated at their tables, either before or after they have ordered from the menu, in order to welcome guests and showcase an aspect of the chef's cooking style and talent.
- Anadromous** Referring to fish that live in salt water but spawn in fresh water.
- Anaerobic** Requiring an absence of oxygen to live and grow; said of bacteria.
- Angel Food Method** Mixing method for angel food cakes, involving folding dry ingredients into an egg-white foam.
- Anthocyanins** Red or purple pigments in vegetables and fruits.
- Anthoxanthin (an tho zan thin)** A type of white or pale yellow pigment in vegetables.
- Antipasto** Italian hors d'oeuvre.
- AP Weight** As purchased; the weight of an item before trimming.
- Appareil (ah pa ray)** A mixture of the principal elements of a final recipe (usually egg-based).
- Appetizer** A generally small-portioned first course of a multicourse meal, used to whet the appetite, often to the accompaniment of drinks.
- Appetizer Salad** Salad used to stimulate appetite with fresh, crisp ingredients; tangy, flavorful dressing; and attractive appearance.
- Arborio Rice** A variety of short-grain rice from Italy.
- Argenteuil (ar zhawn toy)** Garnished with asparagus.
- Aromate (ah row mat)** A condiment or vegetable with a characteristic smell or taste. Often used in reference to a combination of flavoring vegetables, such as carrot, onion, leek, and celery.
- Artisan(al) Cheese** A cheese produced primarily by hand, in small batches, with particular attention to the tradition of the cheese maker's art and using as little mechanization as possible.
- Aspic Jelly** A clarified stock that contains enough gelatin to solidify when cold.
- Aspic Powder** Unflavored gelatin mixed with a powdered stock base.
- As Purchased (AP)** Term for the untrimmed quantity of a food item, in the form in which it is purchased.
- AS Weight** As served; the weight of an item as sold or served, after processing and/or cooking.
- Au Gratin (oh gra tan)** Having a browned or crusted top, often made by topping with bread crumbs, cheese, and/or a rich sauce and passing under the broiler or salamander.
- Au Jus (oh zhoo)** Served with its natural juices, usually unthickened pan drippings.
- Au Sec (oh seck)** Until dry.
- Avgolemono** Greek soup made of chicken stock, egg, and lemon juice.

B

Bacteria Microscopic organisms, some of which cause disease, including food-borne disease.

Bagged Cookies Cookies made from dough that is forced through a pastry bag into various shapes.

Bain-Marie A container of hot water used for keeping foods hot.

Bake To cook foods by surrounding them with hot, dry air. Similar to *roast*, but the term *bake* usually applies to breads, pastries, vegetables, and fish.

Baked Alaska A dessert consisting of ice cream on a sponge cake base, covered with meringue and browned in the oven.

Baked Egg Egg baked in an individual serving dish. Also called *shirred egg* and *egg en cocotte*.

Baked Pudding Custard that contains additional ingredients, usually starchy ingredients in large quantities, and is baked in the oven.

Baking Blind Baking a pie or tart shell without a filling.

Baking Powder, Single- and Double-Acting A mixture of baking soda and a reacting acid used to leaven baked goods. While single-acting baking powder requires only moisture to release gas, double-acting requires heat for a complete reaction.

Ballotine (ball oh teen) A piece of meat or poultry that is boned and stuffed.

Barbecue To cook with dry heat created by the burning of hardwood or by the hot coals of this wood.

Bar Cookies Cookies for which the dough is shaped into long bars, then baked and cut. They may be baked again after cutting.

Barding Tying thin slices of fat, such as pork fatback, over meats with no natural fat cover to protect them while roasting.

Barley Type of grain, usually purchased as pearly barley.

Barquette (bar ket) A small, long oval pastry mold, or an item baked in such a mold.

Basic Grind Referring to sausages made simply by grinding meats to various stages of coarseness or fineness.

Basmati Rice A variety of long-grain rice from India.

Basquaise (bas kez) In the Basque style; usually indicates the presence of red peppers in the dish.

Basted Style of fried egg cooked covered so the top is cooked by retained steam.

Batch Cooking Cooking method that involves dividing food into batches and cooking them one at a time, as needed, in order to cook them as close as possible to serving time.

Bâtonnet (bah toh nay) Cut into sticks, $\frac{1}{4} \times \frac{1}{4} \times 2\frac{1}{2}$ –3 inches (6 mm \times 6 mm \times 6–7.5 cm).

Batter Semiliquid mixture containing flour or other starch, used for the production of such products as cakes and breads and for coating products to be deep-fried.

Batterie (bat tree) Set; complete set of kitchen utensils.

Bavarian Cream A dessert made of custard sauce, gelatin, and whipped cream.

Bavarois (ba var wha) Bavarian cream.

Bean Curd See Tofu.

Bean Paste See Miso.

Bean Thread Thin noodle made with mung bean starch.

Béarnaise (bare nez) A sauce made of butter and egg yolks and flavored with a reduction of vinegar, shallots, tarragon, and peppercorns.

Béchamel A sauce made by thickening milk with a roux.

Beignet Fritter.

Bercy (bare see) A white or brown sauce flavored with a reduction of white wine and shallots.

Beurre (burr) Butter.

Beurre Blanc (burr blahn) Butter-based sauce consisting of an emulsion of butter with a reduction of dry white wine, vinegar, and shallots.

Beurre Clarifié (burr cla ri fee ay) Clarified butter; butter that is gently melted in order to remove the impurities that float to the top and the whey that sinks to the bottom.

Beurre Composé (burr com po zay) Butter mixed with one or more flavoring ingredients.

Beurre Manié (burr mahn yay) A mixture of equal parts raw butter and flour mixed into a smooth paste.

Beurre Noir (burr nwahr) Butter heated until it is dark brown, then flavored with vinegar.

Beurre Noisette (burr nwah zett) Whole butter heated until it is light brown.

Beurrer (burr ray) (1) To lightly coat a container with butter in order to prevent sticking. (2) To add butter to a sauce or dough.

Biscuit Method Mixing method involving rubbing solid fat into dry ingredients and then mixing with combined wet ingredients. Similar to Rubbed Method, but using more liquid.

Bisque A cream soup made from shellfish.

Bivalve A mollusk with a pair of hinged shells, such as clam and oyster.

Blanc (blahn) (1) White. (2) A mixture of flour and acidulated water (usually with lemon juice), used to prevent certain foods from discoloring during cooking.

Blanch To cook an item partially and briefly in boiling water or hot fat. Usually a pre-preparation technique, as to loosen peels from vegetables, fruits, and nuts, to partially cook French fries or other foods before service, to prepare for freezing, or to remove undesirable flavors.

Blanch-and-Chill To partially cook, chill, and finish-cook foods as needed in order to reduce the amount of time required to cook completely to order.

Blancmange (1) An English pudding thickened with cornstarch. (2) A French almond-flavored pudding containing gelatin and milk.

Blanquette A white stew made of white meat or poultry simmered without preliminary browning and served with a white sauce.

Blending Method See Two-Stage Method.

Blitz Puff Pastry A pastry similar to puff pastry but quickly made by a variation of the Rubbed Dough Method and then rolled and folded to increase flakiness.

Blond Roux Roux cooked until it begins to change to a slightly darker color; used for veloutés, or sauces based on white stocks.

Blue Corn Corn with a blue or purplish color, derived from early varieties of corn grown by Native Americans.

Boar Wild pig, or the meat from this animal.

Boeuf à la Mode A classic French dish of braised beef.

Boil To cook in water or other liquid that is bubbling rapidly, about 212°F (100°C) at sea level and at normal pressure.

Bolster A raised ridge of metal at the heel end of a knife blade.

Bombe A molded ice cream or sherbet dessert.

Bordelaise A brown sauce flavored with a reduction of red wine, shallots, pepper, and herbs and garnished with marrow.

Botulism A deadly food-borne intoxication usually associated with improperly canned foods.

Bouchée (boo shay) A small round of puff pastry that can be filled with different mixtures.

Bouillir (boo year) To boil; to bring a liquid to the boiling point.

Boulangère (boo lawn zhare) Cooked with stock, onions, and potatoes; a style of meat preparation.

Bound Salad A salad mixed with a heavy dressing in order to bind the ingredients together.

Bouquet Garni A combination of fresh herbs tied together, used for flavoring.

Bouquetière (book tyair) Garnished with an assortment or bouquet of fresh vegetables, such as artichokes, carrots, turnips, green beans, peas, cauliflower, and potatoes.

Braise (1) To cook covered in a small amount of liquid, usually after preliminary browning. (2) To cook (certain vegetables) slowly in a small amount of liquid without preliminary browning.

Bran The tough but edible layer that covers the endosperm of a grain.

Bread Flour A strong flour used for making breads, hard rolls, and any product requiring high gluten.

Breakfast Cook A type of short-order cook who is skilled in quickly and efficiently cooking egg dishes and other breakfast items to order.

Breakfast Sausage Fresh pork that has been ground and seasoned; in patty, link, or bulk form.

Breve (bray vay) A mixture of espresso and steamed half-and-half.

Brine A water-based solution of salt and other ingredients, used to cure meats and other foods.

Brine Cure A curing method in which the food is immersed in a solution (brine) made of the curing ingredients dissolved in water.

Brioche Rich yeast dough containing large amounts of eggs and butter, or the product made from this dough.

Brochette (broe shet) (1) A skewer made of wood or bamboo. (2) Small pieces of food stuck on a long piece of metal or wood and grilled.

Broil To cook with radiant heat from above.

Broth A flavorful liquid obtained from the simmering of meats and/or vegetables.

Brown Rice Rice with the bran layer left on, which gives it a light brown color, a slightly coarse, crunchy texture, and a nutty flavor.

Brown Roux Roux cooked until it takes on a light brown color and a nutty aroma. When heavily browned, it contributes flavor and color to brown sauces.

Brunoise (broon wahz) (1) Cut into very small ($\frac{3}{8}$ in./3 mm) dice. (2) Garnished with vegetables cut in this manner.

Bruschetta (broo sket ta) A slice of toasted Italian bread served as an appetizer, usually rubbed with garlic and moistened with olive oil, often served with additional toppings.

Buckwheat A type of seed used as a grain, either whole or ground into flour. Technically not a grain, it is the seed of a plant with branched stems and broad, arrow-shaped leaves.

Buffet-Style Hors d'Oeuvre Service Offering hors d'oeuvres arranged attractively on one or more tables for guests to help themselves.

Bulgur A type of cracked wheat that has been partially cooked.

Butcher To kill and dress a meat animal.

Butler-Style Service Offering hors d'oeuvres to guests by service staff carrying small trays as they pass among the assembled party.

Butter Fat derived from milk, usually consisting of about 80 percent fat, with the remainder being water and milk solids.

Buttercream An icing made of butter and/or shortening blended with confectioners' sugar or sugar syrup and, sometimes, other ingredients.

Butterfat Milk fat.

Butterflied Cut partially through and spread open to increase the surface area.

Buttermilk (1) Fresh, liquid milk, usually skim milk, that has been cultured or soured by bacteria. (2) The liquid that remains after butter is removed from churned cream.

C

Cacao (ka ka oh) Cocoa.

Café au Lait French term meaning "coffee with milk." It is similar to a latte, but may be made with strong regular dark roast coffee rather than espresso.

Cake Flour A weak or low-gluten flour made from soft wheat.

Calamari Italian for "squid" (plural).

Calorie The amount of heat needed to raise the temperature of 1 kg water by 1°C. Used as a measure of food energy. More correctly called a *kilocalorie*.

Calvados (cal vah dose) An alcoholic beverage distilled from cider, made exclusively in the Normandy region of France.

Canapé (can ah pay) Tiny open-faced sandwich, served as an hors d'oeuvre.

Canard (can arr) Duck.

Caneton (can e tone) Male duckling.

Canette (can net) Female duckling.

Capon A castrated male chicken.

Cappuccino Mixture of equal parts espresso and frothy, steamed milk.

Caraméliser (care a mel ee zay) To caramelize; to coat a mold with cooked sugar; to cook sugar until dark for use in other preparations (to coat or to make a sauce).

Caramelization The browning of sugars caused by heat.

Carbohydrate Any of a group of compounds, including starches and sugars, that supply energy to the body.

Carême, Marie-Antoine Famous nineteenth-century French chef, often considered the founder of classical cuisine.

Carotenoids Yellow or orange pigments in vegetables and fruits.

Carpaccio Very thin slices of meat or fish, served raw.

Carryover Cooking The rise in temperature inside roast meat after it is removed from the oven.

Carve To cut cooked meat for serving.

Catadromous Referring to fish that live in fresh water but spawn in the ocean.

Caul A fatty membrane that covers the stomach of a pig; used for wrapping meats for cooking and for lining terrines.

Caviar (1) The salted roe or eggs of sturgeon. (2) The salted roe of another fish, such as salmon or whitefish, if that fish is designated in the name, e.g., whitefish caviar.

Cellophane Noodle Another term for bean thread noodle.

Celsius Scale The metric system of temperature measurement, with 0°C set at the freezing point of water and 100°C set at the boiling point of water.

Centi- Prefix in the metric system meaning "one-hundredth."

Cêpe (sepp) Bolete or porcini mushroom.

Cephalopod A member of the class of mollusks that includes octopus and squid.

Certified Pork Pork that is guaranteed or certified to be free of trichinosis.

Chai A sweetened blend of spiced milk and tea.

Chamber Vacuum Packer Packaging equipment specifically designed to seal food in a plastic vacuum bag by pulling air from the bag at various pressures.

Champignon (shamp in yon) Mushroom.

Chantilly (shawn tee yee) Whipped cream to which sugar and vanilla have been added.

Chapelure (shap a lure) Dried bread crumbs made from both the crust and center of dried bread. Used for breading.

Charcuterie (shar koo tree) The art of preparing fresh and cured pork products, including sausages and pâtés.

Charcutier (shar koo tyay) One who prepares and sells pork products, including sausages and pâtés.

Charlotte (shar lott) (1) A dessert, often containing Bavarian cream, made in a special mold. (2) A savory preparation made in this mold.

Chasoba Buckwheat noodles made with powdered green tea in addition to the buckwheat.

Chasseur (sha sur) "Hunter style," usually referring to items served with a brown sauce containing mushrooms, tomato, and white wine.

Château Potato Potato tournéed to about 2 inches (5 cm) long.

Chaud-Froid Sauce An opaque sauce containing gelatin, used to coat certain cold foods.

Chef Person in charge of a kitchen or of a department of a kitchen.

Chef de Cuisine French term meaning “head of the kitchen.” The cook who runs the stove department of the kitchen and to whom the meat chef and pastry chef report. Also known as the *cuisinier*.

Chemical Leavener Leavener that releases gases produced by chemical reactions.

Chèvre (1) Goat. (2) Goat cheese (short for *fromage de chèvre*).

Chiffon (1) A light, fluffy dessert or pie filling containing gelatin and beaten egg whites. (2) A type of cake made with an egg-white foam and with oil as a shortening.

Chiffonade Cut into fine shreds; usually said of leafy vegetables and herbs.

Chiffon Method A cake-mixing method involving folding an egg-white foam into a mixture of flour, egg yolks, flour, sugar, and liquids.

Chiffon Pie Pie made with filling lightened by the addition of beaten egg white.

China Cap A cone-shaped strainer.

Chinois (shee nwah) A fine conical strainer.

Chitterlings Pork intestines.

Chlorophyll Green pigment in vegetables and fruits.

Cholesterol A fatty substance found in foods derived from animal products and in the human body; it has been linked to heart disease.

Chop To cut into irregularly shaped pieces.

Choucroute (shoo kroot) Sauerkraut.

Choucroute Garni Sauerkraut cooked with sausage, pork, and, sometimes, poultry products. A specialty of Alsace, France.

Chowder A hearty American soup made from fish, shellfish, and/or vegetables, usually containing milk and potatoes.

Chukasoba Wheat noodles made with flour and water with an alkali additive to the water; typically used in ramen dishes.

Chutney Any of several types of spicy condiment or relish.

Cilantro The fresh coriander plant, used as an herb.

Clamart Garnished with or containing peas.

Clarification The mixture of ingredients used to clarify a stock.

Clarified Butter Purified butterfat, with water and milk solids removed.

Clarifier (clare re fee ay) (1) To clarify; to clear a cloudy liquid by straining, heating, and gently simmering with egg whites. (2) To separate butterfat from the milk solids and water in whole butter.

Class A, B, C, and K Fires The four classes of fire identified by the type of fuel involved. Class A: ordinary combustibles, such as wood, paper, and cloth; Class B: burning liquids, such as grease, oil, gasoline, and solvents; Class C: electrical equipment, such as switches and motors; Class K: combustible cooking appliances and products, such as vegetable or animal oils and fats.

Classical Garnish In classical cuisine, any food or combination of foods placed on a plate or platter to accompany the main item; each garnish combination is assigned a standard name.

Clearmeat A mixture of ground meat, egg whites, and flavoring ingredients, used to clarify consommés.

Clear Soup A soup based on a clear, unthickened broth or stock that may be served plain or garnished with a variety of vegetables and meats.

Club Sandwich A sandwich consisting of three slices of toast and filled with such ingredients as sliced chicken or turkey, lettuce, tomato, and bacon.

Coagulation The process by which proteins become firm, usually when heated.

Cockle A type of small bivalve mollusk from a different family than clam. It may be cooked like a clam, however, and is almost always served in the shell.

Cocktail A type of appetizer generally made of seafood or fruit and often served with a tart or tangy sauce.

Cocotte Potato Potato tournéed to about 1½ inches (4 cm) long.

Cold Smoking A smoking method in which foods are smoked at a low temperature, usually at or below 85°F (30°C), so they are not cooked in the process.

Collagen A type of connective tissue in meats that dissolves when cooked with moisture.

Collagen Casing An edible artificial sausage casing molded from animal materials.

Coller (cole lay) To thicken or set using gelatin, as in making jelly or fruit mousse.

Colloid A mixture in which one substance (the dispersed phase) is evenly mixed throughout another substance (the continuous phase).

Combi (Combination) Oven An oven that can operate in conventional, convection, and steamer modes.

Commercial Dried Pasta Pasta dough that has been shaped and dried; usually made of semolina flour and water.

Common Meringue Meringue made from egg whites at room temperature, beaten with sugar.

Complementary Proteins Proteins supplied by foods that, if eaten together, supply all the amino acids necessary in the human diet.

Complete Protein A protein that supplies all the amino acids necessary in the human diet.

Composed Salad A salad made by arranging two or more ingredients attractively on the plate rather than by mixing them.

Compound Butter A mixture of raw butter and various flavoring ingredients.

Concasser (cone cas say) To break up coarsely with a knife or mortar. To chop coarsely.

Concassé (de tomates) (cone cas say duh to maht) Peeled, seeded, and diced tomatoes.

Condensed Milk Whole milk heavily sweetened with sugar, with about 60 percent of the water removed.

Conduction The transfer of heat from one item to something touching it or to a cooler part of the first item.

Confectioners' Sugar Fine powdered sugar mixed with a small amount of starch to prevent caking.

Confit (cone fee) A food saturated with one of the following: vinegar (for vegetables); sugar (for fruits); alcohol (for fruits); fat (for poultry and meat). Literally, “preserved.”

Connective Tissue Certain proteins in meat, poultry, and fish that contribute to toughness; some are broken down by heat and some are not.

Consommé A rich, flavorful seasoned stock or broth clarified to make it perfectly clear and transparent.

Contaminated Containing harmful substances not originally present in food.

Convection The transfer of heat by the movement of a liquid or gas.

Convection Oven An oven in which hot air is circulated by a fan.

Convenience Food Any food product that has been partially or completely prepared or processed by the manufacturer.

Conversion Factor The number used to increase or decrease the amount of each ingredient when converting a recipe to a different yield.

Cooked Juice Method Method for making fruit pie fillings, used when only the juice requires cooking.

Cooked Fruit Method Method for making pie fillings, used when the fruit requires cooking, or when there is not enough liquid for the cooked juice method.

Cooking The art or practice of preparing edible food by applying heat and/or combining select measured ingredients in an ordered process.

Coq au Vin (coke oh van) A French dish of chicken braised in wine.

Coquille (coe kee) Shell.

Coral The roe or eggs of certain shellfish.

Corn A grain with a set of husks covering the entire seed head, or ear. Unlike other grains, it may be eaten as a fresh vegetable.

Corne (corn) Plastic tool used for scraping the contents out of containers.

Corrective Action A procedure that must be followed whenever a critical limit is not met. Corrective actions should be identified in written procedures that clearly communicate to the worker what must be done in a particular situation.

Coucher (koo shay) (1) To lay; to place a rolled piece of dough on a baking sheet. (2) To spread; to spread a layer of cream or other garnish. (3) To pipe; to cover with a layer using a piping bag.

Coulis (koo lee) A vegetable or fruit purée, used as a sauce.

Coupe (koop) (1) Cup. (2) A dessert consisting of one or two scoops of ice cream or sherbet in a dish or glass, topped with syrups, fruits, toppings, and/or garnishes; a sundae.

Couper (koo pay) To cut.

Course A food or group of foods served at one time or intended to be eaten at the same time.

Court Bouillon (koo bwee yohn) Water containing seasonings, herbs, and, usually, an acid; used for cooking fish.

Couscous A type of granular pasta from North Africa that resembles a grain.

Cracked Wheat Whole wheat grain that has been cut into pieces.

Crayfish A freshwater crustacean resembling a small lobster; also called *crawfish*.

Creaming The process of beating fat and sugar together to incorporate air.

Creaming Method Cake-mixing method involving mixing flour and eggs into creamed sugar and fat; also used for some muffins and coffee cakes.

Cream Pie Pie made with pudding or boiled custard-type filling.

Cream Pudding Milk-based pudding thickened with starch and eggs; essentially pastry cream with various flavorings.

Cream Soup A soup thickened with roux or another thickening agent and containing milk and/or cream.

Crêcy (kray see) Garnished with or containing carrots. Also, the name of an area known for its carrot production.

Crème Anglaise (krem awng lezz) A light vanilla-flavored custard sauce made of milk, sugar, and egg yolks.

Crème Fouettée (krem foo eh tay) Whipped cream; cream that has been whisked in order to incorporate air.

Crème Fraîche A thick, slightly aged heavy cream.

Crème Pâtissière (krem pa tis see air) Pastry cream; sweetened milk thickened with starch and eggs, used for pastry making.

Crémer (kray may) (1) To cream together sugar and butter. (2) To add cream.

Crêpe (krep) Very thin pancake.

Crêpinette A sausage patty wrapped in caul.

Critical Control Point (CCP) An action that can be taken to eliminate or minimize a food safety hazard.

Croissant A crescent-shaped roll made from a rich, rolled-in yeast dough.

Croquette (crow kett) Food that has been puréed or bound with a thick sauce, made into small shapes, breaded, and fried.

Cross-Contamination The transfer of bacteria to food from another food or from equipment or work surfaces.

Croustade (krew stahd) (1) A crisp crust that is fried. (2) An empty pastry case.

Croûte (kroot) Crust; the brown outer covering of bread. A meat or fish en croûte is one that is wrapped in a crust.

Croûton (kroo tohn) A slice or piece of toasted bread.

Crudité (croo dee tay) A raw vegetable served as a relish.

Crumb Crust Pie crust made of cookie crumbs, butter, and sugar.

Crustacean A sea animal with a segmented shell and jointed legs, such as lobster and shrimp.

Cryovac Brand name of a machine used to vacuum-pack meats and other foods in plastic. The air- and moisture-proof packaging protects the contents from bacteria and mold and prevents weight loss due to drying.

Crystallize To form sugar crystals. May occur when sugar is cooked.

Cuisson (kwees sohn) (1) The liquid used for cooking a food. (2) The cooking; the action and manner of cooking a food.

Curdle The separation of protein solids, such as egg solids from liquids due to coagulation.

Custard A liquid that is thickened or set firm by the coagulation of egg protein.

Custard, baked A combination of beaten eggs and liquid, usually milk or cream, baked until it sets to a solid, due to the coagulation of egg protein.

Cutting Loss Loss of weight of meat due to drying or to particles of meat and fat sticking to the cutting board.

Cuttlefish A cephalopod similar to squid, but with a chalky interior bone and a squatter body shape.

Cycle Menu A menu that changes every day for a certain period, then repeats the same daily items in the same order.

D

Dal The generic term in India for dried legume.

Danish A rich, sweet, flaky yeast dough containing layers of rolled-in fat.

Dariele (dahr ree ole) A small, thimble-shaped mold.

Dark Meat Poultry meat with darker color and more fat and connective tissue, found in drumsticks and thighs.

Darne (darn) Thick slice, containing the central bone, cut from round fish.

Dashi (dah shee) Japanese soup stock.

Daube (dobe) Stew of meat braised in red wine.

Decaffeinated Coffee Coffee from which the caffeine has been removed by solvents.

Deci- Prefix in the metric system meaning “one-tenth.”

Découper (day koo pay) To cut; to cut using scissors, a knife, or pastry cutter.

Deep-Fried Sandwich A sandwich dipped in beaten egg mixture and, sometimes, in bread crumbs, and then deep-fried.

Deep-Fry To cook submerged in hot fat.

Déglacer (day gla say) To deglaze.

Deglaze To swirl a liquid in a sauté pan or other pan to dissolve cooked particles or food remaining on the bottom.

Dégraissier (day gray say) To degrease; to remove excess fat from the surface of a food or sauce.

Degree Celsius Metric unit for measuring temperature; also called *degree centigrade*.

Demi-Glace A rich brown sauce that has been reduced by half.

Demitasse Literally, “half-cup.” Strong, black coffee served in small cups after dinner.

Denature To change the structure of protein molecules by means of heat or chemicals.

Dessert Salad A salad containing sweet ingredients such as fruits, sweetened gelatin, nuts, and cream. It is best served as a dessert or as part of a buffet or party menu.

Dessert Syrup A flavored simple syrup, used to moisten and flavor some cakes.

Détrempe (day trompe) Dough made of flour and water; used for puff pastry.

Dice To cut into small cubes.

Dip Accompaniment to potato chips, crackers, and raw vegetables that is thick enough to stick to items used as dippers.

Doneness The degree of a meat's protein coagulation, as determined by internal temperature, or the degree to which its connective tissues have broken down, as determined by tenderness.

Doria Garnished with cucumbers cooked in butter.

Double-Crème Cheese A rich cheese containing at least 60 percent fat.

Dough Arm Agitator attachment for electric mixers, used for mixing and kneading yeast doughs.

Doughs, Young and Old Dough is considered young when underfermented and old when overfermented.

Drawn With entrails removed.

Dressed (1) Poultry market form: killed, bled, and plucked. (2) Fish market form: viscera, scales, head, tail, and fins removed.

Dresser (dres say) To arrange prepared food on a plate or platter before serving.

Dried Whole Milk Whole milk that has been dried to a powder.

Drop Batter A batter that is too thick to pour but that drops from a spoon in lumps.

Dropped Cookies Cookies made from soft dough or batter dropped on baking sheets with a spoon, scoop, or other measuring implement.

Dry Aging The process of storing meats, typically large cuts, under carefully controlled conditions of temperature, humidity, and air circulation in order to develop flavor and tenderness.

Dry Cure A curing method in which the curing ingredients are packed or rubbed over the food.

Dry-Heat Methods Cooking methods in which heat is conducted to foods without the use of moisture.

Dubarry Garnished with or containing cauliflower.

Duchesse Potatoes (doo shess) Potato purée mixed with butter and egg yolks.

Duck A bird with a thick layer of fat under the skin and low yield, compared with chicken or turkey. It is usually roasted whole, though its parts are sometimes cooked separately.

Dugléré (dew glay ray) A classic preparation for fish incorporating white wine and tomato; named for a nineteenth-century chef.

Dumpling Any of a variety of small starch products made from soft dough or batter and cooked by simmering or steaming.

Duxelles (duke sell) A coarse paste or hash made of finely chopped mushrooms sautéed with minced shallots; used as a garnish or filling.

E

E. coli A bacterium (*Escherichia coli*) that causes severe illness, either as an intoxication or an infection, typically due to consumption of raw or undercooked red meats, unpasteurized dairy products, or fish from contaminated water.

Edible Portion (EP) The quantity of a raw, uncooked food item after it is trimmed.

Egg Pasta Pasta containing at least 5 percent egg solids in addition to flour and water; usually in the form of flat noodles of various widths.

Elastin A type of connective tissue in meats that does not dissolve when cooked.

émincer (eh man say) To cut into very thin slices.

Empty Calorie A food that supplies few nutrients per calorie.

Emulsified Grind Referring to sausages made by processing meat and fat to a purée, usually with the addition of water or another liquid.

Emulsified Shortening An easy-spread shortening used when the weight of sugar in a cake batter is greater than the weight of flour.

Emulsion A uniform mixture of two unmixable substances—in the kitchen, usually liquids.

En Croûte (on kroot) Wrapped in pastry.

Endosperm The starchy mass that forms most of a grain kernel.

Enriched Rice Rice that has received a coating of vitamins to compensate for some of the nutrients lost during milling.

Enrober (on robe bay) To coat; to completely cover with various ingredients, such as chocolate or dough.

Entremet (on tre may) Literally, “between courses”; originally a course served between the roast and the dessert. Today the term is used for various desserts, usually containing cream.

Entremetier (awn truh met yay) The cook who prepares vegetables, starches, soups, and eggs.

Epazote (ep ah so tay) A pungent herb used in Mexican cooking.

EP Weight Edible portion; the weight of an item after all trimming and preparation is done.

Escaloper (eh scal oh pay) To cut scallops; to cut meat or fish on a bias.

Escoffier, Georges-Auguste Great chef of the early twentieth century and the father of modern cookery.

Essence (ess sahnz) Essence; concentrated extract, used as a flavoring (e.g., coffee essence).

Essential Amino Acid Any of nine of the 20 amino acids, excluding those that can be made in the body, that must be included in the diet in order for the body to produce all the proteins it needs.

Essential Fatty Acid A fatty acid that must be consumed in the diet because it can't be made by the body.

Espagnole A sauce made of brown stock and flavoring ingredients and thickened with a brown roux.

Espresso, Espresso Strong, dark coffee made from beans roasted until almost black, ground very fine, and brewed under steam pressure.

Éclair Paste Dough used to make éclairs and cream puffs.

Étuver (eh too vay) To stew or cook slowly; to gently cook a food covered with fat and a little water without changing the color of the ingredients.

Evaporated Milk Sterilized and canned whole or skim milk with about 60 percent of the water removed.

Evaporation The process by which water turns from a liquid to a gas at any temperature.

Executive Chef The manager of a large kitchen or food production department.

Extended Meal Service Service of a meal at which customers eat at different times.

Expediter Kitchen worker who accepts and transmits orders from waiters, calls for orders to be finished, inspects finished dishes, and passes them to the dining room staff.

Extract Flavorful oil or other substance dissolved in alcohol; used for flavoring.

F

Fabricate To cut raw meat into pieces.

Fabricated Cuts Raw meat that is cut up into pieces and trimmed.

Facultative Able to live and grow with or without the presence of oxygen; said of bacteria.

Farce Forcemeat stuffing; a mixture of ground ingredients (meat, herbs, vegetables) used to fill poultry, fish, vegetables, etc.

Farci (far see) Stuffed.

Farmstead Cheese Cheese made entirely with milk from a farmer's own herd or flock on the farm where the animals are raised.

Farro A grain that is the ancestor of modern wheat.

Fat Fish Fish with high fat content.

Fermentation The process by which yeast acts on carbohydrates to change them into carbon dioxide gas and alcohol.

Fermière (fair myair) (1) Garnished with carrots, turnips, onions, and celery cut into uniform slices. (2) Farm-made or farm-raised.

Fettuccine Flat egg noodles.

Fiber A group of indigestible carbohydrates found in grains, fruits, and vegetables.

Filet Boneless tenderloin.

Fillet Boneless side of fish; to remove the fillet from the fish bone.

Fines Herbes (feen zairb) Mixture of edible aromatic plants used as seasoning (parsley, tarragon, chives).

Fin Fish Fish with fins and internal skeletons.

Fish Carpaccio Very thin slices of firm, meaty fish served with garnishes and typically with a piquant sauce.

Fish Tartare A mixture of chopped raw fish, condiments, and seasonings.

Flaking An indication of doneness of cooked fish, when the flesh breaks apart into its natural separations.

Flaky Pie Dough Dough made by cutting or rubbing but not entirely blending fat into flour, leaving pieces of fat that contribute to a flaky texture.

Flamber (flahm bay) To light alcohol in a preparation (e.g., crêpes Suzette); to flame.

Flan (flahn) (1) Open pastry case or shell. (2) A custard tart.

Flatfish A flat type of fish, such as flounder and sole, with both eyes on one side of the head.

Flat Icing A mixture of 10X sugar, water, and, sometimes, corn syrup and flavoring. Also called *water icing*.

Flavonoids White pigments in vegetables and fruits.

Flavored Milk Milk containing flavoring ingredients.

Flavoring Adding a new flavor to a food, therefore changing or modifying the original flavor.

Flavor Profile The combination of flavors and aromas that make up the total taste impression of a dish.

Flaxseed A type of seed containing beneficial fiber and omega-3 fatty acids, used mostly in small quantities in breads and commercial breakfast cereal preparations.

Fleuron (flur rohn) Puff pastry piece cut into a crescent shape; served as decoration with fish dishes.

Florentine Garnished with or containing spinach.

Flow of Food The path that food travels in a food-service operation from receiving to serving.

Foam Icing Meringue made with boiling syrup that may contain stabilizing ingredients like gelatin. Also called *boiled icing*.

Foaming The process of beating eggs, with or without sugar, to incorporate air.

Foaming Method A cake-mixing method that incorporates whipped eggs into a batter.

Foie Gras (fwah grah) Liver of specially fattened geese and ducks.

Fond (fohn) Stock.

Fondant A smooth, creamy white icing or candy consisting of very finely crystallized sugar syrup.

Fond Lié A sauce made by thickening brown stock with cornstarch or a similar starch.

Fondu (fone dew) Melted.

Fondue, Swiss A dish consisting of melted Gruyère and Emmentaler cheeses and white wine into which cubes of bread are dipped and eaten. From the French word meaning “melted.”

Food Cost Percentage The raw food cost, or portion cost, divided by the menu price.

Food Danger Zone The temperature range of 41° to 135°F (5° to 57°C) in which bacteria grow rapidly.

Force meat A seasoned mixture of ground meats and other foods, used as a filling or stuffing or as a base for terrines and pâtés.

Forestière Garnished with mushrooms.

Four-Hour Rule The sanitary practice of permitting foods to remain in the food danger zone for a cumulative total of no more than four hours between receiving and serving.

Four Parts of a Salad The base or underliner, body, garnish, and dressing.

Free-Range Referring to animals, usually poultry, that are allowed to move relatively freely outdoors as they are raised for market.

French Dressing Salad dressing made of oil, vinegar, and seasonings.

French-Style Ice Cream Ice cream containing egg yolks.

Fresh Not frozen, canned, or dried.

Fresh Yeast Form of yeast that is moist and perishable; also called *compressed yeast*.

Fricassée A white stew in which the meat is cooked in fat without browning before liquid is added.

Frيره (freer) To deep-fry.

Frisée A variety of curly endive or chicory that is more tender and lighter in color than curly endive.

Frittata A flat, unfolded omelet.

Friture (free tur) (1) Deep fryer. (2) Deep-fried foods.

Frozen Yogurt Ice cream that contains yogurt in addition to the usual ingredients.

Fruit Pie Pie that contains fruit filling; usually has a top crust.

Fruit Salad A salad containing fruits as its main ingredients.

Fry To cook in hot fat.

Fudge Icing Rich cooked icing that is heavy and thick; it may be flavored with a variety of ingredients, and it is often somewhat like candy.

Full Slip Describes melons picked ripe, with no portion of the stems attached.

Fumet (foo may) A flavorful stock, usually fish stock.

Fusion Cuisine The use of ingredients and techniques from more than one regional or international cuisine in a single dish.

G

Galantine (ga lawn teen) A forcemeat wrapped in the skin of the animal from which it is made, such as a chicken or duck, or rolled into a cylinder without the skin.

Game Meat from animals and birds normally found in the wild; many game animals are now farm-raised.

Garde Manger (gard mawn zhay) (1) The cook in charge of cold food production, including salads and buffet items. (2) The department of a kitchen in which these foods are prepared.

Garni Garnished; having had garnish added to it.

Garnish (1) Decorative edible item used to ornament or enhance the eye appeal of another food item. (2) To add such a decorative item to food.

Garniture (1) Garnish. (2) The act or process of garnishing.

Gastrique A mixture of caramelized sugar and vinegar, used to flavor sauces.

Gaufrette (go frett) Waffle.

Gazpacho A cold Spanish soup made of puréed raw vegetables.

Gelatinization The process by which starch granules absorb water and swell in size.

Gelatin Salad A salad made from flavored or unflavored gelatin, fruits, and, sometimes, vegetables.

Gelée Aspic jelly.

Genoise (zhen wahz) A French sponge cake.

Germ The portion of a whole grain consisting of a tiny embryo that forms the new plant once the seed sprouts.

Glaçage (glah sahj) Glaze; mixture of ingredients with a syrupy consistency, sweet or savory, used to coat pastries, candies, and certain savory foods.

Glace (glahss) (1) Ice cream. (2) Glaze; stock reduced until thick and syrupy.

Glacé (glah say) (1) Glazed (usually refers to vegetables). (2) Frozen. (3) Served with ice cream (e.g., meringue glacée).

Glace de Poisson Fish glaze; a reduction of fish stock.

Glace de Viande (glahss duh vee awnd) Meat glaze; a reduction of brown stock.

Glace de Volaille Chicken glaze; a reduction of chicken stock.

Glacer (glah say) To glaze; to cover or coat pastries with a glaze.

Glaze (1) A stock reduced until it coats the back of a spoon. (2) A shiny coating, such as a syrup, applied to a food. (3) To make a food shiny or glossy by coating it with a glaze or by browning it under a broiler or in a hot oven.

Gluten A substance made of proteins present in wheat flour that gives structure and strength to baked goods.

Glutinous or Sticky Rice A type of short-grain rice that becomes sticky and chewy when cooked.

Goujonnettes (goo zhone nett) Strips of fish, breaded and deep-fried.

Goulash A Hungarian stew flavored with paprika.

Grading Designation of the quality of a meat based on its texture, firmness, color, marbling, and the age or maturity of the animal.

Gram The basic unit of weight in the metric system; equal to about one-thirtieth of an ounce.

Grandmère (grahn mare) A classic garniture made from bacon, sautéed button mushrooms, and glazed pearl onions.

Granité (grah nee tay) A coarse, crystalline frozen dessert made of water, sugar, and fruit juice or other flavoring.

Gras-Double (grah doo bl') A type of beef tripe that is smooth rather than honeycombed.

Gratiner (gra tee nay) (1) To brown under the grill or salamander. (2) To glaze.

à la Grecque (ah la grek) Refers to a preparation of vegetables cooked in white wine.

Green Meat Meat that has not had enough time after slaughter to develop tenderness and flavor.

Green Wheat Wheat that is harvested while immature, then dried.

Griddle (1) To cook on a flat, solid cooking surface. (2) The surface itself.

Grill To cook on an open grid over a heat source.

Grillardin (gree ar dan) Broiler cook.

Grilled Sandwich A simple sandwich that is buttered on the outside and browned on the griddle, in a hot oven, or in a panini grill.

Griller (gree yay) To grill; to cook on a grill.

Grosse Pièce (gross pyess) Centerpiece of a buffet platter.

Guinea A domestically raised relative of the pheasant.

H

HACCP Hazard Analysis Critical Control Point; a food safety system of self-inspection designed to highlight hazardous foods and to control food handling with the goal of avoiding hazards.

Hacher (ah shay) To chop; to reduce to small pieces with a knife.

Half-and-Half Fresh cream that contains 10 to 18 percent fat, which is too low a proportion for the liquid to be called *cream*.

Hard Meringue Meringue made with up to twice as much sugar as egg whites.

Hare A game animal similar to rabbit, with dark red, lean meat.

Haricot (ahr ree co) Bean.

Haricot Bean A variety of green bean that is allowed to ripen until the seed is mature and dry.

Haricot Blanc (ahr ree co blahn) White bean.

Haricot Vert (ahr ree co vare) Green bean.

Hash (1) To chop. (2) A dish made of chopped foods.

Hazard A potentially dangerous food condition due to contamination, growth of pathogens, survival of pathogens, or presence of toxins.

HDL High-density lipoprotein, a compound that helps remove cholesterol from the bloodstream and eliminate it from the body, preventing heart disease.

Herbal Tea Beverage that is brewed like tea but made with herbs, spices, dried fruits, and other plant ingredients in place of or in addition to tea leaves.

Herb The leaves of certain plants, used in flavoring. These plants usually grow in temperate climates.

Hidden (Food) Cost The cost of supplementary ingredients, such as garnishes and condiments.

High-Fat Cakes Cakes with a relatively high fat content, best made by means of the creaming method or the two-stage method.

Holding Temperatures Temperatures at which certain products are kept for service or for storage.

Hollandaise A sauce made of butter, egg yolks, and flavorings (especially lemon juice).

Homard (oh mahr) Lobster.

Homemade Made on the premises.

Hominy Corn that has been treated with lye.

Homogenized Milk Milk that has been processed so the cream doesn't separate out.

Hongroise (ong grwahz) Hungarian style.

Hors d'oeuvre A small food item usually served before or separately from a meal; appetizer. French for "outside the work."

Hot Smoking A smoking method in which foods are smoked at a temperature high enough to cook or partially cook them.

Huile (weel) Oil.

Huile d'Olive (weel doe leave) Olive oil.

Huile d'Arachide (weel da rah sheed) Peanut oil.

Huile de Noix (weel de nwah) Walnut oil.

Hydrocolloid A colloid in which the continuous phase is water.

Hygroscopic Readily absorbing moisture.

I

Ice Frozen dessert made from fruit juices, water, sugar, and, sometimes, egg whites.

Icebox Cookies Cookies for which rolls of dough are made in advance, refrigerated, and then sliced and baked as needed.

Ice Cream Smooth, frozen mixture of milk, cream, sugar, flavorings, and, sometimes, eggs.

Iced Coffee Cold coffee made from double-strength brewed coffee to compensate for dilution by melting ice.

Ice Milk Frozen dessert similar to ice cream, but with a lower butterfat content.

Immersion Circulator A device for maintaining circulating water in a water bath at a precisely steady temperature.

Imported Coming from outside a country.

Incomplete Proteins Proteins that are missing or do not contain a high enough concentration of one or more of the essential amino acids.

Induction Cooktop A type of cooktop that works by using magnetic energy to make pots hot without getting hot itself.

Infection Disease, including much food-borne disease, caused by bacteria in the body.

Infrared A type of radiation used to cook food, such as when broiling.

Insoluble Fiber Fiber that absorbs less water than soluble fiber and forms bulk in the intestines. It is found in cell walls and other structural parts of plants.

Inspection Government-mandated examination of meat and other foods, intended to guarantee their wholesomeness and fitness for human consumption.

Instant Coffee A powdered, soluble extract from coffee beans made by brewing regular coffee and drying it.

Instant Dry Yeast A dry, granular form of yeast that does not have to be dissolved in water before use, as it absorbs water more quickly than regular dry yeast.

Instant Rice Rice that has been precooked and dried so it can be prepared quickly.

Instant Starch Starch that has already been cooked and dried. Also called *pregelatinized starch*.

Institution Meat Purchase Specifications (IMPS) A set of specifications followed by food-service suppliers that lists all meat and poultry cuts by number and describes them in detail for purchasers.

Integral Sauce A sauce based on the juices released during the cooking of a meat, poultry, fish, or vegetable.

Intoxication Disease caused by poisons that bacteria produce while they are growing in food.

Irradiation A process of exposing foods to radiation in order to kill bacteria, parasites, and other potentially harmful organisms.

Italian Meringue Meringue made by beating a hot sugar syrup into egg whites. It is the most stable meringue because the egg whites are cooked by the heat of the syrup.

J

Jambon (zhom bohn) Ham.

Jambonnette (zhom bo nett) Stuffed poultry leg made to resemble a small ham.

Jardinière (zhar din yair) Garnished with fresh garden vegetables, such as carrots, turnips, green beans, peas, and cauliflower.

Jasmine Rice A type of aromatic rice from Southeast Asia.

Jerk A traditional Jamaican cooking style in which meats are marinated in a special spice mixture containing allspice and Scotch bonnet peppers before grilling.

Joue (zhoo) Cheek (beef, pork, or veal).

Judic Garnished with braised lettuce.

Julienne (zhoo lee yen) (1) Cut into small, thin strips, about $\frac{1}{8} \times \frac{1}{8} \times 2\frac{1}{2}$ inches (3 mm \times 3 mm \times 6.5 cm). (2) Garnished with foods cut in this manner.

Jus (zhoo) (1) Juice. (2) Unthickened juices from a roast. (3) Liquid made from pressing a fruit or vegetable.

Jus Lié Thickened juices from a roast.

K

Kamut An ancient relative of wheat, similar to spelt in composition and flavor.

Kasha Whole buckwheat groats.

Katsuobushi (kaht soo oh boo shee) Japanese shaved, dried bonito. Used to make stock.

Ketone Body A toxic compound that can form in the blood if fats are burned with no carbohydrates present.

Ketosis A condition in which the blood becomes unable to carry oxygen, sometimes the result of consuming insufficient carbohydrates.

Kilo- Prefix in the metric system meaning “one thousand.”

Kombu A type of seaweed used to make Japanese soup stock.

L

Lacto-Ovo-Vegetarian Referring to a vegetarian diet that includes dairy products and eggs.

Lacto-Vegetarian Referring to a vegetarian diet that includes milk and other dairy products.

Lag Phase The time needed for bacteria to adjust to a new environment before they start to multiply.

Lait (lay) Milk.

Langoustine (lawn goo steen)/Langostino (1) Prawn; a type of crustacean. (2) A smaller relative of the rock lobster, marketed as *rock shrimp*.

Lard (1) The rendered fat of hogs. (2) To insert strips of pork fat into lean meats, using a larding needle, to prevent the meat from drying out during cooking.

Larder (lahr day) To lard.

Lardon (lahr doan) A small piece or strip of slab bacon.

Lasagna Broad, flat egg noodle.

Lasagne A baked, layered casserole made with lasagna noodles. (“Lasagne” is the plural of “lasagna.”)

Latte Short for *caffè latte*. A mixture of 1 part espresso and 2 or more parts steamed milk.

LDL Low-density lipoprotein, the most important carrier of cholesterol. If too much is present in the bloodstream, it may deposit excess cholesterol inside the arteries and block blood flow.

Leading Sauce A basic sauce used in the production of other sauces. The five leading hot sauces are béchamel, velouté, espagnole, tomato, and hollandaise. Mayonnaise and vinaigrette are often considered leading cold sauces.

Lean Dough Dough that is low in fat and sugar.

Lean Fish Fish with low fat content.

Leavening The production or incorporation of gases in a baked product to increase volume and to produce shape and texture.

Legume (leh gyoom) (1) A plant that bears seed pods that split along two opposite sides when ripe. (2) French word meaning “vegetable.”

Lemongrass A tropical grass with the aroma of lemon, used for flavoring.

Lentil A small, lens-shaped legume.

Lentille (lawn teey) Lentil.

Levain (le vanh) Starter dough; a dough made from live yeast and flour, used to make breads.

Levure (le vure) Yeast.

Liaison A binding agent, usually made of cream and egg yolks, used to thicken sauces and soups.

Lier (lee ay) To thicken; to change the consistency of a liquid by adding a roux, starch, egg, flour, or *beurre manié*.

Light Cream Fresh cream that contains 18 to 30 percent fat. Also called *table cream* or *coffee cream*.

Light Meat Poultry meat with lighter color and less fat and connective tissue than dark meat; breast meat.

Limiting Amino Acid An amino acid that is in short supply, therefore limiting the usefulness of other amino acids in forming complete proteins.

Line Cook A cook responsible for preparing or finishing hot à la carte items during service in a restaurant.

Lipid Any of a group of compounds that includes fats and cholesterol.

Lipoprotein Combinations of protein and fat that carry cholesterol and fat through the bloodstream. There are two important types: low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

Liter The basic unit of volume in the metric system; equal to slightly more than 1 quart.

London Broil Flank steak or other cut of beef broiled rare and cut in thin slices.

Long-Grain Rice Rice with long, slender grains that stay separate and fluffy when properly cooked.

Lotte (lot) Monkfish.

Low-Fat Cakes Cakes with low fat but high egg and sugar content, best mixed using the egg-foam method.

Low-Fat Milk Milk with a fat content of 0.5 to 2 percent.

Lozenge Diamond-shape cut.

Lyonnaise (lee oh nez) Containing or garnished with onions.

M

Macaroni Dried noodle product made of flour (usually semolina) and water.

Macchiato (mah kee ah toe) Espresso topped with frothed milk.

Mâche A small, tender leafy green with a delicate taste.

Macédoine (mass e dwan) A mixture of vegetables or fruit, cut into small cubes.

Macérer (mass e ray) To macerate; to soak an element in alcohol in order to flavor it (usually done for pastry).

Magret (mah gray)

The boneless breast of the moulard duck.

Maillard Reaction A complex chemical reaction that occurs when heated proteins react with carbohydrate molecules, resulting in browning and flavor changes.

Main-Course Salad A large salad, served as a full meal, containing a substantial portion of protein.

Maître d'Hôtel Butter (may truh doh tell) Compound butter containing parsley and lemon juice.

Major Mineral Mineral that must be consumed in relatively large amounts—greater than 100 milligrams daily—such as calcium chloride, magnesium, phosphorus, sulfur, sodium, and potassium.

Mandoline (man do leen) A slicer with several blades that allow for various cuts and thicknesses of fruits and vegetables.

Marbling The fat deposited within muscle tissue.

Margarine A manufactured product made of vegetable or animal fats and intended to resemble butter in taste, texture, and appearance.

Marinate To soak a food in a seasoned liquid.

Marsala A flavorful sweet to semidry wine from Sicily.

Matignon (mah teen yohn) A type of mirepoix containing ham in addition to the vegetables and moistened with Madeira. A matignon is usually cooked in butter before being used.

Maturity The age of an animal, a major consideration when selecting among classes of poultry.

Mayonnaise A semisolid cold sauce or dressing consisting of oil and vinegar emulsified with egg yolks.

Mayonnaise Chaud-Froid A mixture of aspic jelly and mayonnaise, used like regular chaud-froid.

Mealy Pie Dough Dough for which the fat is blended into the flour until the mixture looks like coarse cornmeal.

Médailion (may die yohn) Medallion; round slice of meat, fowl, fish, or crustacean, served hot or cold.

Medium-Grain Rice Rice with small, short kernels that become sticky when cooked.

Meringue A foam made of beaten egg whites and sugar.

Meringue Glacée Baked meringue shells served with ice cream.

Mesclun A mixture of tender baby lettuces.

Meter The basic unit of length in the metric system; slightly longer than 1 yard.

Metric System An international system of measurement used in most countries outside of the United States.

Meunière Referring to fish prepared by dredging in flour and sautéing, served with brown butter, lemon juice, and parsley.

Microorganism A tiny, usually single-celled organism visible only through a microscope. Some types can contaminate food and cause disease.

Microwave Radiation generated in special ovens and used to cook or heat foods.

Mie de Pain (mee de pan) Fresh bread crumbs.

Milk Fat Fat content of milk. Also known as *butterfat*.

Millet A small, round, yellow grain high in protein that is an important food source in much of Africa and Asia.

Milli- Prefix in the metric system meaning “one-thousandth.”

Mince To chop into very fine pieces.

Minestrone Italian vegetable soup.

Minimum Internal Cooking Temperature The lowest temperature to which a food item must be heated and at which it must be held for a given time in order to be considered safe.

Minimum-Use Ingredient Ingredient used in very small quantities in the preparation of an operation's menu.

Mirepoix (meer pwah) A mixture of rough-cut or diced vegetables, herbs, and spices, used for flavoring.

Mise en Place (meez on plahss) French term meaning “put in place” or “everything in place.” The setup for food production. All the preparation and organization that must be achieved before actual production can begin.

Miso A paste made of fermented soybeans, sometimes with the addition of other grains. Also called *bean paste*.

Mocha (moh kah) (1) A variety of Arabian coffee. (2) A mixture of espresso and hot chocolate or cocoa. (3) A flavoring made of coffee and chocolate.

Modified Straight Dough Method Mixing method used for rich sweet doughs to ensure even distribution of fat and sugar in the dough.

Moist-Heat Methods Cooking methods in which heat is conducted to foods by water or other liquid or by steam.

Molded Cookies Cookies for which the dough is divided into equal portions and then molded into the desired shape.

Molecular Gastronomy The study of the chemical and physical processes that occur in cooking and the application of this science to food preparation. In general, a range of techniques used by avant-garde chefs.

Mollusks Soft-bodied sea animals, usually inside a pair of hinged shells, such as clam and oyster.

Monounsaturated Fat A type of fat, liquid at room temperature, typically found in olive oil and canola oil.

Monter (mohn tay) (1) To whisk (egg whites, cream) in order to incorporate air and increase volume. (2) To add butter to a sauce in small pieces.

Monter au Beurre (mohn tay oh burr) To finish a sauce or soup by swirling in raw butter until it is melted.

Morille (moh reey) Morel mushroom.

Mornay A sauce made of béchamel and Gruyère cheese.

Moulard A breed of duck with a thick, meaty breast, raised for its large, fatty liver.

Mousse A soft, creamy food, either sweet or savory, made light by the addition of whipped cream, beaten egg whites, or both.

Mousseline forcemeat A forcemeat made of puréed fish, poultry, or meat, heavy cream, and, usually, egg whites.

Mozzarella A mild unripened cheese, used in pizzas and many other Italian-style dishes.

Muffin Method Mixing method in which combined liquid ingredients are mixed with combined dry ingredients; used for many muffins, other quick breads, and pancakes.

Multidecker Sandwich Sandwich made with more than two slices of bread.

N

à la Nage Literally, “swimming.” A style of cooking and serving poached seafood and other items in their poaching liquids.

Nappé Having the proper texture in a sauce to lightly coat foods.

Napper (nap pay) To coat; to cover a food, savory, or sweet with a light layer of sauce, aspic, or jelly.

Natural Casing A sausage casing made from the intestines of meat animals.

Navarin A brown lamb stew.

New England Boiled Dinner A dish consisting of simmered corned beef and simmered vegetables, served together.

New Potato Immature potato with tender, thin skin, harvested while the plant top is still green.

Niçoise (nee swahz) (1) Prepared in the style of Nice, France. (2) Garnished with or containing tomato concassé cooked with garlic.

Nitrosamine A cancer-causing compound formed when meats containing sodium nitrate are subjected to high heat.

Noisette (nwah set) (1) Hazelnut. (2) Small, nut-size cuts made with a ball cutter. See also *Beurre Noisette*.

Nonfat Dry Milk Skim milk that has been dried to a powder.

Nouvelle Cuisine A modern style of cooking that emphasizes lightness of sauces and seasonings, shortened cooking times, and new and sometimes startling combinations of foods.

Nutrient Density The amount of nutrients per calorie in a food.

O

Oats Type of cereal grain that is most familiar in North America as a breakfast food.

Oblique Cut Diagonal cut used for long, cylindrical vegetables. Also called the *roll cut*.

Oeuf (euf) Egg.

Offal Variety meats.

Oie (wah) Goose.

Graisse d'Oie (gress dwah) Goose fat.

Oignon Brûlé (awn yohn broo lay) French for “burnt onion.” A halved onion whose cut surface has been caramelized. Used to color stocks.

Oignon Piqué (awn yohn pee kay) An onion to which a bay leaf is fastened by piercing with a whole clove. Used to flavor simmering liquids.

Oil A fat that is normally liquid at room temperature.

Omega-3 Fatty Acid One of a family of essential unsaturated fatty acids that play vital roles in growth, in the immune system, in proper eyesight, and in cell structure. The family consists of three major nutrients: alpha-linoleic acid (ALA), docosahexaenoic acid (DHA), and eicosapentaenoic acid (EPA).

One-Stage Cooling Method A method for cooling hot foods to a safe, cold temperature within a limited time (no more than 4 hours).

One-Stage Method Method of mixing for low-moisture cookies, combining all ingredients in one step.

Oolong A greenish-brown, partially fermented tea.

Open-Faced Sandwich (Hot or Cold) Sandwich made with a single slice of bread and either hot or cold toppings.

Organic Grown or raised without chemical growth enhancers or medications or, for plants, without artificial fertilizers or pesticides.

Os (ohss) Bone.

Oven Spring The rapid rise of yeast goods in the oven due to the production and expansion of trapped gases as a result of the oven heat.

Over Easy Style of fried egg that is fried, flipped over, and cooked just until the white is set but the yolk is still liquid.

Over Hard Style of fried egg that is fried, flipped over, and cooked until the yolk is completely set.

Overhead Broiler A broiler that generates heat from above, with food items placed on a grate beneath the heat source.

Over Medium Style of fried egg that is fried, flipped over, and cooked until the yolk is partially set.

Overrun The increase in volume of ice cream or frozen desserts due to the incorporation of air while freezing.

Ovo-Vegetarian Referring to a vegetarian diet that includes eggs in addition to plant products.

P

Paddle A flat-bladed mixer attachment used for general mixing.

Panier (pan ay) To coat a food with fresh or dry bread crumbs after dipping in an egg wash.

Pan Gravy A type of sauce made with the pan drippings of the meat or poultry it is served with.

Pan-Broil To cook uncovered in a sauté pan or skillet without fat.

Pan-Fry To cook in a moderate amount of fat in an uncovered pan.

Panini Plural of *panino*.

Panino (1) Originally, a small Italian sandwich made with a dinner roll. (2) A grilled sandwich usually made in a device that grills both sides at once while compressing the sandwich.

Panko (pahn ko) Coarse Japanese-style bread crumbs.

Pan-Smoking See *Rangetop Smoke-Roasting*.

Pan-Steaming Cooking (vegetables) in a small amount of water in a covered pan.

Papillote (pa pee yote) (1) Buttered or oiled paper, used to wrap fruits, meats, fish, etc., for cooking. (2) Paper frill used to decorate the ends of bones of certain poultry and meats.

en Papillote (on poppy yote) Wrapped in paper or foil for cooking so the food steams in its own moisture.

Parasite An organism that survives by living on or inside another organism, the host. It passes from one host organism to another as it completes its life cycle.

Parboil To cook partially in a boiling or simmering liquid.

Parboiled or Converted Rice Long-grain rice that is specially processed to provide higher vitamin and mineral content than regular milled white rice.

Parcook To partially cook by any method.

Parfait (1) A dessert consisting of alternating layers of ice cream and fruit or syrup in a tall, narrow glass. (2) A frozen dessert made of a sweet egg-yolk foam and whipped cream.

Parisienne Large spherical cuts made with a ball cutter.

Parmentier (par mawn tyay) Garnished with or containing potatoes.

Par Stock The inventory of goods an operation must have on hand to continue operating between deliveries.

Pasta General term for any shape of macaroni product or egg noodle.

Pasteurized Heat-treated to kill bacteria that might cause disease or spoilage.

Pastry Cream A thick custard sauce containing eggs and starch.

Pastry Flour Flour that is lower in gluten than bread flour but higher than cake flour; used for making pie and pastry doughs, quick breads, and other tender items.

Partridge A game bird usually weighing about 1 pound (500 g).

Pâte (pah) (1) Dough or batter. (2) Pasta. (French for “paste.”)

Pâté (pah tay) A dish made of a baked forcemeat, usually in a crust.

Pâté Choux (pot a shoo) A soft dough used for making éclairs and cream puffs. Also called *éclair paste*.

Pâté Pâté Dough or pastry used to make a crust for pâté.

Pâté de Campagne A pâté or terrine characterized by a coarse texture.

Pâté en Croûte A pâté in a pastry crust.

Pathogen A bacteria microorganism that causes disease.

Pâtissier (pat tee see ay) Pastry chef.

Paysanne (pie zahn) In thin slices, roughly $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{8}$ inches (12 mm \times 12 mm \times 3 mm), round, square, or rectangular.

Peach Melba A sundae consisting of vanilla ice cream, a peach half, and Melba (raspberry) sauce.

Pear Belle Hélène Vanilla ice cream dessert topped with a poached or canned pear half, napped with chocolate sauce, and garnished with toasted almond slices.

Pearled Barley Type of barley that has been milled to remove the outer bran layers.

Persillade (pear see yahd) A mixture of bread crumbs, parsley, and garlic, used to coat roast meat items, usually lamb.

Pesco-Vegetarian Referring to a vegetarian diet that includes fish.

Pheasant Game bird with delicate, light-colored meat and a subtle flavor similar to that of chicken.

Philadelphia-Style Ice Cream Ice cream containing no eggs.

Physical Contamination The contamination of food with objects that may be nontoxic but may cause injury or discomfort.

Pigment Any substance that gives color to an item.

Pilaf Rice or other grain product that is first cooked in fat, then simmered in a stock or other liquid, usually with onions, seasonings, or other ingredients.

Pintade (pan todd) Guinea fowl.

Piquer (pee kay) (1) To pick; to lard a piece of meat, using a larding needle, in order to keep the meat from drying out during cooking. (2) To make small holes in dough, using a fork, to prevent it from rising too much.

Pizza A thin sheet of lean bread dough baked with a topping.

Pluche (ploosh) Sprig; small leaves picked off their stems (e.g., sprig of chervil).

Poach To cook gently in water or another liquid that is hot but not actually bubbling, 160° to 180°F (71° to 82°C).

Poêlé (pwah lay) (1) In classical cuisine, a type of roast or pot roast in which the item, usually poultry or white meat, is baked on a bed of matignon and basted with butter during cooking. (1) In modern French terminology, pan-fried.

Poissonier (pwah so nyay) Fish cook.

Polenta Italian-style cornmeal.

Polyunsaturated Fat Fat typically found in vegetable oils, such as corn oil, safflower oil, sunflower oil, and cottonseed oil; liquid at room temperature.

Portion Control The measurement of portions to ensure the correct amount of an item is served.

Portion-Controlled Cuts Ready-to-cook meats cut according to a customer's specifications.

Portion Cost Total cost of all the ingredients in a recipe divided by the number of portions served. Also called *raw food cost*.

Potage A general term for soup, though it is sometimes associated specifically with thick, hearty soups.

Potentially Hazardous Food A food that provides a good environment for the growth of hazardous bacteria.

Pot Roast A large cut of meat cooked by braising.

Poulet (poo lay) Chicken.

Poulette Allemande sauce flavored with mushrooms, parsley, and lemon juice.

Pour Batter A batter that is liquid enough to pour.

Poussin A young chicken weighing 1 pound (500 g) or less.

Pozole (poh soh leh) Whole-grain hominy.

Prague Powder #1 A blend of 6 percent sodium nitrite and 94 percent sodium chloride (table salt), used to cure meats; also called *curing salt* and *tinted curing mix*.

Prague Powder #2 A curing mixture similar to Prague Powder #1 but containing sodium nitrate in addition to sodium nitrite.

Praline (prah leen) Caramelized sugar with almonds or hazelnuts, ground to a smooth paste; used to flavor and decorate pastries.

Prawn Large shrimp or langoustine.

Pressure-Fry To deep-fry in a special covered fryer that traps the steam given off by the foods being cooked, increasing the pressure inside the kettle.

Primal Cuts One of the primary divisions of meat quarters, foresaddles, hindsaddles, and carcasses as they are broken down into smaller cuts.

Primary Flavor The basic flavor of a main ingredient of a dish; one of the components of a flavor profile.

Primeur (pree mur) Garnished with fresh spring vegetables such as carrots, turnips, green beans, peas, cauliflower, and small potatoes.

Princesse Garnished with asparagus.

Printanière (pran tawn yair) Garnished with fresh spring vegetables such as carrots, turnips, pearl onions, peas, green beans, and asparagus.

Prix Fixe (pree feex) French term meaning “fixed price”; referring to a menu offering a complete meal, with a choice of courses, for one given price.

Process Cheese A product made by grinding and melting one or more cheeses, blending them with other ingredients, and pouring the mixture into molds to solidify.

Professionalism An unwritten code of behavior and set of attitudes followed by the successful food-service employee.

Profiterole A tiny round pastry made from éclair paste, filled with savory fillings and served as an hors d'oeuvre or filled with ice cream and served as a dessert.

Progressive Grinding Process of grinding meat, starting with the largest die and continuing with the next smaller die, until the desired texture is achieved.

Proofing The process during which the volume of shaped dough increases due to fermentation.

Provençale (pro vawn sal) Garnished with or containing tomatoes, garlic, parsley, and, sometimes, mushrooms and olives.

Puff Pastry A light, flaky pastry made from a rolled-in dough and leavened by steam.

Pullman Loaf A long, rectangular loaf of bread.

Pumpernickel (1) Coarsely ground rye flour. (2) Bread made with this flour.

Punching A method of deflating dough by pulling up the dough on all sides, folding over the center, pressing down, and turning the dough upside down in the bowl. Also called *folding*.

Purée (1) A food product that has been mashed or strained to a smooth pulp. (2) To make such a pulp by mashing or straining a food.

Q

Quail A small game bird, now domestically raised, usually weighing 6 ounces (175 g) or less.

Quatre épices (kaht ray peace)

A spice mixture commonly used to season sausages and forcemeats; French for “four spices.”

Quenelle (kuh nel) (1) Dumpling made of meat, poultry, or fish purée, mixed with egg white and cream. Usually molded with two spoons into an egg shape. (2) Oval three-sided shape made using two large spoons.

Quiche A savory tart or pie consisting of a custard baked in a pastry shell.

Quick Bread A bread leavened by chemical leaveners or steam rather than yeast.

Quinoa (keen wah) A tiny, ivory-colored, round grain native to the South American Andes, high in good-quality protein and lower in carbohydrates than other grains.

R

Radiation The transfer of energy by waves, such as infrared or light waves.

Rafaïchir (rah fray sheer) To refresh, to cool, to chill; to quickly cool in cold water a food that has been blanched.

Raft The coagulated clearmeat that forms when stock is clarified.

Rangetop Smoke-Roasting Procedure using wood chips in a closed container to create smoke and cook small, tender, quick-cooking items. Also called *pan-smoking*.

Râpé (rah pay) Grated.

Ratatouille (ra ta twee) A Southern French vegetable stew of onions, tomatoes, zucchini, eggplant, and green bell peppers.

Ratite A category of farm-raised birds including ostrich and emu.

Ravier (rahv yay) Oval relish dish.

Ravioli Dumplings consisting of filled egg noodles.

Recipe A set of instructions for producing a certain dish.

Reduce To cook by simmering or boiling until quantity is decreased; often done to concentrate flavors.

Reduction (1) A liquid concentrated by cooking it to evaporate part of the water. (2) The process of making such a liquid.

Regular Shortening Shortening with good creaming ability, which allows a large quantity of air to be mixed into the batter to give it lightness and leavening power.

Relish (1) A type of appetizer consisting of raw or pickled vegetables. (2) A mixture of chopped vegetables and, sometimes, fruits, at least one of which has been pickled in vinegar or a salt solution.

Remonter (re moan tay) To remount; to repair a sauce or a cream that has separated by returning it to its proper appearance and texture.

Remouillage (ray mwee yahzh) A stock made from bones that were already used once to make stock.

Rice Noodle Noodle made from rice flour or starch.

Rice Stick Another term for rice noodle.

Rice Vermicelli Fine, hairlike rice noodles often cooked by deep-frying them dry.

Ricotta An Italian-style cheese similar to cottage cheese but smoother, moister, and sweeter in flavor.

Rillettes (ree yet) A seasoned mixture of meat, such as pork, and fat, mashed to a paste; served as an appetizer.

Ring-Top Range A type of flattop that has removable rings, allowing access to more intense heat from the flames underneath.

Ripening Process that converts freshly made curds into distinctive, flavorful cheeses.

Risotto A moist Italian dish of rice cooked in butter and stock.

Rissolé (riss oh lay) Browned. Often referring to potatoes cut in small shapes, parboiled, and browned in hot fat.

Roast To cook foods by surrounding them with hot, dry air in an oven or on a spit over an open fire.

Roaster A young chicken of either sex, usually 3½–5 pounds (1.6–2.3 kg).

Rock Shrimp Small crustacean resembling shrimp, also referred to as *langoustine* or *langostino*.

Roe Fish eggs.

Rösti Potatoes Boiled potatoes that are grated, formed into small cakes, and pan-fried until crisp.

Rolled Cookies Cookies cut from a stiff rolled-out dough.

Rolled-In or Laminated Dough Dough into which a fat was incorporated in many layers by means of a rolling and folding procedure.

Rolled Oats Whole grains that have been steamed until soft and then flattened between rollers, which reduces their cooking time considerably.

Rondeau A round, broad, shallow, heavy-duty pot with straight sides, used for browning, braising, and stewing meats. Also called a *brazier*.

Rondelle (ron dell) A round or bias-round cut that varies in diameter and thickness.

Roquefort A blue-veined cheese made in Roquefort, France, from sheep's milk.

Rotisserie An item of cooking equipment that slowly rotates meat or other foods in front of a heating element.

Rôtisseur (ro tee sur) Cook who prepares roasted, braised, and broiled meats.

Rough Prep The preliminary processing of ingredients to the point at which they can be used in cooking.

Round Fish A round-shaped fish, such as cod and trout; distinct from flat fish, such as flounder.

Roux A cooked mixture of equal parts flour and fat.

Royal Icing An icing made of confectioners' sugar and egg whites, used for decorating.

Rubbed Dough Method Mixing method for pie doughs that requires fat to be rubbed into the sifted dry ingredients.

Russet Starchy potato often used for baking and deep-frying.

Rye Blend A mixture of rye flour and hard wheat flour.

S

Sabayon (sa ba yohn) A thick, frothy sauce, either sweet or savory, made by whisking egg yolks and liquid over low heat.

Sachet d'épices (sa shay day peace) A mixture of herbs and spices tied in a cheesecloth bag. Often called simply *sachet*.

Salamander Small broiler used primarily for browning or glazing the tops of certain items.

Salmonella A food-borne disease spread by improper food handling and inadequate sanitation.

Salsa The Spanish and Italian term for "sauce." A mixture of raw or cooked chopped vegetables, herbs, and, occasionally, fruits.

Sanitize To kill disease-causing bacteria, usually by means of heat or chemical disinfectants.

Saturated Fat A fat that is normally solid at room temperature.

Sauce A flavorful liquid, usually thickened, used to season, flavor, and enhance other foods.

Saucier (so see ay) Sauce cook; prepares sauces and stews and sautés foods to order.

Sauerbraten A German dish consisting of beef marinated in and then cooked with vinegar and other ingredients.

Sausage A mixture of ground meat, usually pork, and seasonings, usually stuffed into casings.

Sausage, Cured A sausage that contains nitrites or nitrates.

Sausage, Fresh A sausage that contains no nitrites or nitrates.

Sausage, Smoked A cured sausage that is hot smoked or cold smoked.

Sauté To cook quickly in a small amount of fat.

Sauteuse A slope-sided sauté pan.

Sautoir A straight-sided sauté pan.

Scampi A kind of shellfish similar to large shrimp. In the United States, the term is often used for large shrimp, especially if broiled with garlic butter.

Scorching The burning of milk due to the coagulation of proteins on the bottom of the pan.

Sear To brown the surface of a food quickly at high temperature.

Seasoning (1) Enhancing the natural flavor of a food without significantly changing its flavor. (2) Any ingredient, such as salt, used for this purpose.

Semolina A hard, high-protein flour often used for the best-quality macaroni products.

Separate-Course Salad A light salad, usually with delicate greens and light dressing, served after the main course.

Set Meal Service Service of a meal at which all customers eat at one time.

Seviche A preparation of raw seafood marinated in an acid mixture, which coagulates the protein so the texture of the raw fish resembles that of cooked fish. Also called *ceviche*, it is native to Latin America.

Shallow Poaching Poaching an item only partially submerged in the liquid.

Sheet Cookies Cookies for which the dough is spread out and baked in sheet pans and then cut into individual shapes.

Shell (Egg) The hard but fragile outer covering of an egg. Because it is porous, odors and flavors can be absorbed by the egg, which also loses moisture over time even when intact.

Shellfish Fish with external shells but without internal bone structure.

Sherbet Frozen dessert made from fruit juice, water, and sugar. It also may contain milk, cream, or egg whites.

Shirred Egg Egg baked in a shallow buttered dish.

Short Having a high fat content, which makes the product (such as a cookie or pastry) crumbly and tender.

Short Dough A kind of pastry or cookie dough that is richer than regular pie pastry and contains butter, sugar, and eggs.

Shortening (1) Any fat used in baking to tenderize the product by shortening gluten strands. (2) A white, tasteless, solid fat formulated for baking or deep-frying.

Short-Grain Rice Rice with small, round kernels that become sticky when cooked. It is used for rice pudding and rice molds as well as for making sushi and daily eating in Japanese cuisine.

Short-Order Cook The cook responsible for the preparation of foods that are quickly prepared to order during service time. May handle the broiler, deep fryer, griddle, sandwich production, and sautéed items.

Shred To cut into thin but irregular strips, either with the coarse blade of a grater or with a knife.

Sieve Size Size of individual pieces, usually of canned vegetables.

Silverskin A thin layer or sheet of connective tissue covering parts of some muscles.

Simmer To cook in water or other liquid that is bubbling gently, 185° to 200°F (85° to 93°C).

Simple Sandwich (Hot or Cold) Sandwich made with two slices of bread and either hot or cold fillings.

Simple Syrup A solution of equal weights of sugar and water.

Singer (san jay) To sprinkle with flour at the start of cooking in order to eventually give a certain consistency to the sauce.

Sirniki Russian pan-fried cheesecakes.

Skim (Nonfat) Milk Milk that has had all or nearly all of the fat removed.

Slurry A mixture of raw starch and cold liquid, used for thickening.

Small Sauce A sauce made by adding one or more ingredients to a leading sauce.

Smoke Point The temperature at which fats begin to deteriorate rapidly and smoke when heated.

Smoker An enclosure used for making hot-smoked and cold-smoked foods.

Smoke-Roast To cook with dry heat in the presence of wood smoke.

Soba Thin Japanese noodles made with buckwheat and wheat flour.

Sodium Nitrate A compound, NaNO₃, used to cure certain meats, especially air-dried meats.

Sodium Nitrite A compound, NaNO₂, used to cure meats.

Soft Meringue Meringue with a lower sugar content than hard meringue, typically used for pie topping.

Soft Pie Pie with custard-type filling, usually baked with a single crust.

Soft-Shell Crab A just-molted crab whose new shell has not yet hardened.

Solanine A poisonous substance found in potatoes that have turned green.

Soluble Fiber Fiber that absorbs water and forms a kind of gel. It is found inside and between plant cells.

Somen Thin, white Japanese noodles made from wheat flour and water, usually packed in small bundles.

Sorbet (sor bay) Sherbet, usually made without milk products.

Soufflé A light, fluffy baked egg dish consisting of a base (such as a heavy white sauce) mixed with egg yolks and flavoring ingredients into which beaten egg whites are folded just before baking. May be sweet or savory.

Sour Cream Cream that has been fermented or cultured by added lactic acid bacteria, making it thick and slightly tangy.

Sous Chef (soo shef) Cook who supervises food production and who reports to the executive chef.

Sous Vide (soo veed) French for “under vacuum”; a technique for cooking vacuum-packed foods at precise temperatures.

Soy Milk A liquid milk substitute made by soaking dried soybeans, grinding them with water, and finally straining the mixture.

Spaetzle Small dumplings or noodles made from a thin egg and flour batter.

Specialty Cheese Cheese in limited production, made with particular attention to natural flavor and texture profiles.

Spelt A type of wheat grain similar to farro.

Spice Any part of a plant, other than the leaves, used in flavoring foods.

Sponge Method (1) Bread-mixing method involving fermenting part of the flour and water before adding the remaining ingredients. (2) Cake-mixing method involving folding flour and other ingredients into an egg foam.

Spread The capacity of cookie dough to expand during baking.

Squab Young domestically raised pigeon.

Staling The change in texture and aroma of baked goods due to the loss of moisture by its starch granules.

Standard Breading Procedure The procedure for coating a food product with bread crumbs (or other crumbs or meal) by passing it through flour, then egg wash, then crumbs.

Standardized Recipe A set of instructions describing the way a particular establishment prepares a particular dish.

Staphylococcus, Staph A bacterium that causes food-borne disease by producing a toxin or poison in improperly stored foods.

Static Menu A menu that offers the same dishes every day.

Station Chef Cook in charge of a particular department in a kitchen or food production facility.

Steam To cook by direct contact with steam.

Steel-Cut Oats Whole-grain oats cut into small pieces; usually cooked as porridge.

Stew (1) To simmer a food or foods in a small amount of liquid that is usually served with the food as a sauce. (2) A dish cooked by stewing, usually one whose main ingredients are cut in small pieces.

Stewing Cooking small pieces of meat by simmering or braising.

Still-Frozen Frozen without being churned in an ice-cream freezer.

Stock A clear, thin—that is, unthickened—liquid flavored with soluble substances extracted from meat, poultry, or fish, their bones, and vegetables and seasonings.

Straight Dough Method Bread-mixing method involving mixing all ingredients, including presoaked yeast, in one step.

Strength of Acidity The acetic acid content of vinegar, which determines the tartness of vinegar and of dressings made from it.

Streusel (stroy zel) A crumbly topping for baked goods, consisting of fat, sugar, and flour rubbed together.

Strong Flour Flour with a high protein or gluten content.

Submersion Method Method by which fish and other items are cooked completely submerged in court bouillon.

Sucrose Chemical name for the sugar that constitutes table sugar.

Suer (soo ay) To sweat; to gently cook vegetables in a little fat, without coloring them, in order to bring out their flavor.

Sundae Dessert consisting of one or more scoops of ice cream or sherbet in a dish or glass, topped with syrups, fruits, toppings, and garnishes.

Sunny Side Up Style of fried egg that is cooked slowly without flipping until the white is completely set but the yolk is still soft and yellow.

Supporting Flavor Flavors of seasoning and flavoring ingredients and other secondary ingredients of a dish; flavors that support and enhance the primary flavors.

Suprême (soo prem) (1) The breast part of the fowl. (2) A filet of fish.

Suprême Sauce A sauce made of chicken velouté and heavy cream.

Surimi A processed seafood product manufactured to resemble shellfish such as crab.

Sushi A seasoned Japanese short-grain rice that is often, but not always, garnished with raw fish.

Sweat To cook in a small amount of fat over low heat, sometimes covered.

Sweetbreads The thymus glands of calves and young animals, used as food.

Sweet or Unsalted Butter Butter that contains no salt. It has a fresher, sweeter taste than salted butter and is more perishable as well.

Swiss Meringue Meringue made from egg whites and sugar warmed over a double boiler while beating.

Swiss Steak Beef round steaks braised in brown sauce.

T

Table d'Hôte (tobble dote) (1) Referring to a fixed-price menu with no choices. (2) Referring to a menu on which prices are listed for complete meals rather than for each separate item.

Tagine (tah zheen) A spiced stew from North Africa, originally made in an earthenware dish with a conical lid; the dish is also called a *tagine*.

Tamis A drum sieve, consisting of a screen mesh in a round metal or wood frame.

Tamiser (tah mee zay) To sift; to press through a fine drum sieve.

Tang The portion of a metal knife blade that is inside the handle.

Tapa Any of a variety of Spanish-style appetizers, intended to be served with wine or other drinks.

Tapenade (ta peh nahd) Purée of black olives, anchovies, and olive oil.

Tasting Menu A type of fixed-price menu designed to showcase the chef's art by presenting a series of small courses.

Tatsoi A leafy vegetable or salad green related to mustard and watercress.

Tea Sandwich Any small, fancy sandwich generally made from light, delicate ingredients and bread trimmed of the crust.

Tempeh A fermented soy product with a dense, meaty texture.

Temper To raise the temperature of a cold liquid gradually by slowly stirring in a hot liquid.

Temporary Emulsion An unstable emulsion whose components will eventually separate.

Teriyaki A grilled or pan-broiled food finished with a soy sauce-based glaze.

Terrine (tare reen) (1) A deep rectangular mold, traditionally made of white porcelain, used to cook seasoned ground meats, fish, or poultry. (2) The food cooked in such a mold.

Textured Vegetable Protein (TVP) A high-protein product made from defatted soy flour, processed to give it a spongelike texture; it is available unflavored or flavored to resemble various meats.

Timbale (tam ball) (1) A mold in the shape of a large thimble. (2) Type of dough shaped as a container, baked, and filled with various foods.

Tinted Curing Mix (TCM) See Prague Powder #1.

Tofu A bland, white food made by coagulating soy milk. Also called *bean curd*.

Tomalley The liver of lobsters and some other shellfish.

Tournant (toor nawn) Cook who replaces other station cooks; relief cook or swing cook.

Tourné To cut a vegetable into a neat seven-sided oval shape.

Tournedos (toor nuh doe) A small beef steak cut from the tenderloin.

Tourner (tour nay) Literally, "to turn." (1) To give certain vegetables a regular long shape, using a knife (see Tourné). (2) To mix ingredients using a circular motion.

Toxin-Mediated Infection An infection that occurs when pathogens enter the body and multiply, producing toxins in the body.

Trace Mineral An essential mineral nutrient that must be consumed in small amounts—less than 100 milligrams daily—such as chromium, copper, fluoride, iodine, iron, manganese, molybdenum, selenium, and zinc.

Trans Fat A solid fat, usually manufactured by hydrogenation, that limits the body's ability to rid itself of cholesterol.

Treviso A red-leafed relative of radicchio and Belgian endive with elongated leaves.

Trichinosis A food-borne disease caused by a parasite sometimes found in undercooked pork.

Tripe The muscular stomach lining of beef or other meat animals.

Triple-Crème Cheese A very rich cheese with at least 75 percent fat, dry weight.

Triticale A high-protein hybrid of wheat and rye with a nutty, sweet flavor.

Truffer (troo fay) (1) To add chopped truffles to a dish, stuffing, or foie gras. (2) To slide a thin slice of truffle under the skin of poultry.

Truite au Bleu Poached trout that was alive until cooking time and that turns blue when cooked in court bouillon.

Trunnion Kettle Steam-jacketed kettle that can be tilted for emptying.

Trussing Tying poultry into a compact shape for cooking.

Tunneling A condition of muffin products characterized by large, elongated holes; caused by overmixing.

Turban (toor bahn) (1) A type of ring mold. (2) Food prepared in such a mold.

TVP See Textured Vegetable Protein.

Two-Stage Cooling Method A method for cooling hot foods to a safe, cold temperature within two consecutive periods totaling no more than 6 hours.

Two-Stage Method Mixing method for high-fat, high-ratio cakes using emulsified shortening; it requires the addition of liquids in two stages.

U

Udon Thick white Japanese noodles made from wheat flour.

Ultra-High-Temperature (UHT) Pasteurization

Process by which a product is heated at a temperature higher than for ultra-pasteurized products. The resulting product is packaged in shelf-stable, sterile cartons.

Ultra-Pasteurized Describes a product whose shelf life has been expanded through heating at a much higher temperature than for normal pasteurization. This process destroys nearly all organisms that cause spoilage.

Umami Known as the *fifth taste*, often described as the perception of meatiness.

Univalve A mollusk with a single shell, such as abalone.

Unsalted Butter See Sweet or Unsalted Butter.

Unsaturated Fat A fat that is normally liquid at room temperature.

V

Vapeur (va purr) Steam.

Variety Meats Organs, glands, and other meats that don't form a part of the dressed carcass.

Vegan Referring to a vegetarian diet that omits all animal products, including dairy products and eggs.

Vegetable Salad A salad containing vegetables other than lettuce or other leafy greens as its main ingredients.

Vegetable Soup A clear, seasoned stock or broth with the addition of one or more vegetables. Meat or poultry products and starches are sometimes also added.

Vegetarian Referring to a diet consisting entirely or mostly of foods derived from plants.

Velouté A sauce made by thickening white stock with a roux.

Venison The meat of wild or farm-raised deer.

Venting Allowing circulation or escape of a liquid or gas, such as by setting a pot of hot stock on blocks in a cold-water bath so the cold water can circulate around the pot.

Viande (vee awnd) French for "meat."

Vichyssoise (vee she swahz) Cold purée of leek and potato soup with cream.

Vin Wine.

Vin Blanc White wine.

Vin Rouge Red wine.

Vinaigre (vee negre) Vinegar.

Vinaigrette Dressing or sauce made of oil, vinegar, and flavoring ingredients.

Vitamin Any of a group of compounds that are present in foods in very small quantities and that are necessary for regulating body functions.

Volaille (voe lye) Poultry.

Blanc de Volaille (blahn duh voe lye) Chicken breast.

Cuisse de Volaille (kweese duh voe lye) Chicken leg.

Volatile Evaporating quickly when heated.

W

Wash (1) To brush or coat a food item with a liquid such as egg wash or milk. (2) The liquid used in this procedure.

Water Activity (a_w) Measured by the availability of water to bacteria. The scale runs for 0 (no water available) to 1.0.

Water Ice See Ice.

Waxy Potato A young potato high in sugar and low in starch.

Weak Flour Flour with a low protein or gluten content.

Well-Mixing Method Mixing method wherein a well is made in the dry ingredients so the liquid ingredients, when poured into it, are confined.

Welsh Rabbit A dish made of melted cheddar cheese and, usually, ale or beer. Sometimes called *Welsh rarebit*.

Wheatberry The whole wheat grain without the hull.

Whipping Cream Fresh cream with a fat content of 30 percent or more that can be whipped into a foam.

White The part of an egg that is clear and soluble when raw but white and firm when coagulated. It consists primarily of albumin protein and also contains sulfur.

White Pekin The most common breed of domestic duck in the United States.

White Roux Roux cooked for a just few minutes, just enough to cook out the raw taste. It is made from butter and flour and is used for béchamel and other white sauces based on milk.

Whitewash A thin mixture or slurry of flour and cold water.

Whole Milk Fresh milk as it comes from the cow with nothing removed or added, usually containing about 3½ percent milk fat.

Whole Wheat Flour Flour made by grinding the entire wheat kernel, including the bran and germ.

Wild Rice Not a rice but rather the seed of an unrelated grass native to the northern United States and Canada. Scarce and expensive, it has long, slender, hard, dark brown grains with a distinctive nutty flavor.

Winterized Oil Vegetable oil that stays clear and liquid when refrigerated.

Wire Whip A hand tool or mixer attachment used for whipping tasks, such as beating cream and eggs and making mayonnaise.

Working Chef The cook in charge of operations of a kitchen not large enough to have an executive chef. May work one or more production stations.

Wrap A sandwich in which the filling is wrapped, like a Mexican burrito, in a large flour tortilla or similar flatbread.

Y

Yield (1) The amount of usable meat in proportion to fat. (2) The edible amount remaining after trimming any food. (3) The total quantity of food produced using a given recipe.

Yield Grade The designation of the quality of meat according to the amount of usable meat in proportion to fat.

Yield Test A test to determine the cost per unit of weight of meat after trimming and boning.

Yogurt Milk cultured by special bacteria and having a custardlike consistency.

Yolk The yellow part of the egg; it has a high fat and protein content and contains iron and several vitamins.

Z

Zest The colored part of the peel of citrus fruits.

Zester (zes tay) To zest; to remove the colored part of the skin of a citrus fruit (e.g., orange, lemon).

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