



abalone [a-buh-LOH-nee] A GASTROPOD MOLLUSK (*see both listings*) found along the coastlines of California, Mexico and Japan. The edible portion is the adductor muscle, a broad foot by which the abalone clings to rocks. As with any muscle, the meat is tough and must be pounded to tenderize it before cooking. Abalone, used widely in Chinese and Japanese cooking, can be purchased fresh, canned, dried or salted. Fresh abalone should smell sweet, not fishy. It should also be alive—the exposed muscle should move when touched. Choose those that are relatively small and refrigerate as soon as possible. Cook abalone within a day of purchase. Fresh abalone is best sautéed and should be cooked very briefly (20 to 30 seconds per side) or the meat will quickly toughen. Abalone is known as *ormer* in the English Channel, *awabi* in Japan, *muttonfish* in Australia and *paua* in New Zealand. Its iridescent shell is a source of mother-of-pearl. *See also* SHELLFISH.

abbacchio [ah-BAHK-ee-yoh] Italian for a very young lamb.

Abbaye de Belloc (Bellocq) [ah-bay-EE deuh behl-LAWK] Semihard sheep's-milk cheese that's been made for centuries by the Benedictine monks at the Abbey de Belloc in the Pays Basque area of southwestern France. The cheese is traditionally made with milk from Manech sheep, though milk from other breeds may be used. It comes in 8- to 11-pound wheels with a hard brownish rind and a pale ivory interior. Abbaye de Belloc has a rich buttery flavor with hints of nuts, fruit and caramel. *See also* CHEESE.

à blanc [ah BLAH/ŃK] A French term meaning “in white” and identifying foods, usually meats, that aren't browned during cooking.

aboyeur [ah-bwah-YER] *see* BRIGADE SYSTEM

abruzzese [ah-broo-TZAY-zeh] An Italian descriptor for dishes (from pasta to veal) characterized by the liberal use of hot CHILES, in the style of Italy's Abruzzo region.

absinthe [AB-sinth] Reputed to be an aphrodisiac, absinthe is a potent, bitter LIQUEUR distilled from WORMWOOD and flavored with a variety of herbs. It has a distinct ANISE flavor and is 68 percent alcohol (136 PROOF). Absinthe is usually diluted with water, which changes the color of the liqueur from green to milky white. Because it's considered habit forming and hazardous to health, absinthe is prohibited in many countries and was banned in the United States in the early 1900s.

açai; açai berry; acai [ah-SI-ee; ah-SAH-ee] Native to the tropical areas of Central and South America, the açai berry is being touted as the new superfood and is known by some as the “power berry.” That's

because it's exceedingly rich in nutrients including antioxidants, vitamins, minerals, oleic acid and potassium, to name a few. The dark purple grape-sized fruit grows on the açai palm, which is also called the cabbage palm because natives eat its young, tender leaf buds as one would cabbage. HEARTS OF PALM is another food source harvested from this tall palm. The açai berry contains only a small portion of pulp—about 90 percent of it is an inedible nut. The pulp, which has a flavor reminiscent of berries with a hint of chocolate, is quite delicate and deteriorates quickly. That's why consumers in North America only have access to açai in juice form (primarily as a concentrate), which can be found in the refrigerated or freezer section of natural food stores. It's also available as frozen pulp, or in a powdered form. Because of its ascribed health benefits, açai has become a favorite addition to SMOOTHIES.

Ac'cent *see* MONOSODIUM GLUTAMATE

acerola [as-uh-ROH-luh] A tiny tree and the small, deep-red, cherry-like fruit that grows on it, found primarily in and around the West Indies. The fruit, which has a sweet flavor and one of the highest concentrations of vitamin C, is used in desserts and preserves. It's also called *Barbados cherry*, *Puerto Rican cherry* and *West Indies cherry*.

Acesulfame-K [ay-see-SUHL-faym-K] Formulated by the Germans in the late 1960s, this noncaloric ARTIFICIAL SWEETENER (also called *Ace-K* and *acesulfame potassium*) was approved in the United States by the Federal Drug Administration in 1988. It's 200 times sweeter than sugar and, unlike ASPARTAME, retains its sweetness when heated, making it suitable for cooking and baking. When used in large amounts, however, Ace-K has a bitter aftertaste, much like that of SACCHARIN. This sweetener is composed of carbon, nitrogen, oxygen, hydrogen, sulphur and potassium atoms. It's widely used in a broad range of commercial products including baked goods, candies and imitation dairy products. *See also* ALITAME; NEOTAME; SUCRALOSE.

acetic acid [a-SEE-tihk] Acetic acid is formed when common airborne bacteria interact with the alcohol present in fermented solutions such as WINE, BEER or CIDER. Acetic acid is the constituent that makes vinegar sour. *See also* Food Additives Directory, page 814.

aceto [ah-CHAY-toh; ah-CHEH-toh] Italian for "vinegar."

achar [ah-CHAHHR] An East Indian word referring to pickled and salted relishes. They can be sweet or hot, depending on the seasoning added.

achee *see* ACKEE

achiote seed [ah-chee-OH-tay] The slightly musky-flavored seed of the annatto tree is available whole or ground in East Indian, Spanish and Latin American markets. Buy whole seeds when they're a rusty red color; brown seeds are old and flavorless. Achiote seed is also called AN-NATTO which, in its paste and powder form, is used in the United States to color butter, margarine, cheese and smoked fish.

acid The word "acid" comes from the Latin *acidus*, meaning "sour." All acids are sour to some degree. Sourness (acidity) is found in many natural ingredients such as vinegar (ACETIC ACID), wine (TARTARIC ACID), lemon juice (CITRIC ACID), sour-milk products (LACTIC ACID), apples (MALIC ACID) and rhubarb leaves (TOXIC OXALIC ACID). When used in a marinade, acids—such as wine and lemon juice—are natural tenderizers because they break down connective tissue and cell walls.

acidophilous milk [as-ih-DAHf-uh-luhs] *see* MILK

acid orange *see* CALAMONDIN

acidulated water [a-SIHD-yoo-lay-ted] Water to which a small amount of vinegar, lemon or lime juice has been added. It's used as a soak to prevent discoloration of some fruits and vegetables (such as apples and artichokes) that darken quickly when their cut surfaces are exposed to air. It can also be used as a cooking medium.

acini di pepe *see* Pasta Glossary, page 797.

acitrón *pl.* **acitrónes** [ah-see-TRAWM] *see* NOPALES

ackee; akee; achee [ah-KEE] A bright red tropical fruit that, when ripe, bursts open to reveal three large black seeds and a soft, creamy white flesh. The scientific name, *blighia sapida*, comes from Captain Bligh, who brought the fruit from West Africa to Jamaica in 1793. It is extremely popular in one of Jamaica's national dishes, "salt-fish and ackee." Because certain parts of the fruit are toxic when under-ripe, canned ackee is often subject to import restrictions.

acorn Acorns are the fruit of the oak tree. Some varieties are edible and, like chestnuts, may be eaten raw, roasted or baked. They may also be ground and used as a coffee substitute.

acorn squash A somewhat oval-shaped winter squash with a ribbed, dark green skin and orange flesh. The most common method of preparation is to halve them, remove the seeds and bake. Acorn squash may then be eaten directly from the shell. *See also* SQUASH.

acqua [AH-kwah] Italian for water.

additives, food In the broadest of terms, food additives are substances intentionally added to food either directly or indirectly with one or more of the following purposes: 1. to maintain or improve nutritional quality; 2. to maintain product quality and freshness; 3. to aid in the processing or preparation of food; and 4. to make food more appealing. Some 2,800 substances are currently added to foods for one or more of these uses. During normal processing, packaging and storage, up to 10,000 other compounds can find their way into food. Today more than ever, additives are strictly regulated. Manufacturers must prove the additives they add to food are safe. This process can take several years and includes a battery of chemical studies as well as tests involving animals, the latter to determine whether the substances could have harmful effects such as cancer and birth defects. The results of these comprehensive studies must be presented to the Food and Drug Administration (FDA), which then determines how the additive can be used in food. There are two major categories of food that are exempt from this testing and approval process: 1. a group of 700 substances categorized as GRAS (“generally recognized as safe”), which are so classified because of extensive past use without harmful side effects; and 2. substances approved before 1958 either by the FDA or the USDA. An ongoing review of many of these substances is in effect, however, to make sure they’re tested against the most current scientific standards. It’s interesting to note that about 98 percent (by weight) of all food additives used in the United States are in the form of baking soda, citric acid, corn syrup, mustard, pepper, salt, sugar and vegetable colorings. *For information on specific additives, see Food Additives Directory, page 814.*

ade [AYD] A drink, such as **lemonade** or **limeade**, made by combining water, sugar and citrus juice.

adjust, to In cooking, to “adjust flavoring” refers to tasting before serving, adding seasoning if necessary.

adobado *see* ADOBO

adobo; adobo sauce [ah-DOH-boh] 1. In Mexico, adobo is a dark-red, fairly piquant sauce (or paste) made from ground CHILES, herbs and vinegar. It’s used as a marinade as well as for a cooking and serving sauce. CHIPOTLE CHILES are often marketed packed in adobo sauce. Adobo also describes a stewlike presentation of meat prepared in this sauce. The word *adobado* is used as an adjective for dishes that are prepared in this manner. 2. In the Philippines, adobo is a dish of meat (typically chicken, pork or beef) and occasionally fish that’s been marinated in a mixture of palm vinegar, garlic, herbs, spices and sometimes coconut milk. The meat is browned before being simmered in a blend of



the marinade and soy sauce. Coconut milk is sometimes added to the Filipino adobo, which is considered by many to be the country's national dish.

advocaat [ad-voh-KAHT] A Dutch, brandy-based eggnog-flavored LIQUEUR. The full name is *advocaatenborrel*, Dutch for “advocate’s (or lawyer’s) drink.”

adzuki bean *see* AZUKI BEAN

aemono [ah-eh-MOH-noh] Japanese term meaning “dressed foods” and referring to saladlike dishes combined with a DRESSING complimentary to the ingredients. The composition of the dressings varies but is generally based on puréed TOFU. Aemono dishes are usually served chilled as appetizers, although Japanese diners sometimes eat them towards the end of a meal prior to the rice.

aerate [ER-ayt; AY-uh-rayt] A term used in cookery as a synonym for SIFT.

Affidelice [ah-fee-day-LEESS] *see* ÉPOISSES

affinage [ah-fee-NAHZH] The French term for the process of finishing (RIPENING) cheese to bring it to a perfect point of maturity. *See also* AFFINÉ.

affiné; Fr. affineur; It. affinatore [ah-fee-NAY; ah-fee-NYOUR; ah-fee-nah-TOH-ray] In the cheese world the term *affiné* most often refers to the process of RIPENING cheese—bringing it to peak maturity. In France an *affineur* is an expert in finishing (aging) cheese; in Italy this specialist is called an *affinatore*. Some cheesemakers turn their unripe cheese over to an *affineur*, who brings it to maturity. An *affineur*'s duties may also include everything from packaging to marketing the cheese. Both words are from the French *affiner* (“to finish”). *See also* AFFINAGE.

affogato [ahf-foh-GAH-toh] A SCOOP of vanilla GELATO or ice cream topped with a shot of hot ESPRESSO. Though vanilla is traditional, chocolate gelato is sometimes used, in which case the dessert becomes *affogato mocha*. The word *affogato* comes from the Italian *affogare* (“drown”).

affumicata; affumicato [ah-foo-me-KAH-tah; ah-foo-me-KAH-toh] Italian for “smoked,” as in smoked meat or smoked cheese.

African horned cucumber *see* KIWANO

agar; agar-agar [AH-gahr; AY-gahr] Also called *kanten* and *Japanese gelatin*, this tasteless dried seaweed acts as a setting agent and

is widely used in Asia. It is marketed in the form of blocks, powder or brittle strands and is available at Asian markets and natural food stores. Agar can be substituted for gelatin but has stronger setting properties (about 5 times greater) so less of it is required. Unlike gelatin, agar will set at room temperature.

agave [ah-GAH-vee; ah-GAH-vay] Also called *century plant*, this family of succulents grows in the southwestern United States, Mexico and Central America. Though poisonous when raw, agave has a sweet, mild flavor when baked or made into a syrup. Certain varieties are used in making the alcoholic beverages MESCAL, PULQUE and TEQUILA.

age; aged; aging To let food get older under controlled conditions in order to improve flavor or texture or both. 1. **Aged meat** has been stored 3 to 6 weeks at an optimal temperature of 34°F to 38°F and in low humidity. During this time it undergoes an enzymatic change that intensifies flavor, deepens color and tenderizes by softening some of the connective tissue. The longer meat is aged, the more quickly it will cook. The *cryovac* method of aging involves vacuum packing the meat with a vapor- and moistureproof film so the so-called aging takes place in transit from slaughterhouse to the consumer's home. 2. **Aging cheese** refers to storing it in a temperature-controlled area until it develops the desired texture and flavor. See RIPENING for more information. 3. **Aging spirits and wines** produces a smoother, more complex, and less harsh and tannic (see TANNIN) result. WHISKEYS, COGNACS, ARMAGNACS, as well as some better BRANDIES and RUMS, all benefit from aging, with many spirits governed by laws regarding minimum aging periods. Spirits that aren't aged include GIN, VODKA, NEUTRAL SPIRITS and certain brandies and rums. Aging is also beneficial to most fine red and white wines, whereas ROSÉ, light red wines and most whites are at their best soon after bottling and don't require further aging.

agedashi [ah-geh-DAH-shee] A Japanese dish of deep-fried TOFU served with DAIKON, KATSUOBUSHI (dried bonito tuna flakes), ginger and a dipping sauce made of SOY SAUCE and MIRIN.

aged meat see AGE

agemono [ah-geh-MOH-noh] A Japanese term referring to deep-frying (see DEEP-FRY) and the foods produced from this cooking method. TEMPURA is the most famous of the Japanese foods cooked in this manner. Deep-frying is done in a pan called an **agemono-nabe**, which is similar to a Chinese WOK.

aglio [AH-lyoh] Italian for "garlic."

aglio e olio [AH-lyoh ay AW-lyoh] Italian for “garlic and oil,” referring to a dressing of garlic and hot olive oil used on PASTA.

agneau [an-YOH] French for “lamb.”

agnello [ah-NYEH-loh] Italian for “lamb.”

agnolotti *see* Pasta Glossary, page 797.

agresto [ah-GREH-stoh] Italian for “VERJUICE.”

agrodolce [ah-groh-DOHL-cheh] The Italian term for a sweet-and-sour flavor (*dolce* means sweet, *agro* is sour); synonymous with the French AIGRE-DOUX.

agua; água [AH-gwah; AH-gwer] Spanish and Portuguese, respectively, for “water.”

aguacate [ah-gwah-KAH-tay] The Spanish word for AVOCADO.

agua de Jamaica [AH-gwah day juh-MAY-kuh] *see* JAMAICA FLOWER

agua fresca [AH-gwah FREHS-kuh] Spanish for “fresh water,” *agua fresca* is a refreshing drink popular throughout Mexico, Central America and the Caribbean; it’s also found in many Mexican restaurants in the United States. The base for this beverage is sugar and water, which is flavored with various additions. Fruit versions include *agua de sandía* (made with watermelon) and *agua de melón* (cantaloupe or other melon). Other popular fruit additions include guava, mango, papaya and strawberries. Non-fruit renditions include *agua de borchata* (made with cinnamon, milk, rice and vanilla), *agua de jamaica* (flavored with dried hibiscus flowers), *agua de pepino* (cucumbers) and *agua de tamarindo* (made with TAMARIND seeds). Fruits and ingredients like cucumbers are puréed before being added to the sugar-water base. Agua fresca can be seen in Mexican restaurants in large, glass jars—it pairs particularly well with that spicy cuisine. In Mexico this cool, refreshing beverage is so popular that myriad street vendors sell it daily.

aguardente [er-gwer-DAYN-ter] Portuguese for “BRANDY,” the broader meaning is for spirits distilled (*see* DISTILLATION) from fruit or vegetables.

aguardiente; aguardiente de caña [ah-gwahr-dee-EN-tay; ah-gwahr-dee-EN-tay day KAH-nyah] Spanish for “burned water” (akin to North America’s FIRE WATER), *aguardiente* is a generic term for any of several potent, low quality SPIRITS. In Spain, the term refers to a BRANDY-based potable made from MARC. The South American *aguardi-*

ente de caña is a coarse liquor based on sugar cane and sometimes flavored with anise seed. *See also* CACHAÇA.

ahi [AH-hee] The Hawaiian name for yellowfin, as well as bigeye TUNA.

aigre-doux [ay-greh-DOO] The French term for the combined flavors of sour (*aigre*) and sweet (*doux*). An *aigre-doux* sauce might contain both vinegar and sugar.

aioli [ay-OH-lee; i-OH-lee] A strongly flavored garlic MAYONNAISE from the Provence region of southern France. It's a popular accompaniment for fish, meats and vegetables.

Airelle [ay-REHL] A cranberry-flavored EAU DE VIE.

Aisy Cendré [ay-ZEE sahn-DRUH] *see* ÉPOISSES DE BOURGOGNE

ajijisuke-nori *see* NORI

aji-no-moto [ah-JEE-noh-MOH-toh] The Japanese name for MONO-SODIUM GLUTAMATE (MSG).

ajowan; ajwain [AHJ-uh-wahn] Though it's related to CARAWAY and CUMIN, ajowan tastes more like THYME with an astringent edge. This native of southern India can be found in Indian markets in either ground or seed form. The light brown to purple-red seeds resemble celery seeds in size and shape. Ajowan is most commonly added to CHUTNEYS, curried dishes, breads and LEGUMES. It's also called *carom*. *See also* SPICES.

ajvar [EYE-vahr] A popular cooked relish in Yugoslavia and Greece made from roasted sweet red peppers, eggplant, garlic, olive oil, salt, pepper and, sometimes, PAPRIKA. Ajvar can be served as an appetizer or side dish.

akala [ah-KAH-lah] Hailing from Hawaii, this sweet, juicy berry resembles a very large raspberry. It can range in color from red to almost purple and is good eaten plain or in jams and pies.

akee *see* ACKEE

aku *see* TUNA

akule [ah-KOO-lay] This Hawaiian fish, also known as *bigeye scad*, is usually salted and dried. *See also* FISH.

akvavit *see* AQUAVIT

al [ahl] An Italian word meaning "at the," "to the" or "on the." For example, *al dente* means "to the tooth."

à la [ah lah] A French idiom meaning “in the manner (or style) of”; the full phrase is *à la mode de*. In cooking, this phrase designates the style of preparation or a particular garnish. *A la bourguignonne*, for example, would mean “as prepared in Burgundy.”

à la carte [ah lah KAHRT] A menu term signifying that each item is priced separately. *See also* PRIX FIXE; TABLE D'HÔTE.

à la diable [ah lah dee-AH-bl (dee-AHB-lay)] *see* DIABLE SAUCE

à la king [ah lah KING] A dish of diced food (usually chicken or turkey) in a rich cream sauce containing mushrooms, pimientos, green peppers and sometimes SHERRY.

à la mode [ah lah MOHD] French for “in the manner (or mode) [of],” referring to the style in which a dish is prepared. The term has been Americanized to also mean pie topped with ice cream.

Alaska cod *see* SABLEFISH

Alaska king crab *see* CRAB

albacore [AL-bah-kohr] *see* TUNA

Albert sauce [AL-ber;t; al-BEHR] Usually served with beef, this is a rich horseradish sauce with a base of butter, flour and cream.

albóndiga; albóndigas [ahl-BON-dee-gah] The Spanish word for “meatball.” *Albóndigas* is the name of a popular Mexican and Spanish dish of spicy meatballs, usually in a tomato sauce. **Sopade albóndigas** is a beef-broth soup with meatballs and chopped vegetables.

albumen [al-BYOO-mehn] The old-fashioned word for egg white.

albumin [al-BYOO-mehn] The protein portion of the egg white, comprising about 70 percent of the whole. Albumin is also found in animal blood, milk, plants and seeds.

alcohol 1. The only alcohol suitable for drinking is ethyl alcohol, a liquid produced by distilling (*see* DISTILLATION) the fermented juice of fruits or grains. Pure ethyl alcohol is clear, flammable and caustic. Water is therefore added to reduce its potency. In the United States, the average amount of alcohol in distilled spirits is about 40 percent (80 PROOF). Pure alcohol boils at 173°F, water at 212°F. A mixture of the two will boil somewhere between these two temperatures. When cooking with alcohol, remember that the old saw claiming that it “completely evaporates when heated” has been proven invalid by a USDA study. In truth, cooked food can retain from 5 to 85 percent of the original alcohol, depending on various factors such as how and at what temperature the

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food was heated, the cooking time and the alcohol source. Even the smallest trace of alcohol may be a problem for alcoholics and those with alcohol-related illnesses. Because alcohol freezes at a much lower temperature than water, the amount of alcohol used in a frozen dessert (such as ice cream) must be carefully regulated or the dessert won't freeze. Calorie-wise, a one-and-a-half-ounce jigger of 80-proof liquor (such as Scotch or vodka) equals almost 100 calories, a four-ounce glass of DRY wine costs in the area of 85 to 90 calories and a twelve-ounce regular (not light) beer contributes about 150 calories. 2. A general term for any alcoholic liquor.

al dente [al-DEN-tay] An Italian phrase meaning “to the tooth,” used to describe pasta or other food that is cooked only until it offers a slight resistance when bitten into, but which is not soft or overdone.

ale [AYL] A category of alcoholic beverages brewed from a combination of HOPS and barley MALT where the yeast rises to the top of the FERMENTATION tank (rather than falling to the bottom, as with beer). Ale is typically stronger than beer and more bitter in flavor because of the hops. **Pale ale** (the name referring to its relatively pale to deep amber color as compared to dark ales like PORTER or STOUT) originated in England and has a flavor that's reasonably balanced between the hops and malted barley. **India pale ale**, originally produced in England for export to British soldiers stationed in India, is slightly more bitter than regular pale ale. **Brown ale** is lightly hopped, very full-bodied, slightly sweet and dark brown in color. The color and flavor are derived from caramelized malts. **Scotch ale** is amber to dark brown in color, full-bodied and has a strong malty flavor. Although it originated in Scotland, it's now produced in other countries including Belgium and France. *See also* TRAPPIST BEER.

alecost *see* COSTMARY

à l'étouffée *see* ÉTOUFFÉE

alewife *see* HERRING

alfajores [ahl-fah-HOH-rehs] These cookies are a favorite in many South American countries such as Chile, Peru and Uruguay, and particularly in Argentina. Traditional versions consist of two cookies sandwiching a layer of the caramel-like mixture known as DULCE DE LECHE. The cookie can be made from WHEAT FLOUR, CORN FLOUR, CORNSTARCH or CHUÑO mixed with sugar, butter (or shortening) and a variety of other flavorings including peanuts, lemon ZEST and/or various nuts. Alfajores come plain or covered with a variety of coatings such as frosting, choco-

late, powdered sugar or coconut. Besides *dulce de leche*, they may also be filled with fruit jams or pastes.

alfalfa [al-FAL-fuh] Though alfalfa is generally grown for fodder, the seeds are also sprouted for human consumption. Alfalfa sprouts are popular in salads and on sandwiches. *See also* SPROUTS.

al forno (ahl FOHR-noh) Italian for “baked” or “roasted.”

Alfredo sauce [al-FRAY-doh] An exceedingly rich sauce created in the early 1920s by Roman restaurateur Alfredo di Lello for his famous dish FETTUCCHINE ALFREDO. Alfredo sauce is classically made with heavy cream, butter, grated PARMESAN, salt and pepper. Today’s renditions can include additions such as egg yolks, flour and garlic. Although this sauce was created for pasta, it’s now also used to dress everything from chicken to vegetables.

al fresco [ahl FREH-skoh (FRAY-skoh)] Italian for “fresh” or “cool,” referring culinarily to dining outdoors, whether at a restaurant or a picnic.

alginate acid; alginate [al-JIHN-ihk] A thick, jellylike substance obtained from SEAWEED. Alginic acid is used as a stabilizer and thickener in a wide variety of commercially processed foods such as ice creams, puddings, flavored milk drinks, pie fillings, soups and syrups.

Alitame [AL-ih-taym] Although not sanctioned for use in the United States at this writing, Alitame is expected to soon become FDA approved. This supernova of ARTIFICIAL SWEETENERS is 2,000 times sweeter than sugar. It’s a compound of two amino acids—alanine and aspartic acid. *See also* ACESULFAME-K; ASPARTAME; NEOTAME; SACCHARIN; SUCRALOSE.

Alizé de France [ah-lee-ZAY deuh FRAHNSS] A line of French COGNAC-based LIQUEURS using PASSION FRUIT and other fruit flavors. **Alizé Gold Passion** is golden-yellow and flavored only with passion fruit. The blue-colored **Alizé Bleu** adds VODKA plus cherry and ginger flavors to the passion fruit-Cognac base. **Alizé Red Passion** has a rich red color produced in part by the addition of cranberry juice. The pink **Alizé Rose** is enhanced with VODKA, and has added strawberry, LITCHI and rose petal flavors. **Alizé Wild Passion** is reddish orange and adds mango and pink grapefruit flavors.

alkali [AL-kah-li] Alkalis counterbalance and neutralize ACIDS. In cooking, the most common alkali used is bicarbonate of soda, commonly known as BAKING SODA.



alkanet [AL-kuh-neht] A member of the BORAGE family, the alkanet plant has roots that yield a red dye, which is used to color various food products such as margarine.

alla [ah-lah] The Italian word meaning “as done by, in, for or with.” Eggplant *alla parmigiana* refers to eggplant topped with tomato sauce, MOZZARELLA and PARMESAN.

allemande sauce [ah-leh-MAHND] A classic VELOUTÉ SAUCE thickened with egg yolks. Also called *Parisienne sauce*.

Allgäuer Bergkäse [AHL-gow-er BEHRK-kai-zer (-kah-zeh)] Hard cow’s-milk cheese from the Allgäu, an area that straddles the southern German states of Bavaria and Baden-Württemberg, bordering on Austria. *Bergkäse* means “mountain cheese” and refers to the Bavarian Alps that dominate this area. Allgäuer Bergkäse comes in large (up to 100-pound) wheels with yellow to brown rinds and pale yellow interiors containing a few small EYES. The flavor ranges from mellow with fruity and nutty traits for young versions to more complex, pungent flavors for aged cheeses.

Allgäuer Emmenthaler [AHL-gow-er EM-men-tah-ler] *see* EMENTAL

alligator This lizardlike reptile can grow up to 19 feet in length and is generally found in the swamplands of Louisiana and the Gulf States. Alligator meat is usually only available in its native regions. It comes in three basic types: the tender, white, veallike tail meat; the pinkish body meat, which has a stronger flavor and slightly tougher texture; and the dark tail meat, which is tough and only suitable for braising.

alligator pear *see* AVOCADO

alligator pepper *see* GRAINS OF PARADISE

allspice The pea-size berry of the evergreen pimiento tree, native to the West Indies and South America, though Jamaica provides most of the world’s supply (allspice is also known as *Jamaica pepper*). The dried berries are dark brown and can be purchased whole or ground. The spice is so named because it tastes like a combination of cinnamon, nutmeg and cloves. Store in a cool, dark place for no more than 6 months. Allspice is used in both savory and sweet cooking. *See also* SPICES; Seasoning Suggestions, page 805.

allumette [al-yoo-MEHT] French for “match,” referring culinarily to potatoes that have been cut into thin “matchsticks” and fried.



allumettes [al-yoo-MEHTS] Thin strips of PUFF PASTRY spread or filled with different savory mixtures (such as shrimp butter or grated cheese) and served as an HORS D'OEUVRE. A sweet filling turns this pastry into a dessert. **almond** The kernel of the almond-tree fruit, grown extensively in California, the Mediterranean, Australia and South Africa. There are two main types of almonds—sweet and bitter. The flavor of **sweet almonds** is delicate and slightly sweet. They're readily available in markets and, unless otherwise indicated, are the variety used in recipes. The more strongly flavored **bitter almonds** contain traces of lethal prussic acid when raw. Though the acid's toxicity is destroyed when the nuts are heated, the sale of bitter almonds is illegal in the United States. Processed bitter almonds are used to flavor extracts, LIQUEURS and ORGEAT SYRUP. The kernels of apricot and peach pits have a similar flavor and the same toxic effect (destroyed by heating) as bitter almonds. Almonds are available blanched or not, whole, sliced, chopped, candied, smoked, in paste form and in many flavors. Toasting almonds before using in recipes intensifies their flavor and adds crunch. Almonds are a nutritional powerhouse, packed with calcium, fiber, folic acid, magnesium, potassium, riboflavin and vitamin E. *See also* ALMOND EXTRACT; ALMOND OIL; ALMOND PASTE; JORDAN ALMOND; MARCONA ALMOND; NUTS.

almond extract A flavoring produced by combining bitter-ALMOND oil with ethyl ALCOHOL. The flavor is very intense, so the extract should be used with care. *See also* EXTRACTS.

almond oil An oil obtained by pressing sweet almonds. French almond oil, *huile d'amande*, is very expensive and has the delicate flavor and aroma of lightly toasted almonds. The U.S. variety is much milder and doesn't compare either in flavor or in price. Almond oil can be found in specialty gourmet markets and many supermarkets.

almond paste A mixture of blanched ground almonds, sugar and GLYCERIN or other liquid. ALMOND EXTRACT is sometimes added to intensify the flavor. Almond paste is used in a variety of confections and is less sweet and slightly coarser than MARZIPAN. It should be firm but pliable before use in a recipe. If it becomes hard, it can be softened by heating for 2 or 3 seconds in a microwave oven. Once opened, it should be wrapped tightly and refrigerated. Almond paste is available in most supermarkets in cans and plastic packages. **Bitter-almond paste** is used to flavor the famous AMARETTI cookies.

al pastor [ahl pahs-TOHR] This Latino specialty is prepared much like the Greek GYRO but typically is formed of pork rather than lamb. Thin slices of marinated pork are stacked and molded onto a large spit,

then topped with a large chunk of pineapple. As a vertical gas flame roasts the meat on the rotating spit, pineapple juice drips down the sides creating sweet, crispy edges. Slices of meat are shaved off the exterior as the spit turns. Numerous vendors in Mexico City sell **tacos al pastor**, tortillas topped with slices of this spit-grilled meat, pieces of the pineapple and other additions such as onions, cilantro and salsa. Such vendors are also found in U.S. cities with a large Mexican population. The term *al pastor* means “to the shepherd” and it’s thought that these shepherd’s-style tacos were adapted from similar lamb-based preparations (see SHAWARMA) brought to Mexico by Lebanese immigrants.

alsacienne, à l’ [al-zah-SYEHN] A term referring to cooking “in the style of Alsace,” a province in northeastern France whose French and German heritage is reflected in its famous cuisine. It usually refers to preparations of meat braised with sauerkraut, potatoes and sausage.

alum [AL-uhm] In cooking, these highly astringent crystals of potassium aluminum sulfate were once widely used as the crisping agent in canning pickles. Alum can cause digestive distress, however, and modern canning methods make its use unnecessary.

aluminum cookware [ah-LOO-mihn-uhm]; Br. **aluminium** [ahl-yoo-MIHN-ee-uhm] *see* COOKWARE AND BAKEWARE MATERIALS.

aluminum foil Aluminum that has been rolled into a thin, pliable sheet. It’s an excellent barrier to moisture, air and odors and can withstand flaming heat and freezing cold. It comes in regular weight (for wrapping food and covering containers) and heavy-duty weight (for freezer storage and lining pans and grills). Because the crinkling of foil creates tiny holes (increasing permeability), it should not be reused for freezer storage. Neither should it be used to wrap acidic foods (such as tomatoes and onions) because the natural acids in the food will eat through the foil. Although metal produces arcing (sparking) in microwave ovens, oddly enough, tiny amounts of aluminum foil can be used providing the foil doesn’t touch the sides of the oven. For example, foil might be used in a microwave oven to shield the tips of chicken wings that might cook much faster than the rest of the wing.

amakuchi [ah-MAH-koo-chee] *see* SAKE

amandine [AH-mahn-deen; a-mahn-DEEN] The French term meaning “garnished with almonds.” It’s often misspelled “almondine.”

amaranth [AM-ah-ranth] Once considered a simple weed in the United States, this nutritious annual is finally being acknowledged as the nourishing high-protein food it is. Amaranth greens have a delicious, slightly sweet flavor and can be used both in cooking and for salads.



The seeds are used as cereal or can be ground into flour for bread. Amaranth seeds and flour can be found in natural food stores, as well as in some Caribbean and Asian markets.

amaretti [am-ah-REHT-tee] Intensely crisp, airy MACARON cookies that are made either with bitter-ALMOND PASTE or its flavor counterpart, apricot-kernel paste. *Amarettini* are miniature versions of this cookie.

amaretto [am-ah-REHT-toh] A LIQUEUR with the flavor of almonds, though it's often made with the kernels of apricot pits. The original liqueur, *Amaretto di Saronno*, hails from Saronno, Italy. Many American distilleries now produce their own amaretto.

amaro [ah-MAH-roh] Italian for bitter or very DRY, used in relation to wine, as well as to describe the myriad bitter Italian LIQUEURS.

amasake; amazake [ah-mah-SAH-kee] A Japanese fermented drink made from KOJI and cooked rice. Amasake ranges in texture from relatively thin to as thick as a milkshake and can be served cold or hot. It's available in various flavors in natural food stores and Asian markets.

amazake *see* AMASAKE

amazu shoga [ah-MAH-zoo SHOH-gah] Thinly sliced or shredded fresh GINGER pickled in a sweet vinegar marinade. Amazu shoga is beige or pink in color, as compared to the bright red BENI SHOGA. It's used as a garnish for many Japanese dishes, particularly SUSHI. Amazu shoga can be found in Asian markets.

amberjack A lean, mild fish found along the South Atlantic coast. This member of the JACK family is hard to find in markets but, when available, is usually sold whole. Amberjack is best baked or sautéed. *See also* FISH.

ambrosia [am-BROH-zhah] 1. According to Greek mythology, ambrosia (meaning "immortality") was the food of the gods on Mt. Olympus. More recently, the word designates a dessert of chilled fruit (usually oranges and bananas) mixed with coconut. Ambrosia is also sometimes served as a salad. 2. A mixed drink made by shaking COGNAC, BRANDY (usually CALVADOS or APPLEJACK) and COINTREAU or raspberry syrup with crushed ice, then straining into a glass and topping off with cold CHAMPAGNE. It's said to have been created at New Orleans' famous Arnaud's restaurant shortly after Prohibition ended. 3. [ahm-BROH-zee-ah] A popular Brazilian dessert of Portuguese origin. It's an extremely rich egg CUSTARD flavored with cinnamon and cloves and served cold.

amchoor; amchor; amchur [AHM-choor] An East Indian seasoning made by pulverizing sun-dried, unripe (green) MANGO into a fine

powder. Amchoor lends a tart, acidic, fruity character to many dishes including meats, vegetables and curried preparations. It's also used to tenderize poultry, meat and fish. Amchoor is sometimes called simply *mango powder*; it's also spelled *aamchur*.

américaine, à l' [a-may-ree-KEHN] A dish (often lobster) prepared with a spicy sauce of tomatoes, olive oil, onions and wine.

American cheese, processed *see* PROCESSED CHEESE

American gai lan *see* BROCCOLI RABE

American [ah-meh-ree-KAH-noh] A bittersweet APÉRITIF made with sweet VERMOUTH, CAMPARI and sparkling water, served over ice in a HIGHBALL glass and garnished with a slice of lemon or orange. *See also* NEGRONI.

American Viticultural Area (AVA) An American system implemented in 1978 to identify U.S. wines in a fashion similar to the French APPELLATION system. Unlike the French regulations, however, the rules governing AVAs (under the jurisdiction of the Tax and Trade Bureau, previously BATF) are very lax. An American AVA is defined strictly by a geographic area, whereas in France the parameters are much more precise. A French appellation identifies the grape varieties that may be grown in a geographic area, the maximum production per acre, the minimum level of alcohol required for wines produced in the area and so forth. The only requirement for wine with an AVA designation is that 85 percent of the grapes must be grown in that viticultural area. Growers must petition the Tax and Trade Bureau to obtain an AVA designation for a region. The Bureau's decision is based on such characteristics as an area's topography, soil type, climate, elevation and, to some extent, historical precedent. AVAs range in size from several hundred acres to several million; some reside within other larger AVAs. For example, California's Napa Valley is an AVA that encompasses other AVAs including Howell Mountain, Stags Leap District and Rutherford Bench. The first AVA in the United States was the Augusta AVA in Missouri, established in 1980.

Amer Picon [ah-MEHR pee-KAWN] An extremely bitter (*amer* is French for bitter) French VERMOUTH-style APÉRITIF. It has a dark reddish-brown color and is flavored with gentian, orange, and cinchona bark, which yields QUININE—hence, the bitterness. Amer Picon is typically taken with SODA WATER, but is also used in various cocktails. Also known simply as *Picon*.

ammonium bicarbonate [ah-MOH-nee-uhm by-KAR-boh-nayt] This LEAVENER is the precursor of today's baking powder and bak-

ing soda. It's still called for in some European baking recipes, mainly for cookies. It can be purchased in drugstores but must be ground to a powder before using. Also known as *bartsborn*, *carbonate of ammonia* and *powdered baking ammonia*.

amontillado [ah-mon-teh-LAH-doh] *see* SHERRY

amuse-bouche; amuse-gueule [ah-mewz-BOOSH (-GEURL)] French derivative for “appetizer,” typically referring to a small one- or two-bite portion of something special or exotic to tickle the tastebuds. Such offerings are not on the menu and are presented to diners before the meal begins.

anadama bread [a-nuh-DAM-uh] An early American yeast bread flavored with cornmeal and molasses. Legend says this bread was created by a New England farmer plagued by a lazy wife who served him the same cornmeal-molasses gruel every day. One morning, the disgusted farmer grabbed the bowl of gruel, tossed in some flour and yeast, and began stirring like crazy, all the while muttering angrily, “Anna, damn ’er!”

Anaheim chile [AN-uh-hime] Named after the California city, the generally mild Anaheim is one of the most commonly available CHILES in the United States. It is usually medium green in color and has a long, narrow shape. The red strain is also called the *chile Colorado*. Anaheim chiles can be purchased fresh or canned and have a sweet, simple taste with just a hint of bite. Anaheims are frequently stuffed and commonly used in SALSAS. The dried red variety are those used for the decorative RISTRA, a long string (or wreath) of chiles.

analog cheese *see* SUBSTITUTE CHEESE

ananas [ah-nah-NAH] French for “pineapple.”

anasazi bean [a-nuh-SAH-zee] A large, white dried bean with distinctive maroon markings. Anasazis (also called *Jacob’s cattle beans*) have a fresh, sweet flavor and smooth texture. *See also* BEANS.

ancho chile [AHN-choh] This broad, dried CHILE is 3 to 4 inches long and a deep reddish brown; it ranges in flavor from mild to pungent. The rich, slightly fruit-flavored ancho is the sweetest of the dried chiles. In its fresh, green state, the ancho is called a POBLANO CHILE.

anchoiade; anchoyade [ahn-show-YAHD] A paste made of ANCHOVIES, garlic and, sometimes, olive oil. It’s generally used to spread on toast or bread.

anchovy [AN-choh-vee; an-CHOH-vee] Though there are many species of small, silvery fish that are known in their country of origin as “anchovies,” the true anchovy comes only from the Mediterranean and southern European coastlines. These tiny fish are generally filleted, salt-cured and canned in oil (sold flat and rolled). Canned anchovies can be stored at room temperature for at least a year. Once opened, they can be refrigerated for at least 2 months if covered with oil and sealed airtight. To alleviate saltiness in anchovies, soak them in cool water for about 30 minutes, then drain and pat dry with paper towels. Because they’re so salty, anchovies are used sparingly to flavor or garnish sauces and other preparations. *See also* FISH; ANCHOVY PASTE.

anchovy paste This combination of pounded anchovies, vinegar, spices and water comes in tubes and is convenient for many cooking purposes. It can also be used for CANAPÉS.

ancienne, à l’ [ah lawn-SYAM] French for “in the old style,” describing a traditional preparation method (usually for beef) of braising, then simmering.

andalouse, à l’ [ahn-dah-LOOZ] A French term describing dishes using tomatoes, PIMIENTOS and sometimes rice PILAF or sausage. **Andalouse sauce** refers to mayonnaise mixed with tomato purée and pimiento.

andouille; andouillette [an-DOO-ee; ahn-DWEE; ahn-dwee-YET] A spicy, heavily smoked SAUSAGE made from pork CHITTERLINGS and TRIPE. French in origin, *andouille* is a specialty of CAJUN COOKING. It’s traditionally used in specialties like JAMBALAYA and GUMBO, and makes a spicy addition to any dish that would use smoked sausage. *Andouille* is also good served cold as an HORS D’OEUVRE. **Andouillette**—a smaller version (1 inch or less in diameter) of ANDOUILLE—is a specialty of Normandy. It is sold cooked but not usually smoked. This SAUSAGE is traditionally slashed and grilled or fried.

anelli; anellini; anellone *see* Pasta Glossary, page 797

anesone [AN-uh-sohn; an-uh-SOH-nay] A clear anise-flavored LIQUEUR that is drier and of a higher proof than ANISETTE.

angel food cake A light, airy sponge-type cake made with stiffly beaten egg whites but no yolks or other fats. It’s traditionally baked in a TUBE PAN and is sometimes referred to simply as *angel cake*.

angel hair pasta *see* Pasta Glossary, page 797

angelica [an-JEHL-ih-kah] This sweet “herb of the angels” is a member of the parsley family. Grown extensively in Europe, its pale green,

celerylike stalks are most often candied and used as decorations for cakes and other desserts. Angelica is also used to flavor LIQUEURS and sweet wines.

angels on horseback An HORS D'OEUVRE of bacon-wrapped, shucked oysters that are broiled, baked or grilled and served on buttered toast points. *See also* DEVILS ON HORSEBACK.

angel's share The amount of wine or spirit (such as bourbon) that vanishes during barrel AGING when a small portion of the liquid evaporates through the pores of the wood.

anglaise, à l' [ahn-GLEHZ] French for "in the English style," meaning food that is simply poached or boiled. The term can also be used for food that has been coated in breadcrumbs and fried.

angled luffa *see* ASIAN OKRA

angler fish The angler takes its name from the method by which it lures its prey: it lies partially buried on the sea floor and twitches a long filament that grows from its head. The filament resembles a worm and attracts smaller fish that are soon engulfed by the angler's huge mouth. Also known as *monkfish*, *lotte*, *bellyfish*, *frogfish*, *sea devil* and *goosefish*, this large, extremely ugly fish is lowfat and firm-textured, and has a mild, sweet flavor that has been compared to lobster. Indeed, shellfish are an important part of the angler's diet. The only edible portion of this impressive fish is the tail, which is suitable for almost any method of cooking. *See also* FISH.

angostura bitters [ang-uh-STOOR-ah] Formulated by German surgeon Johann Gottlieb Benjamin Siegert, who served under Marshall von Blücher at the battle of Waterloo, angostura bitters are the most widely known BITTERS today. Dr. Siegert created the bitter elixir (based on angostura bark, gentian root, rum and other ingredients) as a tonic to stimulate the troops' lagging appetites and improve their health. Although bitters are still taken as a DIGESTIF, angostura bitters are often used today as a flavoring in foods and drinks and are essential in many cocktails such as the MANHATTAN and OLD FASHIONED. At 90 PROOF, angostura bitters are the most potent among this genre.

anice [AH-nee-cheh] Italian for "ANISE."

animal fat Any fat (such as BUTTER, SUET or LARD) that comes from an animal. Because they are almost entirely saturated, animal fats are not recommended for people on lowfat or low-cholesterol diets. *See also* FATS AND OILS.

anise; anise seed; aniseed [AN-ihss] Known as far back as at least 1500 B.C., this small annual plant is a member of the parsley family. Both the leaves and seed have a distinctive, sweet licorice flavor. The greenish brown, oval **anise seed** perfumes and flavors a variety of confections as well as savory dishes. It's also used to flavor drinks such as PASTIS, ARRACK, ANISETTE and OUZO. Anise seeds have been used as a digestive for centuries, and in India they're chewed after a meal not only for digestion but to sweeten breath. Anise seed plays an important role in the cooking of Southeast Asia. Chinese cooks are more likely to use STAR ANISE than the seed. *See also* SPICES; Seasoning Suggestions, page 805.

anisetto [AN-ih-seht; an-ih-SEHT] A clear, very sweet LIQUEUR made with anise seeds and tasting of licorice.

anitra [AH-nee-trah] Italian for "DUCK."

Anjou pear [AHN-zhoo] A large winter pear with firm flesh and a yellowish-green skin that is often blushed with red. It's sweet and succulent and is delicious both cooked and raw. The Anjou is available in most regions from the fall to the spring. *See also* PEAR.

Anna potatoes *see* POMMES ANNA

annatto [uh-NAH-toh] A derivative of ACHIOTE SEED, commercial annatto paste and powder is used to color butter, margarine, cheese and smoked fish. *See also* Food Additives Directory, page 814.

anolini *see* Pasta Glossary, page 797

antelope Currently, the only state that's farming antelopes for human consumption is Texas, where black buck and nilgai antelope are allowed to roam on huge preserves. Antelope meat is similar to that of deer, but leaner. As with other large game, antelope is sometimes sold in markets as venison. *See also* GAME ANIMALS.

antioxidants Substances that inhibit oxidation in plant and animal cells. Culinarily, antioxidants help prevent food from becoming rancid or discolored. In the body, many scientists believe that antioxidants may contribute to reducing cancer and heart disease. Ascorbic acid (vitamin C), which is easily obtained from citrus fruits, is a well known natural antioxidant, as is vitamin E, which is plentiful in seeds and nuts. Antioxidants are also abundant in CRUCIFEROUS VEGETABLES such as broccoli and Brussels sprouts.

antipasto [ahn-tee-PAHS-toh; an-tee-PAST-oh] Literally meaning "before the meal," this Italian term refers to hot or cold HORS D'OEUVRE.

An assortment of *antipasti* could include appetizers such as cheese, cured meats, olives, smoked fish and marinated vegetables.

antojitos [ahn-toh-HEE-tohs] In Mexico, the word *antojitos* (“little whims”) refers to what Americans call APPETIZERS.

AOC *see* APPELLATION

ao nori; ao noriko [AH-oh NOH-ree; NOH-ree-koh] Green SEA-WEED that’s dried and used as seasoning; it’s an abundant source of iron. *Ao nori* is the flaked version, whereas *ao noriko* is powdered. Both are available in small bottles in Asian markets.

AOP *see* PROTECTED DESIGNATION OF ORIGIN

Apalachicola oyster [ap-uh-lah-chee-KOH-luh] *see* ATLANTIC OYSTER

apee [AY-pee] Dating back to the 1800s, this soft, sour cream–based sugar cookie takes its name from the initials of its creator, Philadelphia cook Ann Page.

apéritif [ah-pehr-uh-TEEF; ay-pehr-ee-TEEF] A light alcoholic drink taken before lunch or dinner. Among the many popular apéritifs are AMER PICON, CHAMPAGNE, DUBONNET, KIR, LILLET and SHERRY.

aperitivo [ah-peh-ree-TEE-voh] Italian for “APÉRITIF.”

aphrodisiac [af-ruh-DEE-zee-ak] Named for Aphrodite, the Greek goddess of love, aphrodisiacs are substances (including food or drink) that are purported to arouse or increase sexual desire. Among the most widely touted aphrodisiacs are caviar, frog legs, oysters and truffles and, of course, one’s imagination.

à point [ah PWAH] 1. The French term used for food cooked just to the perfect point of doneness. 2. When referring to meat, *à point* means that a steak is cooked rare.

appaloosa bean [ap-pah-LOO-sah] A small, long and narrow dried bean that’s white on one end and dark brown with tan streaks on the other. Its name comes from the Appaloosa horse—both horse and bean hail from the Palouse, an area that encompasses southeast Washington and northwest Idaho. *See also* BEANS.

appareil [ah-pah-RAY] In the culinary world, an *appareil* is a mixture (such as a marinade, sauce or frosting) that is prepared in advance and either used separately or as part of another preparation.

appellation [ap-puh-LAY-shuhn; *Fr.* ah-pel-lah-SYAWN] A term describing a designated area for grape-growing or food production, which

is controlled by governmental (federal, local or both) rules and regulations regarding how wine or foodstuffs are produced. For wine, this includes such matters as which grape varieties do best in particular climates and soils, viticultural and winemaking practices, allowable yields per acre, alcohol content of the wine, and so on. For food products—cheese, for example—the regulations might dictate which breed of cattle the milk must come from, what type of feed the animals must eat and the minimum fat content for the cheese. Such rules vary from country to country but are analogous in their attempt to stimulate the production of quality wines and foods. Countries with their own appellation systems include France (Appellation d'origine Contrôlée—AOC), Italy (Denominazione di Origine Controllata—DOC), Portugal (Denominação de Origen—DO) and Spain (Denominación de Origen—DO). However, the appellation systems of individual countries are being replaced slowly by those of the European Union (EU). The two most widely used criteria are PROTECTED DESIGNATION OF ORIGIN and PROTECTED GEOGRAPHICAL INDICATION—sets of standards that apply to all EU-member countries. In the United States, foodstuffs are not yet regulated by such “protected name” regulations, but rather only by USDA rules and regulations that apply to how a product is produced. Wine regions in the United States are governed by AMERICAN VITICULTURAL AREA regulations, which are not as restrictive as those for most European appellations.

Appellation d'Origine Contrôlée *see* APPELLATION

Appenzeller [AP-pent-tsehl-ler] This whole-milk cow's CHEESE is named for an eastern Swiss canton (a state in the Swiss confederation). Of the more than 70 Swiss dairies that produce Appenzeller, only three make it with raw milk—the rest use PASTEURIZED. This cheese has a hard rind that ranges in color from pale yellow to golden brown. The interior is ivory to pale yellow with a scattering of irregularly sized EYES. Appenzeller's distinctively spicy, fruity and tangy aroma and flavor are in great part the result of *Sulz*, in which it's initially soaked and with which it receives regular brushings throughout RIPENING. Every cheesemaker has a different *Sulz* recipe (some with as many as 20 ingredients), which can include wine, cider, yeast, herbs, spices and salt. Appenzeller is marketed at three ripening levels: *Classic* (silver label)—3 to 4 months; *Surchoix* (gold label)—4 to 6 months; and *Extra* (black and gold label)—a minimum of 6 months.

appetizer Any small, bite-size food served before a meal to whet and excite the palate. Used synonymously with the term HORS D'OEUVRE, though this term more aptly describes finger food, whereas **appetizer** can also apply to a first course served at table.

apple Grown in temperate zones throughout the world and cultivated for at least 3,000 years, apple varieties now number well into the thousands. Apples range in color from lemony yellow to bright yellow-green to crimson red. Their textures range from tender to crisp, their flavors from sweet to tart and from simple to complex. They're available year-round but are at their best in the autumn when newly harvested. Buy firm, well-colored apples with a fresh (never musty) fragrance. The skins should be smooth and free of bruises and gouges. SCALD (a dry, tan- or brown-colored area on the skin of an apple) doesn't usually affect its flavor. Apples come 2 to 4 per pound, depending on size. Store apples in a cool, dark place. They do well placed in a plastic bag and stored in the refrigerator. Choose apples by how you intend to use them—for eating raw or cooking. **All-purpose apples**, good for eating raw as well as for cooking include the following: BALDWIN, BRAEBURN, CORTLAND, CRITERION, FUJI, GALA, GOLDEN DELICIOUS, GRANNY SMITH, GRAVENSTEIN, JONAGOLD, JONATHAN, LADY APPLE, MACOUN, MCINTOSH, NEWTOWN PIPPIN (also known simply as *pippin*), NORTHERN SPY, PINK LADY, RHODE ISLAND GREENING, STAYMAN WINESAP, WINESAP and YORK IMPERIAL. **For whole baked apples**, the apple of choice is ROME BEAUTY. Other good bakers are Braeburn, Gala, Gravenstein and York Imperial. Apples are a good source of fiber and vitamins A and C. They're also rich in the powerful flavonoid quercetin, which acts as an antioxidant and may prevent some cancers and protect the arteries and heart. Whole fruit is better than apple juice, which loses 80 percent of its quercetin during processing. *See also* CANDIED APPLE; CASHEW APPLE; CRABAPPLE; MAY APPLE; RED DELICIOUS.

apple brandy A generic name for any BRANDY distilled from apples. *See also* APPLEJACK; CALVADOS.

apple brown betty *see* BETTY

apple butter A thick, dark brown PRESERVE of slowly cooked apples, sugar, spices and cider. Used as a spread for breads.

apple cider *see* CIDER

apple corer *see* CORER

apple dumpling *see* DUMPLING

applejack A potent BRANDY made from apple cider and ranging in strength from 80 to 100 PROOF. France is famous for its apple brandy, CALVADOS. In the United States, applejack must spend a minimum of 2 years in wooden casks before being bottled.

apple pandowdy *see* PANDOWDY

apple pear *see* ASIAN PEAR

applesauce A cooked purée (ranging in texture from smooth to chunky) of apples, sugar and, sometimes, spices.

apricot [AP-rih-kot; AYP-rih-kot] This fruit of ancient lineage has been grown in China for over 4,000 years. It now thrives in most temperate climates, with California producing about 90 percent of the American crop. A relative of the peach, the apricot is smaller and has a smooth, oval pit that falls out easily when the fruit is halved. Throughout the world there are many varieties of apricot, including Riland, Tilton, Blenheim, Royal and Chinese. In color, the skin can range anywhere from pale yellow to deep burnt orange; the flesh from a golden cream color to brilliant orange. Because they're highly perishable and seasonal, 90 percent of the fresh apricots are marketed in June and July. When buying apricots, select plump, reasonably firm fruit with a uniform color. Store in a plastic bag in the refrigerator for up to 3 to 5 days. Depending on size, there are 8 to 12 apricots per pound. **Dried apricots** are pitted, unpeeled apricot halves that have had a large percentage of the moisture removed. They're usually treated with sulfur dioxide to preserve their color. In addition to being rich in vitamin A, dried apricots are a valuable source of iron and calcium. The kernels of the apricot pits are used in confections and to flavor LIQUEURS. Like bitter almonds, apricot kernels are poisonous until roasted.

apricot brandy A generic term for any BRANDY distilled from apricots.

aprium *see* PLUMCOT

Apry [AP-ree] Another name for apricot BRANDY.

A.Q. A menu term meaning "as quoted," referring to generally high-priced dishes (such as lobster), the price of which may vary depending on the season. The server can quote the price of an A.Q. item.

aquaculture [AH-kwah-kuhl-tcher] The cultivation of fish, shellfish or aquatic plants (such as SEAWEED) in natural or controlled marine or freshwater environments. Though aquaculture began eons ago with the ancient Greeks, it wasn't until the 1980s that the practice began to expand rapidly. Aquaculture "farms" take on a variety of forms including huge tanks, freshwater ponds, and shallow- or deep-water marine environments. Today, the farming and harvesting of fish and shellfish is a multimillion-dollar business. Among the most popular denizens of the deep that are farmed are BIVALVES like OYSTERS, CLAMS and MUSSELS; CRUSTACEANS like CRAYFISH, LOBSTERS and SHRIMP; and FISH like CATFISH, SALMON, TROUT and TILAPIA. *See also* HYDROPONICS.

aquavit; akvavit [AHK-wuh-veet] A strong colorless Scandinavian liquor distilled from grain or potatoes and flavored with caraway seed. It is served icy cold and drunk in a single gulp.

aqua vitae [AHK-wuh VEE-tee; AK-wuh VEE-tee] A clear distilled BRANDY; Latin for “water of life.” *See also* EAU DE VIE.

aragosta [ah-rah-GOH-stah] Italian for “LOBSTER.”

arak [AR-rahk; ah-RAK] 1. A name widely used in Asia and the Middle East for a fiery liquor made, depending on the country, from any of several ingredients including rice, sundry-palm sap and dates. Also spelled *arrack* and *arrak*. **arak; arrack; arrak** 2. A pungently aromatic yet light-bodied RUM from Java.

arame [ah-rah-may] A dried, Japanese SEAWEED that comes in narrow dark brown strands. Arame has a mild, slightly sweet flavor. It can be rehydrated and used in salads or sautéed with vegetables.

aram sandwich [A-ruh-m; EHR-uh-m] A sandwich formed by spreading a softened LAHVASH with cream cheese, then layering thin slices of sandwich fillings such as meat, cheese, lettuce, pickle and so on. This large flat round is then rolled jelly-roll style, wrapped tightly in plastic wrap and refrigerated for several hours. Before being served, the cylinder is cut into about 1-inch thick slices. The aram sandwich is also known as *levant*.

arancia [ah-RAHN-chah] Italian for an “orange.”

arancine [ah-rah-neh] A Sicilian specialty of SAFFRON-flavored rice balls stuffed with varying ingredients that can include meat, meat sauce, vegetables (such as peas) and/or cheese. The rice balls are coated with breadcrumbs and usually fried, though they also can be baked. The word *arancine* means “little oranges” and refers to both the shape of the fruit and the orange color from the saffron. Arancine are a popular street food and often used as appetizers. The shape can be round or conical, depending on the region from which they hail. SUPPLI are very similar to arancine.

Arborio rice [ar-BOH-ree-oh] The high-starch kernels of this Italian-grown grain are shorter and fatter than any other short-grain rice. Arborio is traditionally used for RISOTTO because its increased starch lends this classic dish its requisite creamy texture. *See also* RICE.

arctic bonito *see* TUNA

arepa; arepas [uh-RAY-pah] Popular in Columbia, Venezuela and other Latin American countries, arepas are thick, round corn cakes,

sized somewhat like hamburger buns or large ENGLISH MUFFINS. Pre-cooked white or yellow cornmeal is combined with water and salt and sometimes butter, grated cheese and/or egg yolks and then baked, grilled or fried. An arepa is often split in half (sometimes the soft center is pulled out and discarded) and filled with a variety of ingredients much like a sandwich. The fillings can include cheese, deli meats, eggs scrambled with various ingredients, chicken, beef, seafood or beans combined with items like cheese or meat. Sometimes arepas are simply split and spread with butter or cream cheese. They can also be left whole, topped with ingredients and eaten with a knife and fork. **Arepitas** are small versions that are served much like bread or biscuits to accompany meals.

arequipe [ah-ray-KEE-pay] *see* DULCE DE LECHE

Argenteuil, à l' [ar-zhawn-TEW-ee] A term describing a dish featuring asparagus, named after the French town that is world renowned for its asparagus.

Armagnac [ahr-mahn-YAK] One of the world's two great brandies (the other being COGNAC), Armagnac comes from Gascony, near Condom, a town southeast of Bordeaux. It's traditionally distilled once (as opposed to cognac's double distillation) at a relatively low temperature. This single DISTILLATION leaves more flavoring elements and produces a hearty, full-flavored spirit that's silky smooth. Armagnacs are AGED in black oak (for up to 40 years), which imparts more flavor and allows for faster aging than the Limousin used for Cognac. Despite the fact that Armagnac was first made at least 200 years before cognac, the latter outsells Armagnac today by almost seven to one.

Armenian cracker bread *see* LAHVOSH

aroma In a general sense, aroma refers to a distinctive odor characteristic of a specific liquor, wine or food. In the world of wine, the word "aroma" traditionally refers to the simple fruity smell of the grape variety. In today's broader parlance, many use this term as a synonym for *bouquet*, the complex fragrance that a wine develops through FERMENTATION and AGING, specifically bottle aging. *See also* NOSE.

aromatic *n.* Any of various plants, herbs and spices (such as bay leaf, ginger or parsley) or liquids (such as wine or vinegar) that impart a lively fragrance and flavor to food and drink.

aromatic rice A general term used for rices with a perfumy, nut-like flavor and aroma. Among the more popular aromatic rices are BASMATI (from India), JASMINE (from Thailand), TEXMATI (from Texas), WEHANI and WILD PECAN RICE (from Louisiana). *See also* RICE; RIZCOUS.

arrack; arrak *see* ARAK

arrabbiata [ah-rah-bee-AH-tah] Italian for “angry,” referring culinarily to dishes with a spicy sauce of tomatoes, PANCETTA and CHILES.

arrowhead A root vegetable with a crunchy texture and slightly bitter flavor. It’s also known as *Chinese potato* and *swamp potato*, the latter name coming from the fact that it’s grown under water. Choose roots that are firm and free of blemishes. Refrigerate in a plastic bag for up to 2 weeks; peel before using. Arrowhead is best cooked by braising, boiling or steaming and can also be added to soups.

arrowroot The starchy product of a tropical tuber of the same name. The rootstalks are dried and ground into a very fine powder. Arrowroot is used as a thickening agent for puddings, sauces and other cooked foods, and is more easily digested than wheat flour. Its thickening power is about twice that of wheat flour. Arrowroot is absolutely tasteless and becomes clear when cooked. Unlike cornstarch, it doesn’t impart a chalky taste when undercooked. It should be mixed with a cold liquid before being heated or added to hot mixtures. Some British and early American cookie recipes call for *arrowroot flour*, which is the same product. Arrowroot can be found in supermarkets, natural food stores and Asian markets. **Fresh arrowroot**, also called *fung quat*, can sometimes be found in specialty produce markets. It’s a misshapen vegetable that can range in size from 1 to 6 inches in diameter. When cooked, it has a nutty, slightly sweet flavor and soft mealy texture.

arroz [ah-ROHS] The Spanish word for “rice.”

arroz con leche [ah-RROHS kon LEH-cheh] A Spanish pudding made from rice that’s cooked in milk with various flavorings such as vanilla, lemon and cinnamon.

arroz con pollo [ah-ROHS kon POH-yoh] Literally “rice with chicken,” this Spanish and Mexican dish is made with rice, chicken, tomatoes, green peppers, seasonings and, sometimes, saffron.

artichoke This edible thistle dates back eons and was prized by ancient Romans as food of the nobility. The word “artichoke” is shared by three unrelated plants: the globe artichoke, SUNCHOKE and CHINESE (OR JAPANESE) ARTICHOKE. The globe artichoke (*Cynara scolymus*) is considered the *true artichoke*, and today, there are over 50 varieties of it grown around the world. In the United States, almost the entire crop is cultivated in California’s midcoastal region. In Europe, France, Italy and Spain produce prodigious crops of this illustrious vegetable. The artichoke is actually the flower bud (its leaves tough and petal-shaped) of a large thistle-family plant. The buds grow on stalks, each of which has

a primary bud at its tip and two or three smaller buds lower down. Below that are several very small buds, which are marketed as baby or cocktail artichokes, or sold for canning. **Fresh globe artichokes** are available year-round, with the peak season from March through May. They range in size from jumbo (great for stuffing) to baby (good whole for sautéing, frying, roasting or marinating to be used in salads). **Purchase artichokes** that have a tight leaf formation, a deep green color and that are heavy for their size. The leaves should squeak when pressed together. Avoid those that look dry or have split leaves or heavy browning. However, a slight discoloration on the leaf edges early in the season is generally frost damage (winter's kiss) and won't affect the vegetable's quality. In general, the smaller the artichoke the more tender it will be; the rounder it is, the larger its heart. Artichokes are best used the day of purchase but can be stored unwashed in a plastic bag in the refrigerator for up to 4 days; wash just before cooking. **Processed artichoke hearts and bottoms** are available canned (in brine or oil) as well as jars (in an oil marinade). Artichoke hearts are also available frozen. Labeling terms can be confusing—"artichoke crowns," for example, are actually artichoke bottoms, and the terms "hearts" and "bottoms" are sometimes used interchangeably. In actuality, the heart is a portion of the fleshy artichoke base including the attached tender pale leaves; the bottom is the entire base sans leaves. **To prepare whole artichokes for cooking**, slice off the stem to form a flat base. Snap off the tough outer leaves closest to the stem. Trim about ½ inch off the pointed top, then use scissors to snip off the prickly tips of the outer leaves. Rub all cut edges with lemon to prevent discoloration. It's easier to remove the fuzzy choke (use a teaspoon) after cooking, but it can also be done beforehand. Soaking artichokes in ACIDULATED WATER for an hour before cooking will improve their color and tenderness. **Cook artichokes** in stainless steel, glass or enamelware only (see COOKWARE AND BAKEWARE MATERIALS) to prevent discoloration and off-flavors. Artichokes are done when the bottoms can be pierced with a knife tip. Cooked artichokes may be covered and refrigerated for up to 3 days. **To eat a whole cooked artichoke**, break off the leaves one by one and draw the base of the leaf through your teeth to remove the soft portion, discarding the remainder of the leaf. The individual leaves may be dipped into melted butter or some other sauce. After the leaves have been removed, the inedible prickly choke is cut or scraped away and discarded so the tender base is accessible. Artichokes contain small amounts of potassium and vitamin A and absolutely no fat. See also POIVRADE.

artificial sweeteners This category of nonnutritive, high-intensity sugar substitutes includes ACESULFAME-K, ASPARTAME, NEOTAME, SACHARIN and SUCRALOSE.

artisanal [ar-TIH-zen-ahl] This term implies that a food or beverage has been primarily handmade and produced in small batches by traditional, predominantly non-mechanical methods. Superior fresh, natural and local ingredients and attention to detail and excellence are all part of the artisan tradition. This results in products that resound of homemade goodness and quality. Among the many artisanal creations found in markets today are breads, cheeses, jams, oils, sausages and vinegars. *See also* FARMSTEAD.

arugula [ah-ROO-guh-lah] Also known as *Italian cress*, *rocket*, *rockette*, *rugula* and *rucola*, arugula is a bitterish, aromatic salad green with a peppery mustard flavor. Though it has long been extremely popular with Italians, American palates often find its flavor too assertive. Arugula (which resembles radish leaves) can be found in specialty produce markets and in most supermarkets. It's sold in small bunches with roots attached. The leaves should be bright green and fresh looking. Arugula is very perishable and should be tightly wrapped in a plastic bag and refrigerated for no more than 2 days. Its leaves hold a tremendous amount of grit and must be thoroughly washed just before using. Arugula makes a lively addition to salads, soups and sautéed vegetable dishes. It's a rich source of iron as well as vitamins A and C.

asadero [ah-sah-DEH-roh] A white cow's-milk CHEESE of Mexican origin, made by the PASTA FILATA process and available in braids, balls or rounds. Asadero, which means "roaster" or "broiler," has good melting properties and becomes softly stringy when heated—very similar to an unaged MONTEREY JACK CHEESE. It's also sometimes referred to as *Oaxaca*, after the Mexican state where it originated.

asafetida; asafoetida [ah-sah-FEH-teh-dah] A flavoring obtained from a giant fennel-like plant that grows mainly in Iran and India. It's used in many Indian dishes and can be found in powdered or lump form in Indian markets. Asafetida has a fetid, garlicky smell and should be used in very small quantities.

ascorbic acid [as-KOHR-bihk] The scientific name for vitamin C, ascorbic acid is sold for home use to prevent browning of vegetables and fruits. It's used in commercial preparations as an ANTIOXIDANT.

aseptic packaging [uh-SEHP-tihk; a-SEHP-tihk] A system of packaging food and drink products so the contents are exposed to a minimal amount of air; such products are typically vacuum-packed. Because oxygen is the major contributor to spoilage in most foods,

aseptic packaging can retain a product's freshness for several months, even years. Milk, juices, chopped tomatoes and even inexpensive wines are packaged aseptically in plastic bags within cartons or boxes. The bags collapse as the contents are poured out, keeping the remaining food or drink relatively free of air contamination.

ash Cheesemakers have long used ash coatings to protect and dry a cheese's exterior, to promote RIPENING and sometimes simply as a stylish accent. Ash is used most often with cheeses made of goat's milk (see CHÈVRE). Though traditionally made from burned grapevines and roots, ash today is more commonly a powdered mix of charcoal and salt. Vegetable ash is made from dried vegetables reduced to ash.

ash pumpkin; ash gourd *see* WINTER MELON

Asiago [ah-SYAH-goh] Hailing from Italy, Asiago has a rich flavor that can be pleasantly sharp in aged versions. It takes its name from *L'Altopiano di Asiago* ("the Asiago Plateau"), which is located in the foothills of Italy's Veneto region. It's made from whole or partially skimmed cow's milk, which may be PASTEURIZED or raw. Depending on the age of the cheese, the rind ranges from elastic and straw-colored to hard and brownish gray, and the interior from semisoft and ivory-colored to hard and deep gold. All Asiago has small to medium EYES. Other countries, including the United States, produce Asiago. American versions come in three styles: fresh (a soft whole-milk cheese aged for 2 to 4 months); medium (made with slightly skimmed milk and aged for at least 6 months); and aged (more heavily skimmed milk, ripened a minimum of 1 year). Young Asiago is used as a table cheese; aged over a year, it becomes hard and suitable for grating. *See also* CHEESE.

Asian celery Said to have grown wild in Asia and the Middle East for centuries, this vegetable resembles an elongated bunch of common CELERY—but its stalks are slimmer, the leaves dark green and parsleylike. Asian celery can be found in some specialty produce markets. Choose firm stalks with no sign of browning. Store airtight in the refrigerator for up to 1 week. May be used fresh or cooked, the same as common celery.

Asian noodles Though some Asian-style NOODLES are wheat-based, many others are made from ingredients such as rice flour, potato flour, buckwheat flour, cornstarch and bean, yam or soybean starch. Among the more popular are China's CELLOPHANE NOODLES (made from mung-bean starch), egg noodles (usually wheat-based) and RICE NOODLES, and Japan's HARUSAME (made with soybean, rice or potato flour), RAMEN (wheat-based egg noodles) and SOBA (which contain buckwheat flour). Other Asian countries, including Korea, Indonesia, Thailand,

Vietnam and the Philippines, have their own versions of the venerable noodle. Asian noodles can be purchased fresh and dried in Asian markets; some dried varieties can be found in supermarkets. Throughout Asian cultures noodles are eaten hot and cold. They can be cooked in a variety of ways including steaming, stir-frying and deep-frying.

Asian okra Unrelated to common okra, this long, narrow vegetable has a tough, dark green skin with lengthwise ridges and a soft, off-white flesh with a mild flavor. Select Asian okra that is firm and unblemished. Refrigerate for up to 1 week; peel just before using in STIR-FRIES, soups or curry dishes. Asian okra is also known as *angled luffa*, *silk gourd* and *vegetable sponge*.

Asian pear There are over 100 varieties (most of them grown in Japan) of this firm, amazingly juicy pear whose season is late summer through early fall. In size and color, they range from huge and golden brown to tiny and yellow-green. In general, ripe Asian pears are quite firm to the touch, crunchy to the bite (unlike the pears we're used to), lightly sweet and drippingly juicy. The most common Asian pear in the United States is the Twentieth Century (also known as *nijisseiki*), which is large, round and green to yellow in color. Ripe Asian pears should be stored in the refrigerator. Also called apple pear, *Chinese pear*, *Japanese pear* and *Nashi*. See also PEAR.

asopao [ah-soh-PAH-oh] Spanish for “soupy,” *asopao* is the Puerto Rican version of PAELLA. This soupy stew is flavored with the Spanish staple SOFRITO and typically includes chicken, meat or seafood (or a combination of the three), rice and various vegetables, such as onions, bell peppers and tomatoes.

asparago [ah-SPAH-rah-goh] Italian for “ASPARAGUS.”

asparagus This universally popular vegetable is one of the lily family's cultivated forms. The optimum season for fresh asparagus lasts from February through June, although it's available year-round in some regions. The earliest, most tender stalks are a beautiful apple green with purple-tinged tips. Europeans prefer white asparagus (particularly the famous French asparagus of Argenteuil), which is grown underground to prevent it from becoming green. White spears are usually thick and are smoother than the green variety. There's also a purple variety called *Viola*. When buying asparagus, choose firm, bright green (or pale ivory) stalks with tight tips. Asparagus plants live 8 to 10 years and the spear's size indicates the age of the plant from which it came—the more mature the plant, the thicker the asparagus. It's best cooked the same day it's purchased but will keep, tightly wrapped in a plastic bag, 3 to 4 days in the refrigerator. Or, store standing upright in about an inch of water,

covering the container with a plastic bag. Asparagus is grown in sandy soil so thorough washing is necessary to ensure the tips are not gritty. If asparagus stems are tough, remove the outer layer with a vegetable peeler. Canned and frozen asparagus is also available. Asparagus contains a good amount of vitamin A and is a fair source of iron and vitamins B and C.

asparagus bean *see* YARD-LONG BEAN

aspartame [ah-SPAHR-taym; AS-pahr-taym] An ARTIFICIAL SWEETENER that's 180–200 times sweeter than sugar. It's synthesized from two AMINO ACIDS (aspartic acid and phenylalanine), the building blocks of protein, and contains about 4 calories per gram. Regular aspartame breaks down and loses its sweetness when heated but is excellent for sweetening cold dishes. A new encapsulated (and therefore heat-stable) form of this sweetener has been developed especially for baking. At this writing, however, it's not available to consumers. *See also* ACESULFAME-K; ALITAME; NEOTAME; SACCHARIN; SUCRALOSE.

asperge [ah-SPEHRZH] French for "ASPARAGUS."

aspic [AS-pihk] A savory jelly, usually clear, made of CLARIFIED meat, fish or vegetable stock and GELATIN. Tomato aspic, made with tomato juice and gelatin, is opaque. Clear aspics may be used as a base for molded dishes, or as glazes for cold dishes of fish, poultry, meat and eggs. They may also be cubed and served as an accompaniment relish with cold meat, fish or fowl.

assaisonné [ah-say-zoh-NAY] French for "seasoned" or "seasoned with."

Assam tea [as-SAHM] Hailing from India's Assam district, this black tea produces a strong-flavored, full-bodied brew with a reddish tinge. *See also* TEA.

ASTA pungency units *see* GILLETT METHOD

Asti Spumante [AH-stee spoo-MAHN-teh] A sweet sparkling white wine generally served as a DESSERT WINE but sometimes as an APÉRITIF. Asti Spumante tastes decidedly of the MUSCAT GRAPE from which it's made. It hails from the area around the town of Asti in the Piedmont region of northern Italy.

atemoya [ah-teh-MOH-ee-yah] Though cultivated in Florida, this cross between CHERIMOYA and SWEETSOP is a native of South America and the West Indies. About the size of a large BELL PEPPER, the atemoya has a tough dusty green skin that has a rough petal configuration. The custardlike pulp is cream-colored and studded with a smattering of large

black seeds. Its delicate, sweet flavor tastes like a blend of mango and vanilla. Atemoyas are in season from late summer through late fall. Though they often split slightly at their stem end when ripe, it's best to buy them when they're pale green and tender with unbroken skin. The fruit can continue to ripen at room temperature at home. Refrigerate ripe atemoyas 3 to 5 days. They're best served chilled. Simply halve the fruit, spoon out the pulp and enjoy. Atemoyas are high in potassium and vitamins C and K.

Atlantic croaker *see* DRUM

Atlantic oyster Also called *Eastern oyster*; this species has a thick, elongated shell that ranges from 2 to 5 inches across. It's found along the Atlantic seaboard and the Gulf of Mexico and is considered ideal for serving ON THE HALF SHELL. Atlantic oysters are sold under different names depending on where they're harvested. The most well known is the BLUEPOINT; others include **Apalachicola, Cape Cod, Chesapeake, Chincoteague, Indian River, Kent Island, Malpeque** and **Wellfleet**. *See also* OYSTER.

atole [ah-TOH-leh] Said to date back to pre-Columbian times, atole is a very thick beverage that's popular in Mexico and some parts of the American Southwest. It's a combination of MASA, water or milk, crushed fruit and sugar or honey. Latin markets sell instant atole, which can be mixed with milk or water. Atole can be served hot or room temperature.

aubergine [oh-behr-ZHEEN] French for "eggplant."

au bleu [oh-BLEUH] The French term for the method of preparing fish the instant after it's killed. Used especially for trout, as in *truite au bleu*, where the freshly killed fish is plunged into a boiling COURT-BOUILLON, which turns the skin a metallic blue color.

au gratin [oh-GRAH-tn; oh-grah-TAN] *see* GRATIN.

au jus [oh-ZHOO] A French phrase describing meat served with its own natural juices, commonly used with beef. *See also* JUS.

au lait [oh-LAY] French for "with milk," referring to foods or beverages served or prepared with milk, as in CAFÉ AU LAIT.

au naturel [oh-nah-teur-EHL] The French term for food served in its natural state—not cooked or altered in any way.

aurore sauce [oh-ROHR] BÉCHAMEL SAUCE with just enough tomato purée added to tint it pink.

Aurum [OW-rum] A BRANDY-based, orange-flavored Italian LIQUEUR.

Auslese [OWS-lay-zuh] The German word for “selection,” used in the wine trade to describe specially selected, perfectly ripened bunches of grapes that are hand-picked, then pressed separately from other grapes. The superior wine made from these grapes is sweet and expensive. *See also* BEERENAUSLESE; SPÄTLESE; TROCKENBEERENAUSLESE.

australus [aw-STRAY-lyus] *see* KANGAROO

Auvergne [oh-VEHRN] *see* BLEU D’AUVERGNE

aux champignon *see* CHAMPIGNON

avgolemono [ahv-goh-LEH-moh-noh] A Greek soup as well as a sauce, both of which are made from chicken broth, egg yolks and lemon juice. The main difference is that the soup has rice added to it. The sauce is thicker than the soup.

avocado [a-voh-KAH-doh] Native to the tropics and subtropics, this rich fruit is known for its lush, buttery texture and mild, faintly nutlike flavor. The fruit’s name comes from *abuacatl*, the Nahuatl word for “testicle,” which is assumed to be a reference to the avocado’s shape. Florida was the site of the first U.S. avocado trees in the 1830s but almost 80 percent of today’s crop comes from California. Known early on as *alligator pear*, the many varieties of today’s avocado can range from round to pear-shaped. The skin can be thick to thin, green to purplish black and smooth to corrugated. The flesh is generally a pale yellow-green and softly succulent. The two most widely marketed avocado varieties are the pebbly textured, almost black **Hass** and the green **Fuerte**, which has a thin, smooth skin. Depending on the variety, an avocado can weigh as little as 3 ounces and as much as 4 pounds. There are even tiny Fuerte **cocktail avocados** (also called **AVOCADITOS**) that are the size of a small **GHERKIN** and weigh about 1 ounce. Like many fruits, avocados ripen best off the tree. Ripe avocados yield to gentle palm pressure, but firm, unripe avocados are what are usually found in the market. Select those that are unblemished and heavy for their size. To speed the ripening process, place several avocados in a paper bag and set aside at room temperature for 2 to 4 days. Ripe avocados can be stored in the refrigerator several days. Once avocado flesh is cut and exposed to the air it tends to discolor rapidly. To minimize this effect it is always advisable to add cubed or sliced avocado to a dish at the last moment. When a dish containing mashed avocado, such as **GUACAMOLE**, is being prepared, the addition of lemon or lime juice helps to prevent discoloration. (It is not true that burying the avocado pit in the guacamole helps maintain good color.) Avocados are at their buttery best in raw preparations; cooking them longer than a few minutes diminishes their delicate flavor and can turn them bitter. Though avocados are high in unsaturated fat, the

California Avocado Advisory Board states that half of an 8-ounce avocado contains only 138 calories. In addition, avocados contain a fair amount of vitamin C, thiamine and riboflavin.

avocadito [a-voh-kah-DEE-toh] Another name for the cocktail AVOCADO.

awabi [ah-WAH-bee] *see* ABALONE

ayran [AH-rah-n] Hailing from Turkey, ayran is a refreshing, non-sweetened yogurt drink popular throughout the Middle Eastern world. It's typically a mixture of plain yogurt, water and salt. Some versions are flavored with garlic or mint. Ayran is called *abdug* in Iran and *than* in Armenia.

azufrado bean [ah-zoo-FRAH-doh] *see* PERUANO BEAN

azuki bean; adzuki bean [ah-ZOO-kee; AH-zoo-kee] A small, dried, russet-colored bean with a sweet flavor. Adzuki beans can be purchased whole or powdered at Asian markets. They are particularly popular in Japanese cooking where they're used in confections such as the popular YOKAN, made with adzuki-bean paste and AGAR. *See also* BEANS.