



INTERNATIONAL
CULINARY
DICTIONARY

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Introduction

Wander around your local supermarket and you will realise that the British cook and consumer is thoroughly spoilt for choice. The range of foodstuffs is truly international as more and more exotic products become readily available. Cooking is now fresh, imaginative and strongly influenced by the prevalence of previously unusual ingredients.

Along with the growth of the food market, healthy eating is now an important part of many people's lifestyles. The diet industry has capitalised on this and vegetarianism is increasing in popularity.

However, even for an already confident cook this vast array can be a little awesome. This dictionary will guide you through the culinary minefield - never again need you be confused by alfalfa or zabaglione. Simply look up the word and a simple and informative description will answer your questions.

It is virtually impossible to cover everything edible and drinkable in this dictionary and the agreement over culinary terms is a long standing source of dispute. I hope though that this book will cover most eventualities. The most complicated recipes should now be made a little easier and you can start to enjoy choosing your ingredients, preparing them, cooking and, best of all, eating the final finished dish!

OVEN TEMPERATURE CHART

F	C	GAS	DESCRIPTION
225	110	¼	Very Cool
250	130	½	Cool
275	140	1	Fairly Cool
300	150	2	Moderate
325	165	3	Fairly Warm
350	180	4	Warm
375	190	5	Moderately Hot
400	200	6	Fairly Hot
425	215	7	Hot
450	230	8	Very Hot
500	250	9	Extremely Hot

OILS AND FATS

This chart indicates which cooking oils, margarines and fats are the healthiest, ie. those containing the smallest percentage of saturated fats.

Oil/Fat	Saturated	Mono-unsat.	Poly-unsat.
	%	%	%
Coconut oil	85	7	2
Butter	60	32	3
Palm oil	45	42	8
Lard	43	42	9
Beef dripping	40	49	4
Margarine, hard (vegetable oil)	37	47	12
Margarine, hard (mixed oils)	37	43	17
Margarine, soft (vegetable oil)	32	42	22
Margarine, soft (mixed oils)	30	45	19
Low-fat spread	27	38	30
Margarine, polyunsaturated	24	22	54
Ground nut oil	19	48	28
Maize oil	16	29	49
Wheatgerm oil	14	11	45
Soya bean oil	14	24	57
Olive oil	14	70	11
Sunflower seed oil	13	32	50
Safflower seed oil	10	13	72
Rape seed oil	7	64	32

METRIC EQUIVALENTS

Imperial	Approx. Metric	Exact Metric
¼ oz	5 g	7.0 g
½ oz	10 g	14.1 g
1 oz	25 g	28.3 g
2 oz	50 g	56.6 g
3 oz	75 g	84.9 g
4 oz	100 g	113.2 g
5 oz	125 g	141.5 g
6 oz	150 g	169.8 g
7 oz	175 g	198.1 g
8 oz	200 g	227.0 g
9 oz	225 g	255.3 g
10 oz	250 g	283.0 g
11 oz	275 g	311.3 g
12 oz	300 g	340.0 g
13 oz	325 g	368.3 g
14 oz	350 g	396.6 g
15 oz	375 g	424.0 g
16 oz (1 lb)	400 g	454.0 g
2 lb	1 kg	908.0 g
¼ pt	125 ml	142 ml
½ pt	250 ml	284 ml
¾ pt	375 ml	426 ml
1 pt	500 ml	568 ml
1½ pt	750 ml	852 ml
2 pt	1 litre	1.131 litre

ABBREVIATIONS

Austria	Aus.	Italian	It.
Australia	Austr.	Japanese	Jap.
Belgium	Belg.	Polish	Pol.
English	Eng.	Russian	Russ.
Chinese	Chin.	South American	S/Amer.
Danish	Dan.	Scandinavian	Scan.
Dutch	Du.	Spanish	Sp.
French	Fr.	Switzerland	Sw.
German	Ger.	Turkish	Turk.
Greek	Gr.	United States	U.S.
Hungarian	Hung.	West Indian	W.I.
Indian	Ind.		

All capitalised words within the definitions are also cross-referenced.

A

Abaisse (Fr.) : A piece or sheet of pastry, rolled out to a certain thickness. Also used to describe a layer of sponge cake or biscuit.

Abalone /Awabi /Ormer : A smooth-textured snail-like shellfish, usually available dried, frozen or canned. Used extensively for flavouring - in soups, red-cooking, or mixed frying.

Abata (Fr.) : French term for Offal.

Abel-Musk : The seeds of the aromatic *Ambrette* plant, which give off a very strong flavour of Musk. Can be mixed with coffee to flavour and heighten its stimulating properties.

Abomasum : See Rennet.

Abricote : A cake or pudding masked with apricot marmalade.

Absinthe : Liqueur made from the leaves of *Wormwood*.

Abura-Age (Jap.) : Deep-fried cakes of soybean curd. Sold cling-wrapped or frozen.

Acacia : See Gum Arabic.

Acarn : See Bream.

Ac'cent (U.S.) : American term for monosodium glutamate. See M.S.G.

Aceline (Fr.) : See Perch.

Acerola : See West Indian Cherry.

Acetabula : A family of fungi, remarkable for their broad, fleshy cupola.

Acetic acid : An organic acid used to preserve or pickle foods. Also used to stop 'blackening' when using cream etc. especially when making sauces. It also forms the basis of vinegar.

Acetomol : Sour-sweet syrup made from honey and vinegar. Used to preserve fruit.

Achar : Pickled and strongly spiced fruit, vegetables or tender shoots. Generally coloured with saffron.

Achillea : A plant whose tender leaves can be added to salads.

Acid Curd : A curd produced by coagulation of casein by acids, normally lactic acid, during the process of making cheese.

Acid Ice : A mixture of whisked egg-whites, sugar and lemon juice, in the style of meringue, used to cover the tops of puddings and pies.

Acidify : To add lemon juice or vinegar to a culinary preparation.

Acidulated water : The addition of lemon juice or vinegar to cold water - which prevents discoloration of some fruits and vegetables. To every pint of water, add 1 teaspoon of lemon juice or vinegar.

Ackee /Achee /Akee : A fruit of a West African tree, *Blighia sapida*, in honour of Captain Bligh, who introduced it to Jamaica.

Acorn : A member of the Squash family of vegetables. No connection with the unpleasant non-culinary nut of the Oak tree. See Squash.

Acorn Barnacle : Also known as Balane, Acorn Shell or Turban Shell. A small shellfish with delicate flesh and prepared like crab.

Acorn Shell : See Acorn Barnacle.

Acquette : A very aromatic liqueur.

Actinia : (Starfish). A sea anemone with a similar flavour to crab.

Admiral : A hot punch made from claret, sugar and spices, and thickened with egg yolk.

Adoc : A name sometimes given to sour milk.

Advocaat : A Dutch liqueur made from brandy and fresh egg yolks.

Adzuki /Aduki /Azuki Beans (Jap.) : Small reddish-brown Japanese beans often used in sweet dishes, but are mainly used for growing Bean Sprouts. The short white sprouts have a crisp, nutty flavour, which can be eaten raw in salads or as an ingredient in many Oriental dishes. The beans are available dried or cooked in cans.

Aemone (Jap.) : Salad.

Aerated Bread : A mass production bread made without yeast, but with mechanically induced carbon dioxide. More easily digested than yeast or balm bread.

Aerated Flour : Another name for Self-raising flour.

Aerated Water : Water that has been either naturally, or artificially charged with carbonic acid gas, such as spring water or soda water.

African Horned Cucumber : See Kiwano.

Agami : A South American bird used mainly in consommés, or braised with rice.

Agar-Agar : (Macassar Gum, Gelose, Isinglass or Vegetable Gelatine). Dried purified stems of seaweed usually comes in thin strips, powder or flakes, which **must** be soaked before use, which then swell and form a gel. It is used as a thickening agent in soups, jellies, ice cream and pastas. Can be used as a substitute for unflavoured gelatine. Particularly useful for vegetarians.

Agaric Orange : See Orange Agaric.

Ageing : Also known as 'Improving'. Normally refers to storing flours or wines to improve the quality. For Meat, See 'Conditioning'.

Agemono (Jap.) : Deep-fat fried food.

Agi /Aji : A small dwarf pepper of the capsicum family.

Agnolotti (It.) : Small parcels of forcemeat in a noodle paste and poached.

Agone D'istra : A small fish with the same taste as sardines.

Agou : A small brownish-grey grain which is cooked as rice.

Agras : Granulated almond milk made from almonds and verjuice. Normally mixed with Kirsch as a drink.

Aguaxima

Aguaxima : A species of Brazilian pepper.

Aguneate : (Palta). A green calabash-shaped fruit with an insipid flesh the texture of avocado.

Aiguillettes : Cookery needles, or thin strips of cooked fish or meat.

Allade (Fr.) : Used to describe preparations dominated by garlic.

Aitch Bone : (Edge Bone). The cut of beef lying just over the rump. Also known as 'Poor Man's Sirloin.'

Aji-No-Moto (Jap.) : See M.S.G.

Ajoutees : Used to describe preparations that are mixed or added, such as garnishes or side dishes added to, or served with a main course.

Ajowan /Ajwain (Ind.) : (Bishops' Weed). From the same family as parsley and cummin, the seeds of which contain thymol oil, and thus has the same flavour as, and can be substituted by thyme. Used in many Indian lentil dishes.

Ajwain (Ind.) : See Ajowan.

Akee : see Ackee.

Ala : see Bulgar.

A la Carte : Bill of fare from which the diner selects individual dishes, or dishes cooked to order. See also Table d'Hôte.

A la crème (Fr.) : Served with cream or a cream-based sauce.

A la mode de (Fr.) : In the style or fashion of.

A l'anglaise (Fr.) : In the English style, e.g., boiled and served without a sauce.

Alaria : A genus of seaweed, the most common varieties being the badderlocks and murlins, where only the sweet, central vein is eaten.

Albacore : A species of tuna fish.

Albarelle : A species of edible fungi which grows on chestnut trees and white poplar.

Albedo : (Mescarp). The white pith from the inner skin of citrus fruits.

Albigeoise : A meat garnish made of stuffed tomatoes and potato croquettes.

Alboni : A well flavoured brown sauce made from red currant jelly and roasted beech nuts, and normally served with venison.

Albumen : Egg-white. Used as a source of pectin in commercial use.

Al Dente (It.) : The cooked texture of pasta or rice, being firm to the bite.

Alectryon Fruit : Red coloured fruit with a pleasant acid taste used mainly in beverages.

Alevin : The first stage of a salmon.

Alfalfa : A legume whose very small seeds make excellent home-made bean sprouts, for use as an ingredient in salads and sandwiches. The seeds have a nutty, sweet pea-like flavour, which are often used

to sprinkle over breads, cakes, pastries and desserts. Rich in minerals and vitamin B.

Alicante : A popular, rather sweet, red dessert wine from Levante.

Alimentary Paste : Shaped, dried dough made from semolina or wheat flour and water, and sometimes with eggs and milk. Commonly known as pasta. The dough is partly dried in hot air first, then more slowly.

Alla (It.) : In the style of, e.g. Alla Parmigiano, meaning 'in Parmesan style'.

Allemande : A well reduced white velouté sauce.

Alliaria : A plant whose garlic flavoured leaves are used as a condiment in salads.

Alligator Pear : See Avocado Pear.

All-Purpose Flour : A common flour, which is available in two main forms for different uses. See Plain flour and Strong flour.

Allspice : (Jamaican Peppers or Pimento). They are the dried unripe berries of the *Pimento* tree, containing a volatile oil, which gives an aroma of nutmeg, cinnamon and cloves. A versatile spice, available whole or powdered, and used in many recipes from soups and meats, cakes and puddings to liqueurs and chocolate.

Almond : Small, oval, flat nuts in lightbrown hard, pitted shells, which vary in flavour from bitter to sweet. Can be bought shelled or unshelled, but are always best when purchased in their thin brown skins, which can easily be removed by blanching for a few minutes. The bitter variety are best roasted, and used mainly in jam making, whilst the sweet variety can be added to anything from salads to stuffings or desserts.

Almond Paste : (Marzipan). A mixture of 25% ground almond, and 75% sugar.

Almonds-Earth : Small almond-shaped tubers with white starchy flesh eaten raw, or cooked as chestnuts.

Alocasia : A West Indian plant whose voluminous rhizomes are cooked as a vegetable.

Aloe : An extract from the leaves of the *Aloe* plant, which is similar to glycerine, and is popular in Africa for medicinal purposes.

Aloo : See Potato.

Aloumère : A variety of garlic with a sweetish taste. Prepared as mushrooms.

Alpheus : A crustacean resembling a crayfish, and prepared as a lobster.

Alsacienne : Dishes whose main ingredient is sauerkraut.

Alstroemeria : A root tuber, the most common of which is used to produce arrowroot.

Altitude

Altitude : Affects cooking times and temperatures, where the higher the altitude, the lower the temperature is required to boil water.

Alum : A white transparent astringent mineral salt, commonly used to whiten flour.

Amandine (Fr.) : Cooking or coating food with almonds.

Amaranth : A plant whose tender leaves are cooked as spinach.

Amaretti (It.) : Sweet, almond based pudding biscuits

Amaretto (It.) : Almond based liqueur

Amazu (Jap.) : Sweet vinegar sauce.

Amchoor /Amchur (Ind.) : Dried slices of unripe green mango, usually available in powdered form. Used as an acidic, souring and flavouring agent in Indian vegetarian curries. Can be used as a substitute for tamarind.

Ameaux : Pastry made from puff paste and eggs.

American Cress : See Land Cress.

American Partridge : A common partridge in America, larger than a quail.

American Rice : See Bulgar.

American Yam : See Sweet Potato.

Amino Acids : An important group of acids for the health and efficient functioning of our bodies, of which there are 8 essential acids, and 12 not so essential ones, which are required by the body through food to produce proteins.

Amiral : Fish dishes garnished with mussels, oysters and mushrooms.

Ammocoete : Fish similar to the eel or lamprey.

Amomum : A globular pod of the ginger family. Used as a substitute for cardamom or pepper.

Amontillado : A popular medium sherry, best when served slightly chilled.

Amopendrix : A small variety of European partridge.

Amourettes (Fr.) : A culinary term for the spinal bone marrow of oxen, sheep and calves, poached, seasoned and served as a garnish.

Amulet : An old name for a sweet omelette.

Amuse-gôûles (Fr.) : Appetisers.

Amygdaline : A term applied to all preparations that contain almonds.

Anago (Jap.) : Sea-eel.

Anardana : See Pomegranate Seed.

Anchovy : A small herring-like fish, normally sold prepared, in a marinade with a high 12% salt content producing a strong salty flavour. Used to garnish savoury dishes such as pizzas.

Anchusa : See Bugloss.

Ancienne : A term describing braised dishes involving mixed garnishes.

Andalouse : A variety of cold dishes prepared with tomatoes, mayonnaise, sweet pimentos, chipolatas, aubergines and rice pilau.

Andouille : A large sausage composed of chitterlings and stomach of the pig. Generally served cold.

Andropogon : A variety of Blue Grass, whose main species is sugar cane.

Anethum : See Fennel.

Angel Fish : See Monkfish.

Angelica (Fr.) : A herb whose processed, bright green, crystallised stems are used to colour, flavour and decorate cakes and confectionary. The extracts from the roots are used in the production of liqueurs, including vermouth.

Anglaise : A mixture of eggs, oil, salt and pepper, to form a batter used to coat food before dipping in bread crumbs and frying.

Angler : (Dog-fish, Frog-fish). A large ugly, rather tasteless but meaty fish often used in bouillabaisse.

Angostura : A brand of aromatic bitters made from the bark of the *Galipea Cusparis* tree. Used in certain drink cocktails and fruit salad recipes as required. Use sparingly.

Animelles : Culinary term for animals testicles.

Aniseed : (Sweet Cummin). A ground spice with a distinctive liquorice flavour, derived from an essential oil known as anethole, which is also present in star-anise and fennel.

Anise-Star : See Star Anise.

Annatto : A yellow colouring, often used to tinge butter and cheeses.

Anon : A variety of Haddock.

Anona : (Purple Apple). A fruit whose colour and shape resemble an artichoke. The flesh is cream coloured, sweet and strongly scented. Normally eaten raw.

Antilles Cherry : See West Indian Cherry.

Antipasto (It.) : Cold or hot Italian hors-d'oeuvre. Literally means 'Before the meal'.

Aoudzé : A strongly spiced sauce made from pimento, ginger, cloves and thyme.

Aperitif : A term used to describe any type of short drink served and taken before a meal.

A point (Fr.) : Of meat, medium cooked.

Appetiser : A term used to describe tasty savoury morsels of food, normally smaller than hors-d'oeuvres served before a meal to activate the taste buds.

Apple

Apple : A most popular fruit having some 2,000 varieties ranging from very sweet to very tart, for dessert to be eaten whole, or chopped and used as an ingredient in salads, or a normally green-skinned type known as cooking apples, which are used for stewing, baking, or pureeing. By using the numerous varieties available, with their different seasons, dessert apples are available all year round.

Apple Cucumber : An unusual type of cucumber, which is small, round and yellow, with outstanding flavour and juicy flesh. The common variety available is crystal apple.

Apple Jack (U.S.) : (Calvados). American name for Apple Brandy or Cider.

Apricots : Small stone fruits with yellow, juicy sweet tangy flesh, available fresh or dried. Fresh fruit should be firm with no bruised, squashy or browned skins. High in potassium and iron.

Apron : A small fish with succulent flesh resembling perch. Cook as perch.

Aquavit : Scandanavian spirit flavoured with caraway seeds.

Aqua Vitae : The Latin term for distilled spirit.

Arame : A mild tasting sea vegetable which is rich in iron.

Arapede : A univalve shellfish prepared as cockles.

Arborio (It.) : (Italian Rice). A variety of short-grain rice used extensively in Italian cookery. Although the grains swell, and absorb a lot of liquid, and cling together unlike long-grain rice, they do not produce a sticky mass like most other short-grain varieties. Ideal for risottos.

Arbroath Smokies : Small whole haddock smoked to a brown colour.

Arbutus Berry : (Bear Berry). Resembling a strawberry. The fruit of the *Cane Apple* shrub. Used mainly for producing wines and liqueurs.

Arca : A bivalve mollusc eaten raw, or prepared as mussels.

Archil : A bluish-red paste made from lichen. Used for colouring purposes.

Argenteuil : Highly prized variety of asparagus grown in that region.

Armagnac : A type of dry French brandy.

Aromates : Any aromatic herbs used in the flavouring of food preparations.

Aromatic Ginger : See Galangal Lesser.

Arrope : Unfermented grape juice reduced to the consistency of syrup, used as a sweetening agent in fruit desserts and wine making.

Arrowroot Powder : A white powder, made from the root or tuber of a West Indian plant, used as a thickening agent in liquids such as sauces or soups. Can be substituted by cornflour.

Artichoke - Chinese : See Chinese Artichoke.

Artichoke - Globe : It is in fact, the leafy flower head of the plant, and the edible parts being the fleshy base of each leaf, and the fond,

which is the heart, exposed when the leaves have been removed, and is the tastiest part of this vegetable.

Artichoke - Jerusalem : (Winter Artichoke). The edible tuber of the plant, having either a white or purple thin skin, and consisting of a crisp, white sweet flesh. Can be boiled, steamed or deep-fried.

Artocarpus : See Bread Fruit.

Asafoetida (Ind.) : (Hing). Used in minute quantities in Indian cooking to reduce flatulence. It is obtained from the resinous gum of a plant grown in Iran and Afghanistan.

Asparagus : The young fleshy shoots of the plant, that have a unique and exquisite flavour, for which there is no real substitute. Can be served hot or cold, or included as an ingredient to enhance many dishes requiring a delicate flavour.

Asparagus Pea : (Winged Pea). Although commonly known as a variety of pea, it is in fact a vetch, which produces curiously shaped winged pods, which must be gathered while they are still small, or they become fibrous and stringy. The small pods are cooked and eaten whole like mangetout.

Aspic Jelly : Savoury clear jelly used for setting and garnishing savoury dishes. Made from the cooked juices of meat, chicken or fish.

Astrachan : A variety of caviar.

Astragal : A plant whose pods are pickled like capers, or used in cookery as required.

Astroderme : Sea fish normally used as an ingredient for bouillabaisse.

Athérine : Small fish with a delicate flavour. Commonly known as Silverside or sand-smelt. Usually deep-fried or cooked as small bass.

Atriplex : (Garden Orach). A species of spinach.

Atta (Ind.) : Fine wholemeal flour used in making Indian flat breads.

Aubergine : (Egg-Plant). Generally, a longish purple-black skinned vegetable, although less common varieties have white, yellow or green skins. All have a semi-firm white flesh and can be either stuffed whole, cubed for use in stews etc., sliced for frying or roasting, while small ones can be used for pickling. Large varieties should be sliced in half, sprinkled with salt, left for 15 to 20 minutes and then rinsed, to remove the bitter juices of this vegetable.

Au Beurre (Fr.) : Food cooked in butter.

Au Blanc (Fr.) : Food cooked in white sauce.

Aublet : Small river fish of the carp family.

Au Bleu (Fr.) : Blue; fish being cooked immediately after being caught will turn blue. Or fish cooked in salted water seasoned with vinegar, herbs and thinly sliced vegetables.

Au Four (Fr.) : Food baked in the oven.

Au Gras

Au Gras (Fr.) : Meat dishes dressed with rich gravy or sauces.

Au Gratin : Describes a dish which has been coated with sauce, sprinkled with breadcrumbs or cheese and finished by browning under the grill or in the oven. The low-sided dishes in which these are done are called 'gratin dishes'.

Au Jus (Fr.) : Meat or poultry dishes served with a gravy made from their own juices.

Autrichienne : Term used to describe dishes seasoned with paprika, such as goulash.

Avocado Pear : (Alligator Pear). A pear-shaped vegetable with either a hard, smooth bright-green skin, or a rough dark green skin (depending on country of origin), which should be able to be slightly depressed when ripe and becoming slightly patchy. The yellow-green flesh is ideal for adding to salads or sauces or as a starter and is the main ingredient. It has a distinctive, subtle flavour. Coat with lemon juice after preparation to prevent discoloration.

Avocet : Wading bird about the size of a pigeon with delicate flesh. Prepare as teal.

Ayapana : Leaves with a pleasant aroma as infusions in drinks.

Ayshire Cheese : This Scottish cheese has a soft and creamy texture, with a nutty, slightly salty flavour. It is perfect as a table cheese, served with oatcakes or crispbread and butter.

Azarole : The fruit of the Medlar shrub, akin to apple used in confectionary and jams.

Azi /Azy : A French term for rennet.

Azukian (Jap.) : A paste made from adzuki beans.

Azuki Beans (Jap.) : See Adzuki Beans.

Azymous : A term used to describe unleavened bread.

B

Baba : Cake made from unleavened dough mixed with raisins, and marinated in kirsch or rum after cooking.

Babassu Oil : An edible oil made from the Brazilian palm nut, similar in flavour and use to coconut oil.

Babiroussa : Similar to and prepared as wild boar.

Baby Marrows : See Courgettes.

Bacalao (S/Amer.) : See Klipfish.

Balsamic Vinegar

Bacon : Joints of pork which have been either smoked, unsmoked, and then cured. Available sliced, or as whole joints.

Baconique (Fr.) : A name applied to dishes made exclusively from pork.

Badderlocks : See Alaria.

Badian Anise : See Star Anise.

Bagel (U.S.) : Round savoury roll, frequently served with cream cheese and smoked salmon.

Bagnes (Sw.) : A hard Swiss cheese, normally toasted and served with slices of rye bread.

Bag pudding : Any type of suet pudding that is wrapped in a cloth before boiling, instead of placing it in a basin.

Bagratiion : A cold mayonnaise sauce which contains caviar and anchovy purée.

Bain Marie (Fr.) : A large pan of hot water, or 'bath', in which a smaller pan is placed for cooking contents or keeping food warm. Also a double saucepan with water in the lower half. Mainly used to cook, or keep hot, sauces, baked custards or egg dishes without the overheating that makes them curdle.

Bajet : A species of oyster whose flesh is not very delicate.

Bake Blind : To bake a flan, pie or pastry case without its filling. Prick base and fill with ceramic beads or pulses.

Baked Beans : Tinned haricot beans, normally in a tomato sauce. See Haricot Beans.

Baker's Cheese /Hoop Cheese : Similar to cottage cheese, but is not washed, but instead drained in a bag, which gives a finer grain. It contains more water and acid than cottage cheese.

Baking : A method of cooking in the oven using dry heat.

Baking Powder : (Raising Powder). A raising agent, consisting of an acid and an alkali, which react together to produce carbon dioxide, which expands during baking to make bread, cakes and pastry swell and rise. Can be substituted by a mixture of 3 parts bicarbonate of soda to 2 parts cream of tartar (tartaric acid).

Balachan : An Eastern seasoning made from ground shrimps and salt, then sun-dried.

Balane : See Acorn Barnacle.

Balaou (Fr.) : A small fish similar to sardines.

Ballotine : Joint of meat that has been boned, stuffed and rolled.

Balm : A term used to describe aromatic plants of the mint variety.

Balmain Bug (Austr.) : A variety of lobster found in Australia.

Balsam : A plant whose tender leaves are prepared as sorrel.

Balsamic Vinegar (It.) : A strong, densely flavoured vinegar, reddish-brown in colour is matured for about ten years in wooden casks

Balsam Pear

made from oak, chestnut, mulberry or juniper. An expensive ingredient used sparingly in salads and sauces.

Balsam Pear : See Bitter Melon.

Bambelle : A small fish of the carp variety.

Bamboo Shoots : Crunchy, ivory-coloured shoots of bamboo, usually cut as they emerge from the ground. They have a texture similar to many root vegetables, and add sweetness and delicacy to a mixed vegetable dish. Can be purchased fresh in season. Canned shoots should be well rinsed before use, and may be stored in a bowl of fresh water in the refrigerator, changing water daily, for up to ten days.

Bamies : See Okra.

Bamya : See Okra.

Banana : A sweet-tasting fruit available all-year round. Look for firm, evenly yellowed skins with no blackened patches. Can be eaten raw on their own, or chopped and added to a fruit salad, baked, fried, flambéed with liqueurs, or added to pies, cakes, desserts, icecreams, and even breads. When prepared in advance, sprinkle with a little lemon juice to prevent discoloration.

Banana False : (Ensete). A small variety of banana which contains seeds, and must be cooked before eating.

Banana Figs : Sliced bananas that have been sun-dried, which produces this dark sticky 'fruit'.

Bancha (Jap.) : Course green tea.

Bangi : Pleasant green-coloured fruit the size of an orange.

Banh Trang Rice Papers (Jap.) : Semi-transparent, brittle round sheets, which soften in cold water and are used as edible wrappers.

Banilles : Small tapering pods similar to vanilla, with a very sugary, fragrant juice used in the manufacture of chocolate. Can be substituted by vanilla.

Bannock : Flat, round cakes made from oat, rye or barley meal.

Banon Cheese (Fr.) : A pungent-tasting cheese, originally only made from goats milk, but is now mixed with, and sometimes made exclusively from cows milk. Check label before purchase.

Banquière (Fr.) : Garnish of quenelles, mushrooms and truffles, used for chicken dishes or vol-au-vents.

Bantam : Small variety of chicken with very delicate flesh.

Baobab : (Monkey-bread). A fruit with very sweet flesh and a slightly acid flavour.

Bap : A soft, white, flat, floury Scottish roll.

Bar : See Bass.

Barbados Cherry : See West Indian Cherry.

Barbarea : See Winter Cress.