

## ***Kitchen Encyclopaedia.***

**Acorn squash:** Is known as Cucurbita pepo.

**Advokaat:** Is the Dutch word for "egg cognac".

**Allspice:** The fruit of a West Indian tree, the flavour of which resembles a mixture of all spices, particularly cinnamon, nutmeg and cloves.

**Angelica:** This is an aromatic plant from Europe. The young, tender leaf stalks are often used for decoration.

**Aniseed:** Grown in the Mediterranean areas, Switzerland and Germany. Used for flavouring.

**Amaretti:** Italian almond-flavored wafer cookies.

**American bacon:** Is called "smoked back bacon" in many other places.

**Avgolemono:** In Greek it means "egg and lemon".

**Bain marie:** A method for keeping food at a certain temperature, the utensils used has the same name.

**Bake:** To cook breads, pastry, etc. Meat cooked in this way is roasted.

**Bake blind:** To bake pastry shell before adding the filling.

**Basil:** An aromatic sweet herb from India.

**Baste:** To spoon liquid or fat over a dish, while cooking, to moisten it.

**Bay leaves:** The leaves of the laurel tree, which are used for flavouring dishes.

**Beat:** To mix briskly with a spoon, wire whisk, rotary beater or electric mixer to enfold air in a mixture and make it light and smooth.

**Bind:** To thicken soups, sauces, batters, etc. by blending the ingredients with eggs, flour, cream or other thickening agents.

**Biscuit:** An American version of a scone, in some cases.

**Blanch:** To place in boiling water for a short period, either to loosen the skin or to prepare for freezing, canning or preserving.

**Blend:** To mix ingredients together thoroughly.

**Blender:** An electric appliance used to mix ingredients.

**Boil:** To cook in liquid at boiling point (100°C/212°F at sea-level).

**Boil down:** To boil a liquid vigorously, uncovered, so that it becomes concentrated.

**Bouquet garni:** A bunch of fresh herbs, usually bay leaf, thyme and parsley, immersed in a dish while it cooks to impart extra flavour.

**Braise:** To brown ingredients in a little oil or fat at a high temperature and then cook them in their own juices, with a little additional liquid, either at a low heat, boiling point or an oven.

**Broil:** To cook by direct heat either in a roasting pan in an oven, in a frying-pan or over coals.

**Butternut squash:** Is known as caryoka nuciferum.

**Cacciatore:** Smothered in tomato sauce.

**Capers:** The flower buds of the caper bush, used for flavouring.

**Capsicum:** Green pepper.

**Caramelise:** To melt sugar in a heavy-bottomed saucepan, stirring all the time, until it forms a golden brown syrup.

**Caraway seeds:** The small dark-brown seeds of an aromatic plant grown in the European countries. Used in baking and liqueurs.

**Caryoka nuciferum:** Is also known as butternut squash.

**Casserole:** A baking dish with a fitting lid, made of glass, ceramic or unglazed earthenware, to cook stews. The name of the dish is often given to the dish prepared in it (chicken casserole).

**Cassia:** Also known as Saigon cinnamon.

**Castor sugar:** Is known in North America as "granulated sugar."

**Celery root:** Is also called celeriac.

**Celeriac:** Is celery root.

**Challah:** Is a traditional Jewish bread.

**Chervil:** An aromatic herb whose leaves are used.

**Chill:** To place in the refrigerator until cold.

**Chilli:** The small fruit pods of a pungent plant, used fresh or dried (cayenne pepper when ground), and having a very strong flavour. Used for flavouring.

**Chilli powder:** Is a spice from Texas and Mexico consisting mainly of ground dried chilli peppers.

**Chipped beef:** Is cooked spiced beef cut into very thin slices and packaged for sandwiches.

**Chives:** A plant resembling young spring onions, with a similar taste.

**Chop (chopped):** To cut into small pieces using a knife or a chopper.

**Chowder:** Fish soup.

**Churro:** Is a sugary, deep-fried, doughnut-like stick.

**Cinnamon:** The inner bark of the young wood of the cinnamon tree, which comes from tropical Asia. It is used in stick and ground form.

**Clarify:** To clear stock or bouillon or to clean butter, oil or dripping.

**Cloud ears:** Also called tree ear fungus.

**Cloves:** The dried flower buds of the clove tree, grown in Zanzibar and the East Indies, which is used for flavouring.

**Coagulate:** To allow a mixture to thicken or set.

**Coat:** To cover food completely with a specific ingredient such as flour.

**Consistency:** The appearance and texture of a mixture.

**Convection oven:** An oven using conventional dry heat to cook but fitted with a fan which blow hot air. The advantage is an even temperature and cooking times are 10% to 15% shorter.

**Cool:** To stand at room temperature until no longer warm to the touch.

**Coriander:** The seed of the coriander plant, used in curry powder and dishes.

**Corn flour:** Is also known as corn starch.

**Corn starch:** Is also known as corn flour.

**Copha:** It is a partially-solidified shortening made of coconut oil. It appears to be utterly unavailable outside Australia.

**Cream:** To soften and blend one ingredient or a mixture of ingredients until the soft consistency of cream is obtained.

**Crockpot:** A thermostatically controlled electric cooker, used for soups, stews, and other dishes that require long, slow simmering.

**Cucurbita pepo:** Is an acorn squash.

**Curdle:** When ingredients separate, with a resulting lumpy appearance, for example, when eggs are added to a mixture that is too hot.

**Cut in:** To combine dry ingredients and fat with two knives, using them like a pair of scissors.

**Deep-fat fryer (deep-fryer):** A saucepan with a loose frying-basket which can be lowered into fat or oil when frying food and lifted to rest on the rim to drain off the excess fat when cooked.

**Deep-fry:** To cook in deep, hot fat until crisp and golden.

**Dhana:** Means coriander in Gujarati.

**Dice:** To cut into small, even cubes.

**Dilute:** To make less concentrated by adding liquid, such as water.

**Double boiler:** A combination of two saucepans, one fitting inside the other, which is used to prepare food that requires gentle cooking over simmering water; for example sauces and lemon curd.

**Double cream:** Has 40% butterfat.

**Dredge:** To cover completely with a dry substance such as flour.

**Dry heat:** To cook meat or poultry in the oven without adding liquids except for marinade or glaze.

**Dust:** To coat lightly, usually with sugar or flour.

**Electric deep-fryer:** A thermostatically controlled deep-fryer.

**Electric frying-pan:** A thermostatically controlled frying-pan, which is extremely versatile. It can be used to grill steaks, make stews or bake scones and cakes. Is easy to clean and very economical.

**Electric mixer:** An electric appliance used to mix, blend and beat. The larger models has additional aids such as a shredder, mincer, liquidiser, etc.

**Fennel:** Looks rather like a bulbous celery plant and has a flavour reminiscent of aniseed.

**Fermentation:** The chemical change that occurs when yeast is added, for example in wine-making.

**Flake:** To divide into small pieces using a fork.

**Flan:** A special round baking tin, usually shallow and sometimes with fluted sides. It is lined with dough or pastry which is the baked blind to form a case for fillings or baked with the fillings. The resulting pie or tart is also termed a flan.

**Fold in:** To lightly incorporate ingredients, that have already been beaten until light and fluffy, the one into the other.

**Fry:** To cook in a little fat or oil in a frying pan (shallow frying). See also deep-fry.

**Galangal:** Also known as java root, galingale, Lengkuas or laos.

**Galingale:** Other names for it are galangal, java root, laos, or lengkuas.

**Garlic:** Bulbous plant with a pungent flavour, used in cooking.

**Ginger:** The root of a perennial reed like plant, grown in tropical countries. Used fresh or dried and ground, the young roots may also be candied or preserved in syrup.

**Glaze:** To brush with syrup or egg before or while baking to give a shine to meats, scones, fruit tarts, etc.

**Golden needles:** Also called lily buds, tiger lily pods.

**Golden syrup:** Is a caramelized sugar syrup made from sugar cane.

**Grease:** To rub lightly with butter, margarine, fat or oil.

**Granulated sugar:** Is known in North America as " castor sugar."

**Green chilli salsa:** Is a Mexican condiment made from hot green chillies, onions, vinegar, salt, and other ingredients.

**Grill:** To cook by direct heat either in a roasting pan in an oven, in a frying-pan or over coals.

**Half and half:** Is a dairy product that is 50% whole milk and 50% heavy cream, light cream makes a reasonable substitute.

**Honeydew ball:** Is a ball of honeydew melon that is scooped out of the flesh of the melon with a "balling spoon" or "melon baller" .

**Horseradish:** A long stem-type root plant, used fresh, dried or pickled but always minced.

**Japanese pumpkin:** Also known as Kabocha squash.

**Java root:** Other names for it are galangal, laos, galingale, or lengkuas.

**Kabocha squash:** Also known as Japanese pumpkin.

**Kala-kukko:** The word means fish-cock (the bird).

**Kha:** Other names for it are galangal, java root, galingale, souchet long, laos or lengkuas.

**Knead:** To mix ingredients with the hands until they have the desired consistency.

**Laos:** Is a form of ginger. Other names for it are galangal, java root, galingale, souchet long, kha or lengkuas.

**Lard:** To insert strips of bacon or fat (lardons) into lean meat such as venison with the purpose of adding flavour and moisture.

**Lengkuas:** Other names for it are galangal, Java root, galingale, or laos.

**Lily buds:** Also called golden needles.

**Liquidiser:** An electric appliance which is used to reduce fruit, vegetables, etc. to a pulp or puree.

**Mace:** Thin, red strips from the outer casing of the nutmeg. Used to obtain a rich golden colour.

**Marinade:** A highly-flavoured and seasoned mixture in which tougher or fibrous foods are soaked to make them more tender before cooking.

**Marinate:** To coat with dip or marinade.

**Marjoram:** An aromatic sweet herb used for flavouring.

**Microwave cooking:** A revolutionary cooking method, which greatly reduces cooking time. Microwaves are used to cook food by activating the individual food particles and thus create heat. It is also very useful for thawing frozen food and reheating left over food.

**Mint:** A plant which grows in temperate climates. Leaves are used in cooking and in cocktails.

**Molasses:** Treacle.

**Monterey Jack cheese:** is a bland American cheddar from Monterey, California.

**MSG:** Monosodium glutamate.

**Mustard:** The seed of the mustard plant, dried and ground to a powder. Prepared and used as a condiment with a variety of dishes.

**Nutmeg:** The aromatic kernel of the fruit of the nutmeg tree, usually ground and used to flavour

**Oaxaca cheese:** Is a Mexican string cheese.

**Oreganum:** An aromatic herb used in cooking, particularly when tomatoes are included.

**Oven roast:** To cook meat or poultry by dry heat in the oven.

**Parboil:** To pre-cook or cook partially.

**Pizelle:** Is a type of cookie taste just like the waffle cones you can get at an ice-cream parlour.

**Poach:** To cook gently in a little simmering liquid. The poaching liquid is often used to make a sauce to serve with the dish.

**Pod:** A pod is about the size of a pea, and contains seeds inside it.

**Prove:** To allow to rise in a warm place. The term is used where a leavening agent has been added to the mixture.

**Puree:** To press through a fine sieve or whirl in a liquidiser to obtain a soft, smooth, creamy mixture.

**Ramekin:** A small earthenware dish for cooking individual portions.

**Rice Bubbles:** Are called Rice Krispies in some other countries.

**Rise:** The change that takes place while cakes, bread, pastry etc. are baking, usually because a leavening has been added.

**Roast:** To cook meat and poultry by direct heat, either over the open coals or in the oven.

**Roll out:** To roll dough with a rolling pin until it is the desired shape and thickness.

**Rompope:** Is Mexican eggnog.

**Rouille:** Is traditionally made with a mortar and pestle.

**Roux:** The combination of a fat, usually butter, and flour over a low heat as the first step to making a sauce.

**Rub in:** To mix butter, margarine or other fat and flour together with the finger tips until the mixture resembles breadcrumbs, for example, when making scones or short pastry.

**Saigon cinnamon:** Also known as cassia.

**Sauté:** To fry lightly in a little oil or fat, shaking the pan often to ensure that the food is browned evenly.

**Scald:** To heat milk to just below boiling point, usually in a double boiler, to prevent scorching.

**Schmaltz:** Is rendered (melted) chicken fat.

**Score:** To make evenly spaced cuts in meat, fat or other foods with a knife, either to allow flavouring to penetrate or to prevent the skin from bursting.

**Sear:** To brown the surface of meat quickly over high heat to seal in the juices.

**Season:** To add salt and pepper.

**Shallow frying:** To cook in a little fat or oil in a frying pan. See fry.

**Sift:** To put through a sieve.

**Simmer:** To cook steadily in liquid at just below boiling point, with tiny bubbles rising occasionally to the surface.

**Slotted spoon:** A metal spoon with evenly spaced cuts in the bowl, which is used to skim stocks, soups and gravies or to drain food deep-fried in fat or oil.

**Smoked back bacon:** American bacon.

**Slow cooker:** A thermostatically controlled electric cooker, used for soups, stews, and other dishes that require long, slow simmering.

**Souchet long:** Other names for it are galangal, java root, galingale, laos, kha or lengkuas.

**Soufflé dish:** A large or small straight-sided round dish used to make hot or cold soufflés. It is usually ceramic or made of ovenproof glass.

**Spatula:** A flat flexible implement with a handle, used to loosen food, turn omelettes, etc. Wooden or plastic spatulas are used with non-stick frying-pans.

**Sponging:** The fermenting of yeast with flour.

**Steam:** To cook food in vapour over boiling water.

**Steep:** To allow food to stand in a hot liquid to extract the colour or flavour.

**Stew:** To cook food in liquid at, or just below, boiling point. This method is generally used when ingredients are tough or hard.

**Stir:** To mix with a circular motion until all the ingredients are blended well.

**Stir fry:** To fry quickly in a very hot pan, tossing all the time, for example, preparing chow mein and chop suey.

**Strain:** To remove solid particles from a liquid by pouring it through a fine-mesh strainer or sieve.

**Tamari:** Is a kind of soy sauce.

**Tiger lily pods:** Also called golden needles, lily buds.

**Toss:** To turn vigorously, so that the food is completely coated, for example, when stir frying vegetables.

**Trasi:** Is a dried shrimp paste.

**Treacle:** Molasses.

**Tree ear fungus:** Also called cloud ears.

**Whip:** To beat vigorously, in order to thicken.

**Whipping cream:** Has 30% butterfat.

**Whisk:** To beat rapidly with a wire whisk, rotary beater or electric mixer to incorporate air, for example, egg whites.

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