



The Pastry Chef's Companion

A Comprehensive Resource Guide for
the Baking and Pastry Professional

Glenn Rinsky
Laura Halpin Rinsky



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This book is dedicated to our son, Elliott—
the best bun that ever came out of the oven.

How It All Began

We wanted to preface *The Pastry Chef's Companion* with a poignant and clever quote from a well-respected culinarian, but after exhaustive research we came back to something one of our less than enthusiastic pastry students once said at the culinary school where we met as instructors in 2001. He had what we refer to as “pastry phobia.” He detested the balance beam scale and cringed at the sight of a cake recipe. During midterm review he was asked how he liked the pastry class, and without skipping a beat he replied, “You see, I’m a devout southern Baptist, and all of my life I’ve been taught that hell is fire and brimstone and eternal damnation, but now I know that hell is really sugar and flour and yeast and butter and eggs!” We are sure that at one time or another every culinarian has shared this spiritual assessment, but the passion for our craft always prevails. Like the bits of shaved chocolate that lodge under your fingernails, it is part of you; once ingrained, there is no escaping its sweet and satisfying grip.

The Pastry Chef's Companion was conceived one night over dinner as we were talking about how great it would be to have a reference book that included all sorts of information about pastries, breads, desserts, and confections. As we stared across the table from each other, a collective light went on and this book was born. We naively thought, “How hard can it be? Just gather up some words, define them, alphabetize them, and voilà!—we have a book.” Despite our working full time, having a child, and going to school, two years seemed like a reasonable time to accomplish it all. Needless to say, we were in for the biggest shock of our lives. But 4,800 definitions, 10 appendices, 2 master’s degrees, and 3,600 diapers later, we made it.

This book is designed to offer a comprehensive assortment of well-defined pastry, baking, and confectionery arts terms and products, including interesting information about the origin, history, and folklore of the items.

The Pastry Chef's Companion is part dictionary, part encyclopedia.

The vast amount of information contained in this book provides readers with a thorough reference to the components that make up the baking, pastry, and confectionery arts. Whether you are a chef, pastry chef, culinarian student, or devoted foodie, this book will broaden your knowledge and enhance your gastronomic library. In addition, we have included pronunciations for as many terms as possible; for ease of use, the pronunciations are given in simple syllable sounds rather than phonetic symbols.

In an effort to reconcile the conflicting demands of teaching, researching a book, raising a child, and earning our master's degrees, we brainstormed new and innovative ways of educating our students that also yielded some of the results you read in this book. The lecture portions of our classes were four hours long, and no matter how entertaining a teacher is, there is only so much you can say about making a pie. To make the lessons more interesting and interactive, we began assigning research homework. Each student was given a specific dessert or pastry to research and asked to prepare a presentation for the class. Though it was a challenge for the students to uncover quality facts, many came through with fascinating, educational reports that we were able to include here. Although there are many books on the subjects of baking, pastry, and the confectionery arts, there has been no single, comprehensive resource devoted to the topic. It is our hope that *The Pastry Chef's Companion* will be that resource.

We trust chefs, pastry chefs, bakers, confectionery artists, and pastry enthusiasts will relish the wealth of information here, and that it will satisfy their sweet tooth for knowledge.

From us to you—read, learn, and enjoy.

The Rinskys

Acknowledgments

The inspiration for this book came from our shared love and passion for the baking, pastry, and confectionery arts.

We would like to thank our editors, Julie Kerr, Rachel Livsey, Jackie Beach, copyeditor Carole Berglie, and the entire Wiley team for their constant support and expertise in giving our work aesthetic substance and life. We would also like to thank Susan Ginsburg, our book agent from Writers House, LLC for her generous counsel throughout this process. We owe a special debt of gratitude to our last-minute linguists, Stephen Sansom and Mona Hammoud; thank you!

We greatly appreciate the guidance and knowledge of those who reviewed this book: John Bandman, The Art Institute of New York City; Martha Crawford, Johnson & Wales University; Catherine Hallman, Walters State Community College, Tennessee; Richard Kennedy, The Art Institute of New York City; and Chris Thielman, College of DuPage, Illinois. Their contributions have increased the overall quality of this endeavor.

The love and encouragement from our friends and family were a great comfort to us during the lengthy process of bringing “the book” to fruition, and for that we are eternally grateful.

Finally, we would like to thank our mentors, colleagues, and students for giving us the opportunity to learn from them and for their unwavering dedication to the betterment of our craft.

About the Authors

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Glenn Rinsky A native of Cincinnati, Ohio, he is a graduate of The Culinary Institute of America. He holds a B.S. in Business Administration from Virginia College and a M.Ed. in Leadership and Higher Education from Capella University. He has worked as a chef for Cummins Diesel, Marriott and Kroger Corporations and owned and operated a specialty wedding cake business for 12 years. He is a contributing writer for *Pastry Arts and Design* magazine and is certified by The American Culinary Federation as an Executive Chef, Executive Pastry Chef and Culinary Educator. He is currently a Senior Chef Instructor at Jefferson State Community College in Birmingham, Alabama.

Laura Halpin Rinsky A native New Yorker, she is a graduate of The Culinary Institute of America. She holds a B.A. in Communications from Rutgers University and a M.Ed. in Adult Education and Training from Colorado State University. She has worked in some of the finest hotels and restaurants around the country including The Russian Tea Room in New York; Mr. B's in New Orleans; The Anatole Hotel in Dallas; Bread Alone in Woodstock; The Palace Hotel in San Francisco; Bacara Resort and Spa in Santa Barbara and The Monte-Carlo Hotel in Europe. She is a contributing writer for *Pastry Arts and Design* magazine and is certified by The American Culinary Federation as an Executive Pastry Chef and Culinary Educator. She was the Program Coordinator for Baking, Pastry, and Confectionery Arts at Culinard, The Culinary Institute of Virginia College in Birmingham, Alabama and is currently designing and implementing a Hospitality and Culinary Arts Academy for Hewitt-Trussville High School in Trussville, Alabama.

Glenn and Laura married in 2003 and currently live in Birmingham, Alabama with their son Elliott and crazy dog, Mrs. Rosen.

Your feedback about the book would be warmly received. Please contact us at eatcake101@hotmail.com.

Aa

A a

abaissage (ah-bay-'zahjh) A French term that denotes the rolling out of pastry dough.

abaisse (ah-'bays) A French term that describes a rolled-out piece of pastry, specifically *puff pastry*, into thin sheets. It may also refer to a thin slice of *sponge cake*.

Abernathy biscuit A firm cracker flavored with caraway seeds. Created in the 1800s by a Scottish physician named Dr. John Abernathy as a digestive cure.

aboukir (ah-boo-'kir) 1. A Swiss dessert made with sponge cake and pastry cream flavored with chestnut alcohol. The round cake is finished with coffee-flavored fondant and garnished with chopped pistachios. 2. A *bombe* consisting of almond/praline ice, praline-flavored *pâte à bombe*, and garnished with toasted almonds and marzipan.

aboukir almonds (ah-boo-'kir) A petit four of green-colored marzipan studded with two roasted blanched almonds, dipped into a sugar syrup and cooled, forming a hard crust.

abricot (ah-bree-'coe) The French word for *apricot*.

absinthe ('ab-sinth) A sweet and highly flavored emerald green spirit distilled from the leaves of the wormwood plant, flavored with herbs such as fennel, Chinese anise, hyssop, and veronica. It was first produced by Henri Louis Pernod but is banned by most countries because it is believed to be dangerous to one's health. In recipes, Pernod is often cited as a substitute.

absorbition The ability of a bread flour to absorb water.

acaçá (ah-'ka-sah) A Brazilian porridge of coconut milk and rice flour that is steamed, usually in banana leaves.

acacia (ah-'kay-sha) A food additive derived from the acacia tree. It is used as an emulsifier, thickener, or flavoring agent in processed foods such as chewing gum, confections, and snack foods. Also known as *gum arabic*.

acacia honey See *honey*.

acerola (as-uh-'roh-luh) A small tree grown in the West Indies and adjacent regions, as well as the small cherry-type fruit that it produces. The fruit is also known as *Barbados cherry*, *Puerto Rican cherry*, and *West Indies cherry*; it has a tangy, sweet flavor and is an excellent source of vitamin C. Used in desserts and preserves.

Acesulfame-K (ay-see-'suhl-faym-K) A noncaloric artificial sweetener, commercially sold as Sunette and Sweet One. It was discovered in 1967 by the German life-sciences company Hoechst AG and was approved by the FDA in 1988. It is 200 times



sweeter than sucrose, and retains its sweetness when heated, unlike other artificial sweeteners. Used in many foods, including puddings, gelatin desserts, candies, and yogurt.

acetate ('ah-sa-tate) A clear, flexible plastic, which can be purchased as sheets, rolls, or strips in various thicknesses, often used in chocolate work and cake making.

acetic acid (ah-'see-tic) 1. A colorless pungent liquid that is the essential ingredient in vinegar—it makes it sour. 2. An acid in sourdough culture and sourdough bread. Along with lactic acid, it provides the sour flavor in sourdough bread. The acid develops best in bread doughs that are cool and stiff. It is formed when wild yeast bacteria interact with alcohol present in fermented solutions such as wine and beer.

Acetobacillus (ah-'see-toe-'bah-sill-us) Bacteria that create *lactic acid* and *acetic acid* by eating sugars present in bread dough. This creates a distinct sour flavor in the bread.

aceto dolce (ah-'see-toh 'dohl-chee) Literally, “sweet vinegar” in Italian. Refers to a fruit spread made by preserving fruit in vinegar and then cooking it with honey and grape juice. The spread is served like jam for breakfast or as an afternoon snack.

acetome ('ah-sah-tome) A syrup made from honey and vinegar, once used as a preservative for fruits in many parts of Europe, but rarely used today.

achiote (ah-chee-'oh-tay) The red, inedible seed of the *annatto*, a small shrub native to tropical America and also cultivated in Southeast Asia and other tropical climates. The seeds contain a natural coloring pigment called annatto.

acid From the Latin *acidus*, which means “sour.” Acids are found in vinegar (acetic acid), wine (tartaric acid), lemon juice (citric acid), sour milk (lactic acid), and apples (malic acid). They may be used as tenderizers because they break down connective tissue, and also to prevent fruit from oxidizing. Acids are also used in making meringue because they help strengthen the cell wall of egg white protein.

acidic (ah-'sihd-ihk) A culinary term that describes an item with a tart or sour flavor.

acidophilus milk (ass-ah-'doph-a-lus) Whole, low-fat, or nonfat sweet milk to which *Lactobacillus acidophilus* bacteria have been added, as a way of restoring the bacteria present in raw milk but destroyed in the pasteurization process. The addition of the bacteria converts the lactose milk to lactic acid, which is linked to health benefits, including improved digestion.

acidulant, acidulated water (ah-'sihd-yoo-lay-ted) Water to which a small amount of an acid has been added, used to prevent discoloration of some fruits and vegetables, such as peaches and artichokes. The acids used may include vinegar, lemon juice, lime juice, and ascorbic acid.

acitróne (ah-sih-'troh-nay) Candied *nopale*.

ackee (ah-'kee) A bright red tropical fruit that, when ripe, bursts opens to reveal a soft yellow flesh and black seeds. Some parts of the fruit are toxic when under-ripe, and therefore ackee may be subject to import restrictions. The fruit was brought from the West Africa to Jamaica in the late 1700s by Captain Bligh. It is served with salt fish at breakfast in Jamaica.

Aclame See *alitime*.

acorn Nut produced by the oak tree. Of the many varieties of oak trees, the acorns of the white oak and live oak are the most commonly used for food. The nuts may be eaten raw or roasted. Ground acorns may also be used as a coffee substitute.

acqua ('ahk-wah) The Italian word for water.

active dry yeast See *yeast*.

additive A natural or synthetic ingredient added to food products to enhance flavor and/or appearance, prolong shelf life, and/or improve nutritional value.

ade A cold drink that combines sugar, water, and citrus fruit juice.

adobe oven See *oven*.

advocaat ('ad-voh-kaht) A Dutch drink of brandy, sugar, and egg yolks, similar to eggnog. A favorite in Amsterdam. Also called *advocaatenborrel*.

adrak ('ahd-rack) The Indian word for fresh *ginger* root.

adzuki bean (ah-'zoo-kee) A russet-colored dried bean with a distinctive white streak and a sweet flavor; used extensively in Japanese and Chinese puddings and confections, such as Yokan. Adzuki beans can be found in Asian markets; may also be spelled *azuki*.

aeblespidsvin A Danish dessert of apples, lemon juice, and toasted almonds.

aebleskiver ('eh-bleh-skee-vor) Literally "apple slice," this is a small Danish doughnut made with a beer batter flavored with spices and citrus zest. The doughnuts are baked stovetop in a special pan called an aebleskivepandle, which has deep half-sphere indentions to form the pastry as it cooks. A slice of apple or small amount of jam may be inserted into the centers after baking or they may be dusted with confectioners' sugar; served warm.

aenjera See *injera*.

aerate ('ay-uh-rayt) To fill with air; to lighten, so as to create volume in pastry products. Aeration may be accomplished by physically or mechanically whisking, creaming or laminating, or by adding a leavening agent such as yeast or baking powder.

aerometer (air-'oh-mee-tehr) See *Baumé*.

African Red tea See *rooibos*.

afternoon tea A traditional English light meal served in the afternoon and consisting of finger sandwiches, petit fours and scones, crumpets, and/or muffins served with clotted cream and jam. It is traditionally accompanied with tea and sometimes Madeira, Port, or Sherry. See also *high tea*.

agar-agar ('ah-gahr) A dried, tasteless seaweed used by commercial processors because of its strong setting properties to thicken soups, sauces, ice creams, and jellies. May be used as a gelatin substitute. Agar-agar is unique in that it will set at room temperature, unlike gelatin, which needs refrigeration to set. Can be found in many Asian markets.

aging The maturing of foods under controlled conditions, for the purpose of obtaining a particular flavor or texture.

agitate To move with rapid, irregular motion. In pastry, agitation is often done to induce crystallization of fats and sugars, as with agitating chocolate during the tempering process.

agiter (ah-ghe-'tay) The French verb meaning to stir or shake.

agraz A North African sorbet made from *verjuice*, sugar, ground almonds, and often sprinkled with Kirsch.

agrio (ah-'gree-yoh) The Spanish word to describe something as sour.

agrumes (ah-grue-'may) The French word for citrus fruit.

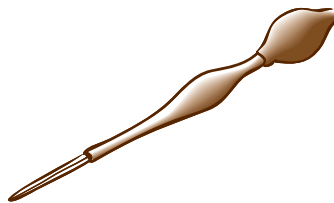
aguardiente (ah-gwar-dee-'en-tee) A strong Spanish liqueur similar to *grappa* or *marc*.

aigre (ay-gruh) The French word that describes something as tart, sour, or bitter.

aigre-doux (ay-gruh-'doo) The French term to describe something as bittersweet.

airbrush A small, air-operated tool that sprays edible color for the purpose of decorating cakes, confections, and showpieces.

air pump A tool used in the production of *blown sugar*. It consists of a long tapered nozzle with a hose that connects to a bulbous hand pump. A ball of cooked sugar is placed over the nozzle and air is blown into the sugar by hand-squeezing the pump, while at the same time the sugar is formed into the desired shape.



Airelle (ah-'rehl) A cranberry-flavored *eau-de-vie*.

airelle rouge (ah-'rehl 'roo-zha) The French word for *cranberry*.

aiysh (eye-'yesh) Egyptian flatbread.

ajouter (ah-zhu-'tay) The French verb meaning to join, or add ingredients.

ajowan ('ahj-wah-ahn) A light brown to purplish seed used as a spice in Indian breads and chutneys. It has the flavor of thyme and is the size and shape of a celery seed. Also called *ajwain* or *carom*.

ajwain See *ajowan*.

akala (ah-'kah-lah) A Hawaiian berry similar to a raspberry, eaten raw or used in jams and pies. The color may vary from red to purple.

akee See *ackee*.

akwadu A Ghanaian dessert of bananas or other fruits combined with shredded coconut, citrus juice, and sugar and baked until the coconut is golden brown. Usually served hot or cold after a spicy meal.

à la carte (ah lah carht) A menu term used to indicate that each item is priced separately.

à la minute (ah lah mee-'noot) The French term for "of the minute," referring to dishes that are prepared at the last moment or are made to order.

à la mode (ah lah 'mohd) The French term for "in the style of" or "in the manner of." During the last century, it has come to mean American pie with a scoop of ice cream on top.

Albariño (ahl-bah-'ree-n'yoh) A white grape varietal grown in California as well as parts of Portugal and Spain. It produces a crisp, light-bodied wine.

Albert Uster Imports See *Specialty Vendors* appendix.

albumen (al-'byoo-mehn) From the Latin word *albus*, which means "white," this is the protein of the egg white, which makes up approximately 70% of the edible portion of the egg.

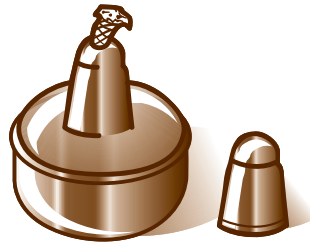
alcazar (al-kah-'zahr) See *alkazar*.

alcherme (al-'kehr-mess) A bright-red spicy Italian liqueur. The color is from a naturally occurring dye called *cochineal*, which is a substance extracted from insects such as ladybugs. The liqueur is used to flavor and/or color desserts and confections.

alcohol A tasteless, odorless, highly flammable liquid that is the intoxicating agent in liquors and fuels. Alcohol suitable for human consumption is known as ethyl alcohol, or ethanol. These spirits are made by fermenting the juices and concentrations of grains or fruits and then distilling the liquids to produce alcohol. Water is usually added to bring the solution to a rating of 80 proof, or 40% alcohol by volume. Unlike water, which boils at 212°F (100°C), alcohol boils at 173°F (78°C), and not all of the alcohol may be cooked or burned off, as has been proved by

a USDA study. Also, alcohol will not freeze completely, and therefore is used in many frozen desserts, when a complete hard freeze is undesirable.

alcohol burner A small tool with a flame, used extensively in the production of *pulled sugar* and *blown sugar*. The glass or metal burner has a cloth wick that is soaked in denatured alcohol. When the wick is lit, the burner is used to heat or melt pieces of sugar so they can be connected. Also known as a spirit lamp.

A
a

aldehyde An organic compound that contributes flavor and aroma to bread.

aleurone layer The outermost layer of the wheat endosperm, which is typically removed with the bran prior to milling.

alfajore (al-fah-'hoar-ray) A South American pastry popular in Peru and Ecuador, consisting of short dough rounds baked and sandwiched together with cinnamon-flavored custard or cooked milk pudding.

algin (al-jihn) A thickening agent derived from seaweed and similar to gelatin. It is used as a stabilizer in commercial puddings, ice creams, pie fillings, and other foods. Also known as *alginic acid*.

alginic acid See *algin*.

alitame (al-ih-taym) An artificial sweetener that is 2,000 times the sweetness of sugar. It is not yet approved by the FDA. It is currently marketed in some countries under the brand name Aclame.

alkali ('al-kah-'lie) A substance with a pH of 7 or above. Alkalis are used to neutralize acids. The most common alkali in baking is baking soda, which is also known as bicarbonate of soda. See *baking soda* and *pH*.

alkanet ('al-kuh-'neht) A Eurasian plant that is a member of the borage family. Its roots produce a bright red color that is used as a food dye, particularly in margarine.

alkazar (al-kah-'zahr) An Austrian cake that is made with a base of shortdough pastry that is covered with a layer of apricot marmalade and topped with a Kirsch-flavored almond meringue. After the cake is baked, it is garnished with more marmalade and a latticework of marzipan, and then returned to the oven to brown the marzipan. Also spelled *alcazar*.

Allegrini An Italian, red semisweet wine named for the late Giovanni Allegrini, who founded the Allegrini wine estate in the 1950s. It has intense blackberry fruit flavors with a hint of licorice and eucalyptus, and it pairs well with ripe, creamy cheeses and cheesecake.

alleluia (ah-lay-'loo-yah) A citrus-flavored French confection made during Easter time. It is believed that the cake is named after Pope Pius VII. Legend has it that a dying soldier found the recipe during battle and gave it to a pastry chef; upon hearing the story, the Pope baptized the cake and named it Alleluia, which is French for "hallelujah."

alligator pear See *avocado*.

all-purpose flour See *flour*.

all-purpose shortening See *shortening*.

allspice The dried brown berry of the *Pimenta dioica* tree, found in Central and South America and the West Indies. The flavor is similar to that of cinnamon, nutmeg, and cloves. Sold both whole and ground, allspice is used in a variety of baked goods including pumpkin pie. Also known as *Jamaica pepper*.

allumette (ah-loo-'meht) The French word for “matchstick,” which refers to thin strips of puff pastry that are baked and then topped with a sweet filling or royal icing; in the savory kitchen, the strips are topped with savory fillings.

almendras garrapinadas (al-'mahn-drahz gah-rah-pihn-'yah-dahz) Toasted almonds cooked in caramelized honey syrup. The almonds are cooled on a marble slab and broken into bite-size pieces. These candied almonds are popular in Spain and usually made for celebrations.

almond The nut of the almond tree, grown in California, South Africa, Australia, and the Mediterranean. Almonds are either sweet or bitter. Sweet almonds are most common in the United States; bitter almonds are illegal here because the prussic acid in the raw bitter almond is poisonous. The toxins can be destroyed by heating, however, and processed bitter almonds are used in liqueurs, extracts, and *orgeat syrup*. Sweet almonds are available blanched or unblanched; whole, sliced, slivered, or chopped; smoked; and in paste form.

almond cream A thick pastry cream enriched with ground almonds and almond-flavored liqueur.

almond extract A flavoring agent made from sweet or bitter almond oil and alcohol, used in many pastries, cakes, icings, and confections. This is a concentrated flavoring ingredient and so is used in small quantities.

almond flour Finely ground blanched almonds. Also called *almond meal*. See *meal*, no. 2.

almond meal See *almond flour*.

almond milk A mixture of milk or water and marzipan, heated until the mixture is smooth. It is used in custards, cakes, and sauces.

almond oil The oil extracted from sweet almonds. Used in the preparation of desserts and salad dressings.

almond paste 1. A soft paste made from ground blanched almonds, sugar, and glycerin. It is used in a variety of confections including frangipane, macaroons, and *Hippenmasse*. Marzipan is made from almond paste. 2. The British term for *marzipan*.

alpine strawberry Another name for *fraise des bois*.

alum ('al-uhm) 1. A crystalline salt used to retain the crispness of fruits and vegetables. 2. An ingredient in baking powder.

aluminum cookware A type of cook or bake ware made from aluminum. It is popular because of its high conductivity and low cost, but is limited to stovetop cooking because of its tendency to discolor foods, particularly acidic foods. It is recommended to use a heavy-gauge pan lined with parchment paper or a *Silpat* to obtain a better baked product. See also *anodized aluminum*.

aluminum foil A thin flexible sheet of aluminum used for baking and storing food products. The foil comes in two weights, regular and heavy-duty, and may also be used to wrap foods for the freezer to protect them from freezer burn.

alveograph A European testing instrument used to measure the strength and baking ability of flour.

am (ahm) The Indian word for *mango*.

amai (ah-mah-ee) The Japanese word to describe something as sweet.

amande ('ah-mahn) The French word for *almond*.

amandine ('ah-mahn-deen) A French term that refers to a food preparation garnished with almonds.

amaranth A native American herbaceous plant whose nutritive seeds have a unique, slightly spicy flavor. They can be used whole, cooked, or ground into

flour. Amaranth contains no gluten, so it should be used in combination with wheat flour if making breads or cakes.

amardine A dried-apricot paste that has been processed into a sheet, produced in the Middle East.

amaree cookie A thin spice-flavored cookie with a base of dark chocolate and topped with roasted sesame seeds, created in 1990 by Australian pastry chef Aaron Maree.

amaretti (am-ah-'reht-tee) An Italian *macaroon* made from bitter almond paste or apricot kernel paste. The most popular brand is Lazarroni di Saronno.

amarattini (am-ah-reht-'teen-ee) A miniature version of *amaretti* cookies.

amarena cherry Moist, fleshy ripe wild cherries preserved in syrup or brandy, an Italian specialty. The Fabbri brand is the most well known.

amaretto (am-ah-'reht-toe) An almond-flavored liqueur originally produced in northern Italy. It is a combination of sweet and bitter almonds, and may also contain the flavor of apricot kernels. The word *amaro* means "bitter" in Italian.

amarula (ah-mah-'rue-lah) A cream liqueur from South Africa, made from the fruit of the African marula tree; it has a fruity caramel flavor.

ambasha An Ethiopian spice bread made with wheat flour, yeast, fenugreek, cardamom, salt, and coriander.

ambassador cake A French *gâteau* consisting of a sponge cake flavored with Grand Marnier, filled with pastry cream and candied fruit, then covered with a thin sheet of marzipan.

ambrosia (am-'bro-zha) 1. An American fruit dessert of bananas, oranges, and toasted coconut. Marshmallows and whipped cream may also be found in this southern favorite, served as a dessert or salad. *Ambrosia* means "immortality" and has its roots in Greek mythology, where it was considered the food of the gods. 2. A cocktail of *Champagne*, *Calvados*, *Grand Marnier*, and lemon juice.

American Culinary Federation See *Professional Development Resources* appendix.

amigdalozóumi (a-meeg-dah-loots-'oom-ee) A Greek almond milk drunk during Lent and at funerals.

ammonium bicarbonate A leavening agent popular before the utilization of baking soda and baking powder, with certain unique features well suited to making small, dry baked goods such as cookies and crackers. It is not recommended for use in large or moist products because the ammonia gas will not bake out and the product will have a strong ammonia taste. Also known as *bartshorn salt* because it was originally produced from a hart's (male deer) horns and hooves.

Amontillado (ah-mohn-tee-'yah-doh) See *sherry*.

amylase ('ah-mah-laze) An important enzyme in yeast-risen baked goods. It is present in ingredients such as malted barley flour and breaks down starches into sugars, which softens the bread and helps prevent it from staling. Also known as *diastase*.

amylopectin A component of starch characterized by a branch molecular structure. See *starch*.

amylose ('ah-mah-lohs) 1. A category of sugar that includes maltose, sucrose, glucose, fructose, and dextrose. 2. A component of starch that has a straight chain of glucose molecules. See *starch*.

amylose starch The network of glucose molecules found in wheat and most other bread grains. These starches play an important role in the gelatinization process of bread baking. See *starch*.

an (ahn) A Japanese sweet bean paste.

anadama bread (anna-'dahm-mah) An earthy yeast bread containing molasses and cornmeal, from New England. Legend has it that this bread came about from a farmer's frustration at his wife serving him cornmeal and molasses gruel on a daily basis. One day he was so fed up that he added yeast and flour to the mush while yelling, "Anna, damn her!"

ananas ('ah-nah-nahs) The French word for *pineapple*.

anesone (ah-neh-'soh-nay) A clear, anise-flavored liqueur with a distinct licorice flavor.

angel food cake A light and airy cake made from beaten egg whites, sugar, flour, and flavorings and baked in a tube pan. Thought to have originated in Pennsylvania in the early 1800s, it has become an American favorite.

angel food cake pan A tall, round baking tube pan that has a removable bottom. It is specifically designed for making angel food cakes.

angel hair See *spun sugar*.

angelica (an-'jehl-la-kah) An aromatic herb native to northern Europe and Scandinavia. Its bright green stems are candied and used for flavoring and decoration. The fresh stems and leaves can also be used to flavor custards and jams. Owing to its expense, it is not widely available in the United States.

anethol The oil in *anise seed*, *fennel*, and *star anise* that give them their licorice flavor.

anice ('ah-nee-cheh) The Italian word for *anise*.

animal fat The fat that comes from an animal, including butter, suet, and lard. Animal fats are saturated, and so are commonly replaced by vegetable shortenings in pastry preparations.

anise, anise seed ('an-ihss) A herbaceous member of the parsley family, *Pimpinella anisum*, whose greenish-brown oval seeds have a sweet licorice flavor and are used in confections. The seeds also flavor several liqueurs, including ouzo and Pernod. They are also chewed as a digestive aid and to freshen one's breath.

anisette ('an-ih-seht) A clear, sweet, licorice-flavored liqueur.

anisyl butyrate A food additive used to enhance the flavor of candy, baked goods, and the vanilla flavor in ice cream.

anisyl formate A food additive used to add berry flavor to candies and baked goods.

anisyl propionate A food additive used to enhance the flavor of vanilla and various fruits, including plums and quince.

Anjou pear ('ahn-zhoo) See *pear*.

ankerstock ('ahn-ker-stahk) A sweet, rectangular rye bread flavored with spices and currants. It is believed to have originated in Scotland in the early 1800s, and is similar to gingerbread.

annatto (uh-'nah-toh) Yellow-red food coloring derived from soaking *achiote* seeds in water or cooking them in oil. Available in seed or liquid extract. Popular in Latin American and Indian cooking, primarily to color food and pastries; also used to color butter and cheese. Lends a slight astringent, earthy flavor.

anodized aluminum A hard, durable aluminum that is not reactive with food. Though it does not conduct heat as well as traditional aluminum, its dark color allows some heat to be transferred through radiation and its heavy gauge promotes more even baking.

antioxidant A substance in food that prevents oxidation. Found naturally in citrus fruits, broccoli, and Brussels sprouts, antioxidants aid in preventing the discoloration of fruits and some vegetables. Ascorbic acid and vitamin E are popular antioxidants. It is believed that they may also help reduce the risk of some cancers and heart disease.

anzac ('an-zic) A hard, sweet biscuit popular with the Australian and New Zealand army corps. They are known for their "resilience" and soldiers joke that these tile-shaped cookies are more suitable for armor protection than consumption.

apoe ('ay-pee) A sugar cookie with a sour cream base. Invented in the 1800s by a Philadelphia cook named Ann Page, the name of the cookie comes from her initials.

aperitif (ah-pehr-uh-'teef) A light alcoholic beverage typically served before lunch or dinner.

Apfel ('ahp-phul) The German word for *apple*.

Apfelstreudel (ahp-phul-'strew-dull) A thin pastry roll filled with apples, spices, and raisins. Popular in Germany and Austria.

aphrodisiac (ahf-roh-'de-ze-ahk) Food or drink believed to give people a heightened sense of desire and sexual arousal. It is named after Aphrodite, the Greek goddess of love. The most well-known pastry aphrodisiac is chocolate.

appareil (ahp-pah-'ray) The French word denoting a mixture of ingredients used in a preparation.

apple The primarily round fruit of a tree in the *Roseacea* family. The apple is grown in many temperate regions around the world and thousands of varieties exist, offering flavors from tart to sweet. The fruit has firm flesh surrounded by a thin skin, which can range in color from yellow to red to strips of orange and gold. There are small seeds in the center of the fruit. Apples are popular raw, cooked, or pulped for their juice. Though some varieties are seasonal, others are available year-round. The most common varieties are:

Baldwin A small, red apple with yellow streaks and a mild, sweet-tart flavor and crisp texture. Good for baking and eating. Available late fall.

Braeburn A red apple with yellow streaked skin and a crisp, sweet-tart flavor. Available October to April.

Caville Blanc d'Hiver A popular French dessert apple not commercially grown. Available mid-fall through spring.

Chenango A medium American apple with a pale yellow skin that is striped with red. It has white flesh with pinkish-red marbling and is good for eating or cooking. Available mid-to late fall.

Cortland A large apple with smooth, shiny, dark red skin with yellow patches and a juicy, sweet-tart flavor. Good resistance to browning when cut. Available late fall.

Crabapple A wild or cultivated variety with small, pinkish-red fruit marked by hard, tart flesh. Its sour flavor makes it undesirable fresh but is popular for jams and jellies. Available September to November.

Criterion A bright red apple with light green streaks and a slightly tart, juicy flesh. Available year-round with peak season in the fall.

Empire Developed in New York state, a cross between a McIntosh and a red delicious, this apple has dark red skin and sweet-tart flavor. Available year-round.

Fuji An attractive, aromatic, medium apple with a greenish-yellow skin heavily blushed with red. It has a sweet, crisp, juicy flesh and is good for baking and poaching. Available year-round.

Gala Originally from New Zealand, the apple's pale yellow skin is generously spotted with reddish streaks and it has a crisp, juicy flesh. Good for eating but not baking. Available year-round.

Golden Delicious Originally from West Virginia, this apple has a pale, greenish-yellow skin and a sweet, crisp, juicy flesh. It has good resistance to browning when cut and is excellent for baking because it retains its shape when cooked. Available year-round but at its peak in early fall.

Granny Smith Originally from Australia, the apple is named after the grandmother who developed it. With a golden-green skin and a slightly juicy, tart flavor, it is popular for baking or eating raw. Available year-round.

Gravenstein A round, crisp apple with a distinct acidic flavor. It is good both raw and cooked. Available early summer through early fall.

Ida Red A cross between a Jonathan and a Wagener. It is red with a hint of yellow and excellent for baking owing to its firm texture and medium acidity. Available fall through spring.

Jonagold A cross between a golden delicious and a Jonathan. It has a reddish-yellow skin and a juicy, sweet-tart flavor. Good raw or for cooking and baking. Available early fall through late winter.

Jonathan A crisp, bright red apple with a juicy, sweet-tart flavor. Only available October through November.

Lady A small, bright red apple that is a cultivated crab apple. It has a sweet, white flesh and is popular as a decorative item or fresh on desserts. Available fall to early winter.

Macoun A large red American apple that is derived from crossbreeding with a McIntosh apple. It has a crisp texture and juicy sweet-tart flavor that is good eaten raw or for baking. It has a short season that begins in late fall and ends in January.

McIntosh Named for its discoverer, John McIntosh, it is originally from Canada and was developed in the early 1800s. It is medium and has a red color with greenish-yellow streaks. Its sweet-tart flavor and crisp, juicy texture make it excellent for eating but it is not recommended for baking. Available year-round.

Newton Pippin A common American variety of the Pippin apple that originated in France. It has a greenish-yellow skin and a crisp, juicy, slightly tart flavor. Available fall to early spring.

Northern Spy A large apple native to North America, with a reddish-yellow striped skin and a sweet-tart flavor. A good all-purpose apple. Available fall to late winter.

Pink Lady A small, crisp apple with a pinkish-red skin and sweet-tart flesh that has a hint of raspberry and kiwi flavor. Available mid-winter.

Pink Pearl A medium American apple with a light green skin and unique pink flesh. It ranges in flavor from tart to sweet. Available fall to late winter.

Red Delicious A crisp, juicy, slightly elongated apple with a bright, deep-red color and slightly sweet flavor. Good for eating but turns mushy when baked. Available year-round.

Rhode Island Greening A popular commercial apple for applesauce and pie fillings, it has a green skin and sweet-tart flavor. Available mid-fall through spring.

Rome Beauty A large, red American apple discovered in the 1800s in Rome, Ohio. Good for baking owing to its ability to retain its shape when cooked. Available mid-fall through spring.

Stayman Winesap A cross between the red delicious and the Winesap, it has a red skin with greenish-yellow stripes and a crisp, juicy, tart flesh. Good all-purpose apple. Available late fall through late winter.

Winesap A dark red American apple with a crisp, juicy, tart flesh. Good for cooking. Available late fall through late winter.

York Imperial An American apple with a yellow streaked red skin and crisp, tart flesh. Good for cooking. Available mid-fall to April.

apple brandy Brandy that has been distilled from apples. See *applejack* and *Calvados*.

apple brown betty An American dessert of sliced apples baked with spices and sugar and topped with a crumb topping. It originated in colonial America.

apple butter A thick, sweet puree of apples with sugar, spices, and sometimes cider. Used as a fruit preserve.

apple charlotte A buttered bread shell filled with spiced, sautéed apples. Unlike other charlottes, this is baked and served warm. See also *charlotte*.

apple Connaught (kah-'nowt) A British custard named in honor of the Duke of Connaught. It is topped with the syrup from glazed apples.

apple corer A small, sharp edged, cylindrical hand tool that is used to remove the core from an apple.

apple dumpling An apple dessert consisting of a whole apple that has been peeled, cored, and filled with sugar, nuts, spices, and butter, then encased in a square of short dough or puff pastry, egg washed, and baked. See also *dumpling*.

applejack A strong American apple brandy distilled from apple cider. It ranges from 80 to 100 proof and is aged in wooden casks for a minimum of two years before being bottled. See also *Calvados*.

apple juice The natural juice of apples, usually pasteurized and filtered. Sugar may or may not be added.

apple pandowdy A rustic baked American dessert of buttered bread sprinkled with sugar and topped with apples, molasses, brown sugar, cinnamon, nutmeg, cloves, lemon juice, and butter, then another layer of buttered bread with the sugared side up. The crisp top and soft, moist interior are an interesting texture contrast. It is typically served warm, with whipped cream.

apple pear See *Asian pear*.

apple pie A two-crust pie with spiced apple filling. Originally from England, this popular dessert was brought to America by early European settlers. The apple filling is flavored with sugar, butter, and spices, and always topped with pie crust. Often served with ice cream; also served with Cheddar cheese in some regions of the country. See also *French apple pie*.

applesauce A puree of cooked apples, often flavored with sugar and sometimes spices such as cinnamon. Applesauce can be made by passing the cooked fruit through a food mill for a smooth puree or by crushing the apples manually, which results in a chunky version.

apple schnitz (shnihts) Dried apple slices, used in many Pennsylvania Dutch recipes.

apple snow A cold dessert of applesauce, spices, lemon juice, and whipped egg whites. Sometimes gelatin is added to increase the body of this soft mousse-like dessert. It is often served in individual glasses or dishes, and garnished with whipped cream.

apple strudel ('shtroo-duhl) A long pastry roll filled with apples, nuts, sugar, spices, and bread or cake crumbs. See also *strudel*.

apple sugar A sweet confection of apple juice, sugar, glucose, and an acid. The mixture is cooked to the hard crack stage and then poured onto marble, cut into sticks, and coated in fine sugar crystals. Originally from Rouen, France; the rice papers used to wrap the candies are stamped with a picture of the famous Rouen landmark, its clock tower. These candies are also shaped into small drops and slabs.

apple turnover A small individual pastry filled with apples, sugar, and spices enveloped in short dough or puff pastry. The traditional shape is a half-moon, formed by cutting circular shapes from the dough. The filling is placed on half of the circle, and the remaining half is turned over to enclose the filling. The pastry is egg washed and baked. Turnovers may also be filled with savory items or other fruits.

appliqué (ahp-lah-'kay) A method of cake decoration made by rolling out natural or colored fondant or marzipan and cutting designs of various shapes and sizes, such as flowers, leaves, and blossoms. The pieces are then placed on the surface of the cake, starting with the largest cutouts. Smaller cutouts are added on top of the larger pieces to create a three-dimensional effect, with the overall goal of adding depth and color to the finished product.

apprentice/apprenticeship A person learning a craft by working with experts in the field for a set period of time. An apprentice does an apprenticeship. Some apprenticeship programs are sanctioned by educational institutions and professional organizations, and they may offer certification or credits toward a diploma or degree.

apricot The small, oval fruit of the tree *Prunus armeniaca*. Apricots have thin, velvety skin that ranges in color from pale yellow to deep burnt orange. The fruit is fleshy cream to bright orange color and similar in texture to a peach. In the center of the fruit is a small almond-shaped stone, which detaches easily from the fruit when the apricot is cut in half. The American crop is grown primarily in California, and used in pastry in a variety of forms, including fresh, dried, and jam or glaze. The kernels in the stones are also roasted and used to flavor liqueurs or ground into a slightly bitter paste and used to flavor confections. The most common varieties are:

Early Gold Originally from Oregon, this round, medium fruit has a bright golden skin that encases a rich, juicy flesh. It is best eaten raw or used for canning. Available early summer.

Golden Amber Originally from California, this large, uniform fruit has a golden, yellow skin that encases a firm, slightly acidic, yellow flesh. Available late summer.

Moorpark Originally from England, this large, oval fruit has a red-dotted orange skin that encases a fragrant orange flesh. Available mid-summer.

Perfection Originally from Washington, this large, oval fruit has a pale orange skin with a tasty, bright orange flesh. Available early summer.

Royal Originally from France, this large fruit has a yellowish-orange skin that encases a juicy flesh. There is a similar variety called Royal Blenheim that is originally from England. Available mid-summer.

Tilton Originally from California, it is similar to the Royal but has an inferior flavor. Available mid-summer.

apricot brandy Any form of brandy distilled from *apricots*.

apricot glaze A clear, apricot-colored glaze made from apricot jam and water. It is most commonly brushed on desserts and pastries to provide shine and to protect fruit toppings from the air so they will have a longer shelf life. The glaze may be made fresh or purchased in bulk from specialty vendors. Also known as *nappage*.

aprium ('ap-ree-uhm) A hybrid fruit that combines plum (25%) and apricot (75%). It has the taste and appearance of apricots but a slightly sweeter flavor. Available May to June.

apry ('ap-ree) An alternative name for *apricot brandy*.

aqua vitae ('ahk-wah 'vee-tee) Literally, “water of life” in Latin. A clear distilled brandy, served as a cold shot in the Scandinavian countries.

Arabian coffee Coffee that has been ground to a fine powder and flavored with cardamom, cloves, and saffron. It is served black with no sugar, and its preparation signifies an offer of hospitality.

Arabica coffee bean (ah-rah-bih-kah) See *coffee*.

arachide (ah-rah-sheed) The French word for *peanut*.

arak ('ahh-rrak) 1. In Asia and the Middle East, this is a fiery liquor whose ingredients vary from country to country but may include rice, sundry-palm sap, and dates. 2. A strong-scented, light-bodied rum from Java. Also spelled *arrack*.

arancia (ah-'rahn-chah) The Italian word for *orange*.

arborio rice See *rice*.

Arctic cloudberry See *berry*.

arepasau (aah-ruh-'pahs-oo) A Latin American cornbread, especially popular in Venezuela and Colombia. They are made from *masa* and are first grilled and then fried, which gives them a crisp exterior and soft, chewy interior. Arepas de chocolate are made with fresh corn kernels that have been roasted, ground, and kneaded. A simple version may be made by mixing equal amounts of boiling water and cooked white cornmeal with a bit of butter and salt; shaping the dough into tortillas and baking on a griddle.

Armagnac ('ahr-mahn-yak) One of the world's great brandies, it is produced in the French region of Gascony under strict controls. It is a single distilled full-flavored brandy made from white grapes, with a dry, smooth flavor, a strong bouquet, and an amber color owing to its oak cask aging. The aging may take up to 40 years. The age of the brandy is classified as follows: XXX is three years, VO is five to 10 years, VSOP, is up to 15 years, and Hors d' Age is at least 25 years.

Armenian cracker bread See *lavash*.

aroma Synonymous with smell, an important component of flavor because it enables tasters to separate and describe different products.

aromatic A word to describe an aroma that is imparted from spices, plants, or herbs that enhances the fragrance and/or flavor of food or drink.

arrack See *arak*, no. 2.

arrowroot A white, starchy thickening agent derived from a tropical tuber of the same name. It has a thickening power that is twice as strong as wheat flour; it is used to thicken sauces, puddings, and other foods. Arrowroot is tasteless and becomes transparent when cooked. When dissolved in water, it is known as a slurry, and is added cool to a hot liquid.

arroz con leche ('ah-rohs kon 'leh-cheh) A Spanish rice pudding flavored with vanilla, lemon, and cinnamon.

artificial coloring A synthetically or inorganically produced color used in many sweets, such as candies, decorations, and commercial pastries. Artificial colorings must meet FDA safety regulations for human consumption.

artificial flavor A chemically manufactured flavor as defined by the FDA. It is used as a food additive in commercial cakes, candies, frozen desserts, and pastries to mimic a natural flavor.

artificial sweetener A nonnutritive, synthetically produced sugar substitute. Artificial sweeteners include *aspartame*, *Acesulfame-K*, and *saccharin*. These sweeteners are 150 to 200 times sweeter than sugar. New sweeteners are becoming available that are chemical derivatives of sucrose, including *Splenda*.

artisan bread A high-quality bread that contains no artificial ingredients or preservatives and is made with only flour, water, yeast, and salt and sometimes grains and/or seeds. Artisan breads are created by artisan bakers who are trained in the skill and science of mixing, fermenting, shaping, and baking a hand-crafted product. They are typically made with a *pre-ferment* and baked directly on the oven deck.

artois, gâteaux d' A pastry that combines a filling of apricot jam and almond cream sandwiched between two puff pastry strips. The top of the pastry is then egg washed and decorated with a diamond pattern, marked with a knife. It is baked and finished with additional apricot jam brushed over the surface, then decorated with *crystal sugar* on the sides.

artos (ahr-tahs) The general name for Greek celebration breads. There are many varieties and they differ in size, shape, color, and taste, depending on the festivity. Each is unique, with a history and involving family traditions. Many home bakers bring their breads to a priest for blessing before donating the loaves to the less fortunate.

ascorbic acid (as-'kohr-bihk) A water-soluble vitamin found in citrus fruit and the scientific name for vitamin C. It is used to prevent browning of fruits and vegetables, and also as an oxidizing agent in doughs to improve gluten quality.

ash The mineral content of a flour. Ash is measured in flours and grains by burning a sample at very high temperatures and weighing the remains. The ash content is important to bread baking because it helps determine what portion of the grain has been milled, as well as the mineral content; minerals increase yeast fermentation by providing food for the yeast.

asfor A Middle Eastern ingredient made from the stamens of the safflower. It has a golden, pale-orange color and is used to tint and flavor foods and desserts.

Asian pear A variety of juicy pear with a sweet aroma. They were first brought to America by Chinese miners during the gold rush of the 1800s. Also known as an apple pear owing to its similar shape. The most common varieties are:

Hosui Medium pear with a crisp, apple flavor. It has a golden reddish-brown skin. Available early August.

New Century See Shinseiki, below.

Nijisseiki The most common type of Asian pear, it has a soft, smooth, yellowish-green skin that encases a slightly tart white flesh. Also known as Twentieth Century. Available early September.

Shinseiki A flat, round pear with a tough, yellow skin that encases a white flesh with a sweet, crisp taste. Also known as New Century. Available mid-August.

Twentieth Century See Nijisseiki, above.

Yali A hardy variety with a pale yellow skin that encases a lightly sweet flesh. Available early October.

aspartame ('ah-spahr-taym) A synthetic artificial sweetener, 180 to 200 times sweeter than sugar. It has approximately 4 calories per gram and is a good choice for sweetening cold dishes. If heated, it breaks down and loses its sweetness, but a new form is being created for use in baking.

aspic ('as-pihk) A clear gelatin preparation. In the savory kitchen, aspic is made from broth to which gelatin has been added and is used to coat cold dishes such as fish.

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