



Version 1.3

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Acknowledgments

The information in this file has been compiled from a number of sources, but I found the following particularly useful:

The 'rec.food.cooking cooking/common-topics' file compiled by Stephanie da Silva (arielle@taronga.com)

The 'rec.food.cooking FAQ and conversion file' maintained by Amy Gale (cooking-faq@vuw.ac.nz).

'The Complete Asian Cookbook' by Charmaine Solomon



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

HELP

Introduction

This file consists of a number of topics, each taking up a single screen of text.

You can move through these topics in several ways:

- You can use the navigation buttons at the top of the screen
- You can use the Search button to locate a topic by [keyword](#).
- You can jump between topics by clicking on a [hotspot](#).

More Help

For more help, click on one of the topics below

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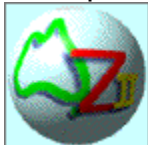
Hotspot Help

You will see three different types of hotspots in this help file. [Hotspots](#) are underlined and when the cursor moves over one, the cursor changes to a hand. If you have a colour monitor, hotspots appear as green text, rather than as normal black text. The three types of hotspots are described below:

- [Popup hotspots](#) appear as a word (or words) with a dotted underline such as the words at the start of this sentence. If you click a popup hotspot a dialog box appears over the top of the screen you are viewing and displays some information about the hotspot you clicked on. Try it now by clicking on the popup hotspot at the start of this paragraph.
- [Jump hotspots](#) appear as a word (or words) with a solid underline such as the words at the start of this sentence. When you click on a jump hotspot you are taken to a different topic screen to the one you were viewing. Try it now by clicking on the Jump Hotspot
- Picture hotspots are the third type of hotspot and are really just a special type of the previous two. Clicking on a picture hotspot could work like either a popup or a jump hotspot.



Try clicking on the picture at left (which is a popup hotspot) to see how picture hotspots work. Notice that the cursor turns to a hand when you are over picture hotspots.



Some pictures can have more than one hotspot and are often used to explain the different parts of a dialog box. For example, try clicking on various parts of the picture at left. Although it looks the same as the one above it, it has two hotspots.

Click the Contents button at the top of this screen to go to the table of Contents

OR

[Click this line to go to the Help navigation topic](#)

OR

[Click this line to return to the main Help topic.](#)



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Help navigation

Click on the different parts of the picture below to find out more about using the buttons at the top of the screen to navigate through this help file.



Click the Contents button at the top of this screen to go to the table of Contents

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Conversion tables

This section contains a number of different conversion tables. They are listed here in alphabetical order, a topic (or screen) per table. To quickly find a particular table you can also click the Search button and enter the first few characters of the category you're after.

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Minimum milk fat content by weight for various types of cream:

	<u>UK</u>	<u>US</u>
Clotted Cream	55%	
Double Cream	48%	
Heavy Cream	36%	
Whipping Cream	35%	30%
Whipped Cream	35%	
Sour Cream	35%	
Single Cream	18%	=Light Cream
Half Cream	12%	
Half and Half	10%	



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Length conversions

These are approximate conversions only as they have been rounded to give easier to measure amounts. This will not affect the outcome of a recipe provided you use all metric or all US/UK measures.

<u>US/UK</u>	<u>Metric</u>	<u>US/UK</u>	<u>Metric</u>
1/8 in	3 mm	5 in	12.5 cm
1/4 in	6 mm	6 in	15 cm
1/2 in	1.25 cm	7 in	18 cm
3/4 in	2 cm	8 in	20 cm
1 in	2.5 cm	9 in	23 cm
2 in	5 cm	10 in	25 cm
3 in	7.5 cm	11 in	28 cm
4 in	10 cm	1 ft	30 cm



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Liquid conversions

These are approximate conversions only as they have been rounded to give easier to measure amounts. This will not affect the outcome of a recipe provided you use all metric or all US/UK measures.

<u>Measure</u>	<u>US/UK</u>	<u>Metric</u>
1 teaspoon		5 ml
1 tablespoon (US/UK)	1/2 fl oz	15 ml
1 tablespoon (Australia)	2/3 fl oz	20 ml

	1 fl oz	30 ml
	4 fl oz	125 ml
1 gill	5 fl oz	150 ml
1 cup	8 fl oz	250 ml
1 pint	20 fl oz	600 ml
	32 fl oz	1 litre
1 quart	2 pints	1.25 litres
1 gallon	4 quarts	5 litres



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Temperature Conversions

<u>Fahrenheit</u>	<u>Celsius</u>	<u>Gas mark</u>	<u>Description</u>
225 F	110 C	1/4	
250 F	120 C	1/2	Very slow / Very cool
275 F	140 C	1	
300 F	150 C	2	Slow / Cool
325 F	160 C	3	Moderately slow / Very moderate
350 F	180 C	4	Moderate
375 F	190 C	5	
400 F	200 C	6	Moderately hot
425 F	220 C	7	
450 F	230 C	8	Hot
500 F	240 C	9	Very hot



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Weight conversions

These are approximate conversions only as they have been rounded to give easier to measure amounts. This will not affect the outcome of a recipe provided you use all metric or all US/UK measures.

<u>Measure</u>	<u>US/UK</u>	<u>Metric</u>
1 teaspoon		5 gm
1 tablespoon (US/UK)	1/2 oz	15 gm
1 tablespoon (Australia)	2/3 oz	20 gm
	1 oz	30 gm
1 stick	4 oz	125 gm
1 cup	8 oz	250 gm
	1 lb	500 gm
	2 lb	1 kg



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What's in a cup?

These are approximate conversions only as they have been rounded to give easier to measure amounts. This will not affect the outcome of a recipe provided you use all ounces or all grams.

	<u>Ounces</u>	<u>Gram</u> <u>s</u>
1 cup biscuit (cookie) crumbs	3 1/2	110
1 cup breadcrumbs, dry	4	125
1 cup breadcrumbs, soft	2	60
1 cup butter	8	250
1 cup castor (superfine) sugar	7 1/4	220
1 cup cheese, grated	4	125

1 cup cocoa	3 1/2	110
1 cup coconut, desiccated (flaked)	3	95
1 cup cornflakes	1	30
1 cup cornflour (cornstarch)	4	125
1 cup dates, chopped	5	150
1 cup dried fruit	5	160
1 cup dried split peas, lentils	7	200
1 cup flour, plain, self-rising	4	125
1 cup flour, wholemeal (whole wheat)	4 2/3	135
1 cup golden syrup, honey, glucose	12 3/4	360
1 cup icing (confectioners') sugar	5	150
1 cup jam	11 1/2	330
1 cup nuts, chopped	4	125
1 cup oats, rolled	3	90
1 cup rice bubbles (rice crispies)	1	30
1 cup rice, long grain	7	200
1 cup rice, short grain	7 1/4	210
1 cup salt, or crystal sugar	8	250
1 cup soft brown sugar, firmly packed	5 1/2	170
1 cup water	8	250



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Glossary of Cooking Terms

This section contains an alphabetical list of cooking terms and a description of what they mean. They are listed here in alphabetical order, a topic (or screen) per term. To quickly find a particular term you can also click the Search button and enter the first few characters of the term you're after.



A La Broche

Foods grilled on a skewer, as with shishkebob.

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A La Forestiere

Foods served either with sauteed mushrooms or potatoes.



A La Greque

Seasoned vegetables, cooked in olive oil and served cold.



A La Lyonnaise

Foods garnished with onions and potatoes.



A La Meuniere

Foods prepared in browned butter, with lemon, parsley and other seasonings.

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A La Princesse

Foods garnished with asparagus tips.



A La Provençal

Foods served with garlic and tomatoes.



Al Dente

"tender crisp". Refers to the consistency of pasta and some vegetables when they are properly cooked.



Americaine

Foods prepared with tomatoes.



Antipasto

A dish of cold meats, h'ors d'oeuvres and vegetables, which is served before the pasta.



Aspic

A clarified jelly used to cover cold foods. Also a gelatin salad.



Au Bleu

Fresh fish lightly poached in court bouillon



Au Gratin

Foods garnished with grated cheese. The finished dish is usually browned under the broiler so that the cheese forms a crust over the food.



Au Jus

Foods served in their natural juices, usually roasted meats.



Bain Marie

A water bath. The dish containing the food is set into a larger pan containing water. Cooking sauces and custards by this method prevents the food from drying out.



Barder

To wrap foods, such as roasts, with strips of pork fat before cooking. This method prevents the meat from drying out.



Baste

To spoon juices over food while they are cooking in order to prevent them from drying out.



Bavarois

A creamy molded custard, also known as a Bavarian Cream.



Beigneto

Another name for a fritter or fried doughnut dough containing fruit.



Beurre Blanc

A rich sauce containing white wine, vinegar, shallots and butter.



Beurre Manie

A paste of butter and flour which is used to thicken sauces



Beurre Noir

Browned butter flavored with parsley, seasonings and vinegar, used as a sauce for fish.



Beurre Noisette

Browned butter with lemon juices and seasonings.



Bind

The addition of eggs, milk or other liquid to a mixture to hold the ingredients together.



Bisque

A creamy soup made with seafood, game or poultry.



Blanch

The momentary immersing of foods in boiling water. This may be done to loosen the skin of the food or to soften the food.



Blanquette

Stewed or poached meats served in a velvety white sauce.



Bouchee

A small pastry shell.



Bouquetiere

Foods, such as steaks, served with a garnish of several vegetables.



Bourguignon

A food cooked in a sauce containing red Burgundy wine.



Braise

Foods which are browned, then cooked in a tightly covered pot with a small amount of liquid.



Brine

A salt water solution used to preserve foods.



Bulgogi

A Korean marinated and barbecued beef dish. Spelling of the name varies (due to transliteration).

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Caesar Salad

A green salad consisting of lettuce leaves topped with an egg, garlic, parmesan cheese and anchovy dressing. There are purists who feel that Caesar salad isn't Caesar salad unless assembled in an elaborate tableside ritual. Then there are those who just want a simple dressing to drizzle over lettuce.



Canape

Small cut pieces of bread, garnished with meats or vegetables and served as appetizers.



Carbennade

A beef stew cooked largely with beer.



Cassoulet

A French stew made with dried beans and preserved meats, such as sausages, pork and preserved goose.



Charcuterie

French term for preserved pork products.



Charlotte

French dessert prepared in a round mold. Can be hot or cold.



Chiffonade

A soup garnish made with sauteed strips of lettuce or green vegetables.



Choucroute Garni

Alsatian dish made with pork, sauerkraut and sausages.



Chowder

A milk based soup, usually containing seafood.



Chutney

An Indian relish made with cooked or uncooked fruits, vegetables and spices.



Clarify

To remove impurities from stocks and soups.



Cobbler

An American fruit dish, baked and served with whipped cream or ice cream.



Cocotte

An ovenproof dish used to bake egg dishes.



Compote

Spiced fruits which are cooked in syrup.



Concassee

Skinned tomatoes chopped into large pieces.



Confit

Either fruits or vegetables preserved in sugar, or meat preserved in its own fat.

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Court Bouillon

An aromatic liquid or stock, sometimes containing wine, vinegar or lemon juice, used mainly for cooking fish and shellfish, but also sometimes white offal (variety meats) and some white meats.



Croquette

Breaded, deep - fried mixtures of meat, fish, eggs or vegetables.



Croustade

Meat or chicken served in pastry shells.



Curd

Coagulated substance which is produced when milk is soured.

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Dashi

A clear soup made from dried bonito flakes and seaweed. Instant dashi is made from katsuobushi and kombu. dashi is essential for Japanese cooking since it is not only served as a soup in its own right, but is used for cooking stocks and dipping sauces.

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Daube

A stew made with braised meat and vegetables.



Deglaze

To remove browned material and juices from the bottom of a pan by pouring wine or other liquid into the pan to loosen the material.



Degorger

To soak foods in water to remove unpleasant colors or flavors.



Devil

Foods seasoned with a spicy sauce.



Dredge

To coat food with flour or fine powder.



Dress

To prepare poultry for cooking. To add dressing to a salad.



Dumpling

A starchy mixture or dough which is poached in and served with a stew.



Duxelles

Chopped mushrooms and onions, sauted in butter with spices and served as a garnish.



Emulsion

A liquid mixture in which fat or oil is suspended.

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En Croute

Food baked in pastry - such as pate.

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En Papillote

Food prepared and served in a paper casing.



Entree

A single prepared dish served before the main food item.

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Essence/Extract

While the words may be used interchangeably US - UK all essences are extracts, but extracts are not all essences. A stock is a water extract of food. Other solvents (edible) may be oil, ethyl alcohol, as in wine or whisky, or water. Wine and beer are vegetable or fruit stocks. A common oil extract is of cayenne pepper, used in Asian cooking (yulada). Oils and water essences are becoming popular as sauce substitutes. A common water essence is vegetable stock. A broth is more concentrated, as in beef broth, or boullion. Beef tea is shin beef cubes and water sealed in a jar and cooked in a water bath for 12 - 24 hours. Most common are alcohol extracts, like vanilla. Not possible to have a water extract of vanilla(natural bean) but vanillin(chemical synth) is water sol. There are also emulsions lemon pulp and lemon oil and purees (often made with sugar) Oils, such as orange or lemon rind (zest) oil, may be extracted by storing in sugar in sealed container. Distilled oils are not extracts or essences. Attar of rose (for perfume) is lard extracted rose petal oil.



Farce

A savoury stuffing for meats.



Flake

To break into small pieces with a fork.



Flambe

To add alcohol to a dish and ignite it.



Flan

An uncovered pie or tart.



Fleurons

Small pastry garnishes.



Fold

To add gently other ingredients to a light beaten mixture. To mix carefully.



Fondue

Dunked. Also a sauce of chocolate and liqueur into which pieces of fruit are dunked or a cheese and Kirsch liqueur sauce into which crumbed and deep fried foods are dunked.



Forcemeat

A stuffing made with bread, vegetables and meat.

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Frappe

Iced.



Fricassee

A stew of white meat and vegetables.

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Frit

Fried.



Fritter

Deep fried dough, usually containing pieces of fruit.

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Fry

To cook in fat.



Fumet

A concentrated stock which is added to sauces and other stocks.



Galantine

Boned stuffed meat, poached in court bouillon and served cold, glazed with aspic.



Glaze

A shiny coating for foods which enhances its appearance.



Gluten

The elastic material contained in grains which contributes to light breads.



Gratine

Served with grated cheese.



Grill

What is called a grill in the UK/Australia is the same as a US broiler

What is called a grill in the US is a device for cooking food over a charcoal or gas fire, outdoors.

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Guacamole

Guacamole is basically mashed avocado with a little fresh lime juice squeezed in. No mayonnaise, no sour cream. A bit of diced tomato and onion is allowed, and a smidgen of chopped chillies and fresh cilantro if you prefer. The pit has no magical properties to keep the guacamole from browning; it just prevents air from contacting the surface. A lightbulb would perform the same function. Plastic wrap is more practical.



Gumbo

A thick soup, usually containing poultry and okra.



Hang

To suspend meat or game to allow it to age and/or tenderize.

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Hard Rolls

A sandwich type of roll that is a little crusty on the outside and soft on the inside. Can be made with poppy seeds or sesame seeds or plain. Often called a Kaiser roll



Hash

A fried dish which contains vegetables and meat.



Infuse

The process of steeping foods in liquid to extract their flavor



Julienne

Meat and vegetables cut into thin strips and used as a garnish.



Kosher

Foods prepared in accordance with Orthodox Jewish law.



Larder

The process of inserting thin strips of fat into meats before roasting.



Lasagna

Lasagne are large broad noodles, about 2 inch wide with a ruffled edge. The singular form of the word is Lasagna, and the name comes most likely from the Latin root word, Lasanum, which means Cooking Pot.

Lasagne Casseroles are popular dishes featuring these broad noodles, layered with cheese, meat mixtures, vegetables, sauces and other goodies. They are rich enough to make a meal, and are especially nice with a green salad and garlic bread.



Liaison

A thickening agent for soups and sauces, usually containing flour and fat.



Macedoine

A mixture of cubed fruits or vegetables.



Marinade

Liquid in which meats are soaked in order to make them more tender and flavorful. Marinades usually contain vinegar, wine and spices.



Matelote

A thickened fish stew.



Milanaise

Dipped in egg and flavored bread crumbs and fried in butter.



Minute

Small and quickly cooked.



Mirepoix

A mixture of diced vegetables used in soups or as garnishes.



Mole

A Mexican sauce (pronounced "moe - lay"). There are several kinds depending on the ingredients.



Noisette

Boneless, trimmed cut of lamb or veal.



Paella

Spanish dish containing rice, shellfish, ham and chicken.



Pate

Finely chopped meat or game, baked and served cold.



Paupiettes

Thinly sliced meats wrapped around fillings.

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Pavlova

Depending on who you talk to, Pavlova was created in either New Zealand or Australia. The main ingredients are sugar and eggwhite. A pavlova has crisp meringue outside and soft marshmallow inside, and has approximately the dimensions of a deep dessert cake. Commonly pavlovas are topped with whipped cream and fresh fruit, especially kiwi fruit, passion fruit or strawberries.



Pilaf

Dish of rice and meat and/or vegetables which is baked.

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Pit

To remove the stone or seed from a fruit.



Poach

To gently simmer in liquid.



Pot Au Feu

French dish of meat and vegetables cooked in broth. The broth is consumed first as a soup.

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Potage

French for soup.



Poutine

A dish that originated in Quebec, Canada. It consists of french fries (chips) mixed with cheese curds, smothered with brown gravy.



Praline

A confection containing nuts and syrup.



Printaniere

Made with young vegetables.



Punnet

A small basket usually holding about 8 oz of fruit.



Puree

To press through a sieve or put in a blender.



Quenelle

Dumpling containing finely chopped fish or meats.



Quiche

A pastry shell containing a custard mixture and meat or vegetable fillings.

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Raclette

A Swiss cheese delicacy. There is some confusion over whether raclette refers to a specific type of cheese or to the dish itself. (At this writing, I'm not too sure myself).

Raclette recipe

Light a good fire. Buy yourself a half wheel of real Raclette cheese between three and five months old. Scrape off the rind, top and bottom, so that the cheese can melt more easily. Prepare boiled potatoes in their skins and have a ready supply of gherkins or cornichons, pickled onions and black pepper. When the fire died to a mass of glowing embers, procure yourself a large flat stone and put it before the fire. Set the half cheese on top, its cut surface exposed to the heat. Nearby have a supply of plates. As the cheese melts, scrape it off on to a plate and serve it at once.



Ragout

French meat and vegetable stew.



Rechauffe

Reheated.



Reduce

To decrease a liquid in volume, usually by boiling.



Render

To melt animal fat into a liquid.



Risotto

An Italian rice dish.



Roulades

Rolled slices of meat or pastry which are stuffed with cheese.



Roux

A mixture of flour and butter that are fried together and used to thicken sauces and soups.



Saute

To lightly and quickly fry foods in butter.



Scald

To heat liquid to near the boiling point.



Scone

A scone (rhymes with "gone") is similar to an American biscuit, but comes in more variations. It may include ingredients such as cheese or raisins and is often served with hot tea, whipped cream and jam.

Scones Recipe

Measure 2 cups self-rising flour and 1/4 teaspoon salt. Rub in 2 tablespoons butter. Mix lightly to soft dough with 3/4 cup milk. Handle minimally to a slab 3/4" thick and cut into shape on floured board. Glaze with milk. Place close together on greased and floured tray. Bake in a hot (400F) oven for 12 to 15 minutes.



Score

To make shallow cuts into meats before cooking. This process cuts the connective tissues and makes the meat more tender.



Sear

To fry meats quickly so as to seal in their juices.



Simmer

To keep a liquid at just below the boiling point.



Skim

To remove substances from the surface of cooked or cooking liquids.



Smorkasbord/smorgasboard

A Swedish cold buffet.



Souse

To pickle in brine or vinegar.



Steam

To cook foods in perforated metal, or woven bamboo, containers by suspending them over boiling water.



Stew

Lengthy cooking in a covered pot using liquid.



Stir Fry

Is stirred to prevent burning and sticking.



Stock

Liquid base for soups and sauces made by poaching meat bones or fish in water with vegetables and spices.



Tart

Covered or uncovered pastry filled with fruit.



Terrine

Pottery dish used to bake pates.

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Tira Mi Su

An Italian Cheese Charlotte, the name means "Pick me up". Widely popular dessert that people can't leave alone. Has many variations, including eggless, with cooked eggs, liquorless, and with substitutes for the mascarpone (though common consensus claims there is no comparable substitute).



Toss

To mix lightly.



Turnover

A fruit - filled pastry rolled into a triangle.



Veloute

Rich and smooth; usually referring to a Bechamel sauce to which egg yolk has been added as an enriching ingredient.



Vin Blanc

White wine.



Vin Rouge

Red wine.



Vol Au Vent

Small puff pastry shell.

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Waldorf Salad

Waldorf salad is traditionally a mix of coarsely chopped nuts, apples, celery, and raisins combined with mayonnaise. For a change, substitute fresh chunks of pineapple for the celery, and buttermilk dressing instead of mayonnaise.



Glossary of Ingredients

This section contains an alphabetical list of ingredients, any alternative names, any substitutes and, in most cases, a description of what they are. For some ingredients the entry also includes extra details such as nutritional content, cooking methods and information on how to identify if the ingredient is of good quality.

The ingredients are listed here in alphabetical order, a topic (or screen) per ingredient. To quickly find a particular ingredient you can also click the Search button and enter the first few characters of the ingredient you're after.



Agar Agar

Also called: Dai choy goh, Kanten, Kyauk kyaw, Chun chow

Agar agar is a setting agent derived from seaweed. Unlike gelatine it remains set at room temperature. It is usually sold in powdered form, although it can be sold in strands.

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Aji

Aji (singular form) is what the Peruvians call chile peppers. The species in particular is *capsicum baccatum*, and the derivation of the name is somewhat odd. When Columbus started this whole confusing thing with Indians and peppers that weren't what he thought they were, the Arawak people of the Bahamas called their capsicums "aji." Columbus packed them back to Spain, the Portuguese took them around the world, and within a hundred years peppers had been distributed to China, Japan, India, Turkey, and back through the Balkans to Europe.

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Allspice

Also called: Jamaica Pepper, Pimenta

Native to the West Indies and Central America, Allspice is the dried, unripe berry of a small tree, it has a flavor reminiscent of nutmeg, cinnamon and cloves. It is available ground or in seed form, & used in a variety of dishes such as pickles, casseroles, cakes & puddings. Do not confuse with Pimento.

Uses

Use in cakes, biscuits, fruits and meats. Also in puddings and all sweet dishes.



Anchovies

These are best fried or gilled or served marinated in lemon juice.



Anise Seed

This is the delicate licorice flavored seed used in drinks such as pernod. Its flavor enhances fish, mussels and some breads.



Annatto seeds

Also called: Achiote seeds

Substitute: 1/4 teaspoon paprika and 1/8 teaspoon turmeric for each teaspoon of annatto seeds (do not fry)

Small red seeds used for colouring and flavouring fillipino food

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Apples

Choosing

Apples are best purchased when firm, fragrant and ripe. They keep well if stored in a cool dry place where they do not touch one another. Granny Smith apples have the best texture for baking.

Uses

Apples are excellent in sauces, dressings and salads: They may be baked whole, sliced for pies, pureed for applesauce or ring sliced and deep fried for fritters.



Apricots

Because many varieties are picked and shipped too green it may be best to use canned apricots for baking.



Arrowroot

Substitute: Cornflour.

A thickening agent.



Artichokes, Globe

The large green flower head of a plant in the thistle family

This information is for 4 Globe artichokes

Serves

Four

Nutrition

45 calories per serving

Choosing

When shopping, look for smooth, firm tubers with the fewest knobs and tightly bunched leaves.

Preparation

Scrub artichokes; twist off the stalks, trim the base flat and remove the hard outer leaves. Leave whole or cut into 1/4 inch slices or 1/2 inch cubes. Place in water with small amount of lemon juice to prevent discoloration.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add artichokes. Cover and heat to boiling; reduce heat. Boil whole artichokes 20 to 25 minutes; slices and cubes 7 to 9 minutes or until crisp - tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place artichokes in basket. Cover tightly and heat to boiling; reduce heat. Steam 15 to 20 minutes or until crisp - tender.

Microwave

Place artichoke slices and 1/4 cup water in 1 1/2 quarts microwavable casserole. Cover tightly and microwave on high 6 to 7 minutes stirring after 5 minutes until crisp - tender. Let stand covered 5 minutes; drain.

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Artichokes, Jerusalem

A root vegetable resembling knobby potatoes or ginger root.

This information is for 4 Jerusalem artichokes

Serves

Four

Choosing

When shopping, look for smooth, firm tubers with the fewest knobs and tightly bunched leaves.

Preparation

Scrub artichokes; twist off the stalks, trim the base flat and remove the hard outer leaves. Leave whole or cut into 1/4 inch slices or 1/2 inch cubes. Place in water with small amount of lemon juice to prevent discoloration.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add artichokes. Cover and heat to boiling; reduce heat. Boil whole artichokes 20 to 25 minutes; slices and cubes 7 to 9 minutes or until crisp - tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place artichokes in basket. Cover tightly and heat to boiling; reduce heat. Steam 15 to 20 minutes or until crisp - tender.

Microwave

Place artichoke slices and 1/4 cup water in 1 1/2 quarts microwavable casserole. Cover tightly and microwave on high 6 to 7 minutes stirring after 5 minutes until crisp - tender. Let stand covered 5 minutes; drain.

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Asparagus

This information is for 1 1/2 lb asparagus

Serves

Four

Nutrition

45 calories per serving

Choosing

When shopping, look for smooth, round, tender, medium-sized green spears with tight, firm tips. Too thick stalks are woody and a waste to buy.

Preparation

Break off tough ends where they snap easily. Wash asparagus; remove scales if sandy or tough. (If necessary, remove sand particles with vegetable brush.) For spears, tie whole stalks in bundles with string, or hold together with band of aluminum foil. Or cut each stalk into 1 inch pieces.

Boiling

Spears: Heat 1 inch water (salted, if desired) to boiling in deep, narrow pan. Place asparagus upright in pan. Heat to boiling; reduce heat. Boil uncovered 5 minutes. Cover and boil 7 to 10 minutes longer or until stalk ends are crisp - tender; drain.

Pieces: Heat 1 inch water (salted, if desired) to boiling. Add lower stalk pieces. Heat to boiling; reduce heat. Boil uncovered 6 minutes. Add tips. Cover and boil 5 to 8 minutes longer or until crisp - tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place asparagus (spears) in basket. Cover tightly and heat to boiling; reduce heat. Steam 6 to 8 minutes or until crisp - tender

Microwave

Spears: Place asparagus and 1/4 cup water in square microwavable dish, 8 inch x 8 inch x 2 inch Cover tightly and microwave on high 6 to 9 minutes

rotating dish 1/2 turn after 3 minutes until crisp - tender. Let stand covered 1 minute; drain.

Pieces: Place asparagus and 1/4 cup water in 1 1/2 quarts microwavable casserole. Cover tightly and microwave on high 6 to 9 minutes stirring after 3 minutes until crisp - ten Let stand covered 1 minute; drain.

Uses

Asparagus is served as a course in itself, either warm with melted butter or Hollandaise sauce, or cold with a vinaigrette.

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Avocado

A mild, nutty flavored fruit whose flesh has a creamy consistency.

Choosing

When purchased, avocados should be firm but yielding to the touch. Brown spots in the flesh indicate overripeness. When ripe they will yield gently if pressed at the stem end. The pit has no magical properties to keep the avocado from browning; it just prevents air from contacting the surface. A lightbulb would perform the same function. Plastic wrap is more practical.

Uses

The avocado is generally eaten whole as an appetizer with a mustardy vinaigrette. It may also be sliced or chopped with salads or may be used in some soups. Its also great mashed with a little lemon juice & fresh cracked pepper and spread on hot buttered toast.



Baccala

Salted, dried cod fillets

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Bacon rashers

Also called: Bacon slices

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Bagels

Chewy bread with a hole in the middle - round, and 3 in to 4 inches in diameter. The origin is Russian - Jewish. Can come with many types of toppings on it. Dough is boiled then baked with toppings such as onion, garlic, poppy seeds etc. Flavours can also be kneaded into the dough. On the east coast usually used as a breakfast bread but can also be used as a sandwich bread. A well known combination is bagels with cream cheese and lox (brine - cured salmon).

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Baking powder

Substitute: 1 teaspoon cream of tartar plus 1/2 teaspoon bicarb = 2 teaspoons of baking powder

A rising agent consisting of an acid and an alkali. Made from cream of tartar and bicarbonate of soda.



Baking soda

Also called: Bicarb, Bicarbonate of soda, Sodium bicarbonate

An alkali that is used as a leavening agent. It must be mixed with acidic ingredients to work.



Bamboo shoots

Also called: Suehn, Takenoko, Rebong

Sliced shoots of young bamboo plants. Winter bamboo shoots are smaller and more tender.

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Bananas

Shipped when green, bananas ripen quickly and are best to eat when their skin begins to show brown spots.

Uses

Best eaten whole, they may also be pureed, broiled, baked, sauteed and flambéed or sliced into fruit salad. They are delicious and a good source of potassium.



Barbecue sauce

A spicy sauce made from apples, tomatoes, sugar, molasses, vinegar, onion and spices

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Basil (Hot/Holy)

Also called: Bai Krapao

Has reddish purple leaves and a hot spicy flavour.

Choosing

Basil should have large, dark purplish leaves which have a distinctive aniseed smell.

Uses

It is very commonly used in Thai food, especially with chicken.

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Basil (Lemon/Dog)

Also called: Bai mang-Luk

A lemon scented basil used in some Thai dishes.

Choosing

Basil should have large leaves which have a slight lemony smell.

Uses

It is used in Thai food such as kanom jeen nam ya (Noodles with spicy chicken).

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Basil (Sweet)

Also called: Bai Horapa, Babuitulsi, Phak itu lao, Selaseh, Kemangi

Native to India and Iran, Basil is a member of the mint family with an aromatic odour with a mild suggestion of anise.

Choosing

Basil should have large leaves which have a tender smell of cloves or aniseed.

Uses

It is used with tomatoes, eggplant, green beans, rabbit, fish, chicken and pesto sauce. Often used in Asian food.



Bass

May be grilled or steamed or baked whole, or poached as fillets or steaks.



Bay Leaf

Also called: Sweet bay, Bay laurel

Native to the Mediterranean region, and used by the ancient Greeks to make victory laurels for winners at the Olympic games. Bay leaf has a strong aromatic flavour and usually only one or two leaves are sufficient to add flavour to a dish since its flavour increases during cooking.

Choosing

Bay leaves should have a good green color and resinous fragrance and must be kept dry or they will spoil.

Uses

Bay leaf is used in most soup stocks and stews. It is also used as a decoration for pates. Try placing a few leaves on the barbecue.

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Beans (Dried)

Preparation

Soak overnight in cold water or cover with water, bring to a boil for several minutes and then turn off the heat and leave in the water for an hour. The beans are then ready to use in baked beans, casseroles and bean salads.



Beans (Green And Wax)

This information is for 1 lb beans, green or wax

Serves

Four

Nutrition

40 calories per serving

Choosing

When shopping, look for bright, smooth, crisp pods. Just - picked beans.

Preparation

Wash beans; remove ends. Leave beans whole or cut crosswise into 1 inch pieces.

Boiling

Place beans in 1 inch water (salted, if desired). Heat to boiling; reduce heat. Boil uncovered 5 minutes. Cover and boil 5 to 10 minutes longer or until crisp - tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place beans in basket. Cover tightly and heat to boiling; reduce heat. Steam 10 to 12 minutes or until crisp - tender.

Microwave

Place beans (pieces) and 1/2 cup water in 1 1/2 quarts microwavable casserole. Cover tightly and microwave on high 9 to 12 minutes stirring every 5 minutes until crisp - tender. Let stand covered 5 minutes; drain.

Uses

Serve them hot with butter, or cold with a vinaigrette. Alternatively, they may be only par boiled then dried and sauteed in a pan with butter and slivered almonds.

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Beans (Lima)

This information is for 3 lb lima beans

Serves

Four

Nutrition

160 calories per serving

Choosing

When shopping, look for broad, thick, shiny pods that are plump with seeds.

Preparation

Wash lima beans. Shell just before cooking. To shell beans, remove thin outer edge of pod with sharp knife or scissors. Slip out beans.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add beans. Heat to boiling; reduce heat. Boil uncovered 5 minutes. Cover and boil 15 to 20 minutes longer or until tender; drain.

Microwave

Place lima beans and 1/2 cup water in 1 quart microwavable casserole. Cover tightly and microwave on high 16 to 18 minutes stirring every 6 minutes until tender. Let stand covered 1 minute; drain.

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Beef

Choosing

Beef should have a dark red color. The fat should be white, if grain fed, or yellow white if grass fed. The best grade beef has marbled meat; the flesh is dotted throughout with specks of fat. This marbling prevents the meat from drying out during cooking.

Frying

Heat a small amount of fat in a frying pan on high heat. Sear the steak on both sides to seal in the juices. Lower heat and finish cooking to desired degree. Rare steaks will be wobbly to the touch; firmer but still soft will be medium rare; a well done steak will be firm to the touch.

Broiling

For steaks, meat should be well marbled with fat. Edges of the steak should be nicked with a knife every inch to prevent curling of the edges of the steak during broiling. Sear on both sides to prevent drying out of the meat. Lower heat and finish cooking to desired doneness.

Roasting

For fine prime cuts such as rib or sirloin. Cook the meat uncovered in a moderate oven to prevent shrinkage and toughness. Season the meat with salt and pepper before beginning. Baste the roast every half hour with its own juices.

Pot Roasting

For less tender cuts such as chuck roast. Brown the meat on all sides. Place in a casserole with root vegetables. Add a small amount of liquid. Cook covered in a moderate oven.

Braising

As for Pot Roasting

Stewing

For tougher cuts such as chuck. Dredge meat with flour. Brown in hot oil. Place in casserole with chopped vegetables and add enough liquid to cover

meat. Cook covered in a moderate oven.

Boiling

For tough cuts such as leg. Simmer in pot on stove top with chunks of root vegetables and spices.

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Beets

Also called: Beetroot

This information is for 5 medium (about 1 1/4 lb) beets

Serves

Four

Nutrition

65 calories per serving

Choosing

When shopping, look for firm, round, smooth beets of a deep red color.

Preparation

Cut off all but 1 inch of beet tops and leave skin on. Wash beets; leave whole with root ends attached. If the beets are trimmed before boiling they will bleed in the cooking water and lose flavor. This is acceptable for making borscht, a beet soup, but is not desirable for other dishes.

Boiling

Heat 6 cups water, 1 tablespoon vinegar (to preserve color) and salt (if desired) to boiling. Add beets. Cover and heat to boiling; reduce heat. Boil 40 to 50 minutes or until tender; drain. Run cold water over beets; slip off skins and remove root ends. Slice, dice or cut into julienne strips.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place beets in basket. Cover tightly and heat to boiling; reduce heat. Steam 45 to 50 minutes or until tender. Add boiling water during steaming if necessary. Run cold water over beets; slip off skins and remove root ends. Slice, dice or cut into julienne strips.

Microwave

Place beets and 1/2 cup water in 1 1/2 quarts microwavable casserole. Cover tightly and microwave on high 18 to 25 minutes stirring every 5 minutes until

tender. Let stand covered 5 minutes. Run cold water over beets; slip off skins and remove root ends.

Uses

The cooled, peeled beets may be sliced or left whole, used in pickling dishes, salads or served hot with butter.



Besan

Also called: Chick Pea Flour

Substitute: Pea flour (if coarse, sieve first).

A creamy yellow coloured flour made from chick peas, it has a distinctive taste.

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Biscuits

Also called: cookies, scones

Outside of the US biscuit refers to what is called a cookie in the US. In the US, a biscuit is a type of non-yeast bread made of flour, milk, and shortening, usually served with breakfast - small, and similar to what much of the world refers to as 'scones'.



Bisquick

An American baking mix. Used for making pancakes, American style biscuits, waffles, and general baking.

Biscuit Mix (Bisquick) recipe

4 cups flour
2/3 cup instant non fat dry milk
1 teaspoon salt
3 tablespoons baking powder
1/2 cup vegetable oil

Mix flour, milk, salt and baking powder together in blender or food processor. Mix well, then blend in the oil. Empty into covered container, and store in fridge until needed.



Black beans (chinese)

These are fermented, salted black soybeans or dow see. These are not the same as Mexican black beans.



Black beans (mexican)

Also called: Turtle beans

Common to Mexican cooking, these are not the same as Chinese black beans.

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Black treacle

Similar to blackstrap molasses

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Bok Choy

This information is for 1 1/2 lb bok choy

Serves

Four

Nutrition

20 calories per serving

Choosing

When shopping, look for firm, white stalks and shiny, dark leaves.

Preparation

Wash bok choy; cut off leaves. Cut stems into 1/4 inch slices; cut leaves into 1/2 inch strips.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add bok choy stems. Cover and heat to boiling; reduce heat. Boil 5 minutes. Add bok choy leaves. Cover and boil 2 to 3 minutes or until crisp - tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place bok choy stems in basket. Cover tightly and heat to boiling; reduce heat. Steam 5 minutes. Add bok choy leaves. Steam 2 to 3 minutes or until stems are crisp - tender.

Microwave

Place bok choy stems and 2 tablespoons water in 3 quarts microwavable casserole. Cover tightly and microwave on high 4 minutes. Stir in bok choy leaves. Cover tightly and microwave 3 to 4 minutes or until stems are crisp - tender. Let stand covered 1 hour; drain.

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Bouquet garni

This is not a herb or spice, but a mixture of bay leaf, thyme, peppercorn and other desired spices which are wrapped in cheesecloth and suspended in cooking stocks and soups. The spice "bag" is discarded after cooking is complete.

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Broccoli

This information is for 1 1/2 lb broccoli

Serves

Four

Nutrition

55 calories per serving

Choosing

When shopping, look for firm, compact dark green clusters with slender stalks. Avoid thick, sparse clusters as these will be older plants and are woody and unpalatable.

Preparation

Trim off large leaves; remove tough ends of lower stems. Wash broccoli; peel if desired. For spears, cut lengthwise into 1/2 inch wide stalks. For pieces, cut lengthwise into 1/2 inch wide stalks, then cut crosswise into 1 inch pieces.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add broccoli (spears or pieces). Cover and heat to boiling; reduce heat. Boil 10 to 12 minutes or until crisp - tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place broccoli in basket. Cover tightly and heat to boiling; reduce heat. Steam 10 to 11 minutes or until stems are crisp - tender.

Microwave

Spears: Arrange broccoli, flowerets in center, and 1 cup water in square microwavable dish, 8 inch x 8 inch x 2 inch. Cover tightly and microwave on high 9 to 11 minutes rotating dish 1/4 turn every 4 minutes until crisp - tender. Let stand covered 5 minutes; drain.

Pieces: Place broccoli and 1 cup water in 2 quarts microwavable casserole. Cover tightly and microwave on high 9 to 11 minutes stirring every 4

minutes until crisp - tender. Let stand covered 5 minutes; drain.

Uses

Broccoli may be used as a substitute wherever cauliflower is required. It is usually served hot with butter or hollandaise or cold in salads.



Broccolrabe

A green bitter vegetable unless harvested young. Looks like broccoli but has skinnier stalks. The leaves, stems and florets are eaten. Really good sauteed with garlic and olive oil and served over pasta.



Brown sugar

A soft, finely granulated sugar which gets its colour from the molasses that it contains.



Brussels Sprouts

This information is for 1 lb brussels sprouts

Serves

Four

Nutrition

55 calories per serving

Choosing

When shopping, look for unblemished, bright green sprouts with firm compact buds

Preparation

Remove any discolored leaves; cut off stem ends. Wash sprouts; cut large ones in half.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add Brussels sprouts. Cover and heat to boiling; reduce heat. Boil 8 to 10 minutes or until tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place Brussels sprouts in basket. Cover tightly and heat to boiling; reduce heat. Steam 20 to 25 minutes or until tender.

Microwave

Place Brussels sprouts and 1/4 cup water in 1 1/2 quarts microwavable casserole. Cover tightly and microwave on high 8 to 11 minutes stirring after 5 minutes until tender. Let stand covered 5 minutes drain.

Uses

Small sprouts may be eaten raw or sauteed lightly in butter.



Burghul

Also called: Cracked Wheat

Wheat that has been steamed until partly cooked, then dried and cracked



Buttermilk

Also called: Cultured milk

Substitute: 1 tablespoon vinegar or lemon juice plus enough milk to make one cup. **DON'T** stir. Let stand for 5 minutes before using.

Made from skim milk with a tart, slightly acidic taste.



Cabanossi

A salami-type sausage popular in Southern Europe



Cabbage (Chinese or Napa)

This information is for 1 lb chinese cabbage (1 small head)

Serves

Four

Nutrition

0 calories per serving!

Choosing

When shopping, look for crisp, green heads with no signs of browning.

Preparation

Remove root ends. Wash cabbage; shred.

Boiling

Heat 1/2 inch water (salted, if desired) to boiling. Add cabbage. Cover and heat to boiling, reduce heat. Boil 4 to 5 minutes or until crisp - tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Cover tightly and heat to boiling; reduce heat. Steam 4 to 5 minutes or until tender.

Microwave

Place cabbage and 1/4 cup water in 2 quarts microwavable casserole. Cover tightly and microwave on high 4 to 7 minutes stirring after 2 minutes until crisp - tender. Let stand covered 1 minute drain.



Cabbage, Red, Green and Savoy

This information is for 1 lb (1 small head) cabbage

Serves

Four

Nutrition

25 calories per serving

Choosing

When shopping, look for firm heads that are heavy in relation to size. Savoy cabbage should have curled leaves and loose heads. The other varieties should be firm, smooth and have no brown spots.

Preparation

Remove outside leaves. Wash cabbage; cut into 4 wedges. Trim core to within 1/4 inch of leaves, or shred cabbage and discard core.

Boiling

Wedges: Heat 1 inch water (salted, if desired) to boiling. Add cabbage (and 2 tablespoons vinegar or lemon juice for red cabbage). Cover and heat to boiling; reduce heat. Boil 10 to 17 minutes turning wedges once, until crisp - tender; drain.

Shredded: Heat 1/2 inch water (salted, if desired) to boiling. Add cabbage (and 2 tablespoons vinegar or lemon juice for red cabbage). Cover and heat to boiling; reduce heat. Boil 5 to 8 minutes or until crisp - tender; drain.

Steaming

Wedges: Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place cabbage in basket. Cover tightly and heat to boiling; reduce heat. Steam 18 to 24 minutes or until crisp - tender.

Shredded: Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place cabbage in basket. Cover tightly and heat to boiling; reduce heat. Steam 5 to 7 minutes or until crisp - tender.

Microwave

Wedges: Place cabbage wedges, core ends at outside edge, and 1/2 cup water in 2 quarts microwavable casserole. Cover tightly and microwave on high 10 to 14 minutes rotating casserole after 5 minutes until crisp - tender. Let stand covered 5 minutes; drain.

Shredded: Place shredded cabbage and 1/4 cup water in 2 quarts microwavable casserole. Cover tightly and microwave on high 8 to 10 minutes stirring after 4 minutes until crisp - tender. Let stand covered 5 minutes; drain.

Uses

Red cabbage is cut, cored, sauteed in butter or fat, then simmered in a pot with wine vinegar, brown sugar and spices. It is delicious served with game and may also be served sweet and sour or pickled.

Green and white cabbages are trimmed, cored and quartered or shredded, then gently boiled in salted water until tender crisp. Cabbage may be sauteed in butter, used in boiled dinners, stuffed with meats, or shredded raw for salads.

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Candlenut

Also called: Buah Keras, Kemiri

Substitute: almonds, brazil nuts or macadamia nuts.

A hard, oily nut used as a thickener in Malaysian and Indonesian dishes. The name comes from the fact that they were threaded on the mid rib of a palm leaf and used as primitive candles.



Caperberries

Fruit which grows after the caper buds have flowered. Usually sold pickled



Capers

The pickled buds of a Mediterranean shrub

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Caraway

Small brown, crescent-shaped seeds with a strong liquorice flavor and especially delicious as a flavoring in braised cabbage and sauerkraut recipes, breads (particularly rye), cakes and cheeses.

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Cardamom

Also called: Cardamon, Illiaichi, Enasal, Phalazee, Kravan, Buah pelaga, Kapulaga

Small, triangular-shaped pods containing numerous small black seeds which have a warm, highly aromatic flavor. They are grown mainly in India and Sri Lanka and are the seed pods of a member of the ginger family. Often used in curries and other south east Asian foods. You can buy green or black cardamoms although the smaller green type is more widely available. The black cardamoms have a stronger flavour. Next to saffron, cardamon is the world's most expensive spice.



Cashew Nut

Also called: Cashews, Kaju, Gaju, Cadju

A sweet kidney shaped nut. It is eaten on its own and is also used, raw, in Asian dishes as a thickening and flavouring agent.



Carp

Carp are best served whole-stuffed and baked, or poached and served with a spicy sauce.



Carrots

This information is for 1 lb carrots (6 to 7 medium)

Serves

Four

Nutrition

50 calories per serving

Choosing

When shopping, look for firm, uncracked, nicely shaped carrots of good color.

Preparation

Pare carrots thinly and remove ends. Leave carrots whole, shred or cut into julienne strips or crosswise into 1/4 inch slices.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add carrots. Cover and heat to boiling; reduce heat. Boil whole carrots 25 minutes shredded 5 minutes julienne strips 18 to 20 minutes slices 12 to 15 minutes or until tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place carrots (slender whole or slices) in basket. Cover tightly and heat to boiling; reduce heat. Steam whole carrots 12 to 15 minutes slices 9 to 11 minutes or until tender.

Microwave

Place carrots (strips or slices) and 1/4 cup water in 1 quart microwavable casserole. Cover tightly and microwave on high 6 to 8 minutes stirring after 4 minutes until tender. Let stand covered 1 minute; drain.

Uses

Carrots may be parboiled and glazed in a saute pan with butter and brown sugar, or used in soups, stews, casseroles, or shredded raw and served with a vinaigrette.



Cassia

From the dried bark of the cassia tree, cassia is similar to cinnamon, but less delicate in flavor with a slight pungent 'bite'.



Castor Sugar

Also called: Caster sugar

Somewhat finer than US granulated sugar. Similar to US superfine sugar

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Cauliflower

This information is for 2 lb cauliflower (1 medium head)

Serves

Four

Nutrition

60 calories per serving

Choosing

When shopping, look for clean, non spreading flower clusters (the whiter the better).

Preparation

Remove outer leaves and stalk; cut off any discoloration. Wash cauliflower. Leave whole, cutting cone - shaped center from core, or separate into flowerets.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add cauliflower. Cover and heat to boiling; reduce heat. Boil whole cauliflower 20 to 25 minutes flowerets 10 to 12 minutes or until tender.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place cauliflower in basket. Cover tightly and heat to boiling; reduce heat. Steam whole cauliflower 18 to 22 minutes flowerets 6 to 8 minutes or until tender.

Microwave

Whole: Place cauliflower and 1/4 cup water in 2 quarts microwavable casserole. Cover tightly and microwave on high 12 to 14 minutes rotating casserole 1/2 turn after 6 minutes until tender. Let stand covered 1 minute; drain.

Cauliflowerets: Place cauliflowerets and 1/4 cup water in 2 quarts microwavable casserole. Cover tightly and microwave on high 12 to 14

minutes stirring after 6 minutes until tender. Let stand covered 1 minute; drain.

Uses

Cauliflower is usually eaten with a sauce, either hot with a creamy cheese or tomato sauce or cold with a vinaigrette. It is also baked au gratin or may be eaten raw as an appetizer with a dip.

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Cayenne

Orangey-red in color, this ground pepper is extremely hot and pungent. Not to be confused with paprika which, although related, is mild flavored. Cayenne takes its name from Cayenne in French Guiana, but is thought to have originated in the Amazon basin in South America.

Uses

Great in cheese, egg and seafood dishes.



Celeriac

A tuberous root with a brown skin and white flesh. It has a flavor reminiscent of celery.

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Celery

This information is for 1 medium Bunch celery (about 1 - 1/4 lb)

Serves

Four

Nutrition

35 calories per serving

Choosing

When shopping, look for crisp, unblemished stalks and fresh leaves.

Preparation

Remove leaves and trim off root ends. Remove any coarse strings. Wash celery; cut stalks into 1 inch pieces.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add celery. Cover and heat to boiling; reduce heat. Boil 15 to 20 minutes or until crisp - tend drain.

Steaming

Place steamer basket in 1/2 inch water (water should not bottom of basket). Place celery in basket. Cover tightly and heat to boiling; reduce heat. Steam 18 to 20 minutes or until crisp - tender.

Microwave

Place celery and 2 tablespoons water in 1 1/2 quarts microwavable casserole. Cover tightly and microwave on high 7 to 11 minutes stirring after 4 minutes until crisp - tender. Let stand covered 1 minute; drain.

Uses

Celery may be used for soups, stocks, stews and casseroles as well as poultry stuffings. It can be boiled, sauteed, braised or served raw in sticks with appetizers.

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Cherries

Choosing

Available in many varieties, cherries in general should be bright, plump and clean looking with unbroken skins. Fresh cherries are best to use.

Uses

They go well in jams, sauces, desserts and accompany game dishes well.

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Chicken

Choosing

Good chicken should have firm elastic skin, a flexible breast bone and no yellowing of the skin. Fresh chickens should be re-wrapped, refrigerated, and used within 3 days of purchase. Frozen chicken should have no freezer marks or yellowing and should be completely thawed before cooking.

Broilers

These small birds (1 1/2 - 2 1/2 lbs) are best split in half down the back, marinated in wine, spices and vinegar then broiled until tender.

Fryers

These larger birds (3-3 1/2 lbs) lend themselves to a variety of cooking methods. They may be fricasseed, braised, poached, fried, or roasted whole.

Poaching

These are older hens and are less tender but more flavorful than roasters. They are best poached whole for chicken stock. Their meat is usually diced and used in such dishes as Chicken a la King.

Roasters

Averaging 4-5 pounds, these birds are tender and juicy and best roasted whole.

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Chicken maryland

In Australia, refers to chicken leg with both thigh and drumstick attached. In the US, refers to any parts of chicken, crumbed, browned in hot fat, baked and served with cream gravy.



Chicken tenderloin

The thin strip of meat which lies just under the breast.



Chickpeas

Also called: garbanzo beans, ceci beans

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Chilli

Also called: Chili, Chile, Chillie, Cabai

Green chilli also called: Sabz mirich, Amu miris, Nil-thee-sein, Hijau, Lombok hijau

Red chilli also called: Lal mirich, Rathu miris, Nil-thee-, Prik chee pha, Hochikai, Mak phet kungsi, Lombok

Chillies belong to the capsicum family, as do sweet peppers, but there the relationship ends, for the fiery heat of the chilli is in no way similar to its mild - flavored relation.

Choosing

Chillies should be firm and should have no blemishes or blotches. Fresh chillies are now widely available and vary considerably in size, shape and heat factor. In principle, the fatter chillies tend to be more mild than the long, thin varieties, and the smaller the chilli, the hotter its taste. Generally, the unripened, green chilli is less fiery than when ripened and red. This is a useful guide to follow, but there are exceptions according to the variety, so it is wise to remember that all chillies, irrespective of color, shape and size, are hot, so use caution before adding them to a dish. Bear in mind that a little chilli goes a long way, so add a small amount to begin with and gradually increase the quantity to your liking during cooking.

The substance in chillies that makes them spicy is called capsaicin. It is concentrated in the ribs (or veins) of the fruit & the seeds (although there is some debate that the heat is only in the ribs and not the seeds) and stimulates the nerve endings in your mouth, fooling your brain into thinking you're in pain. The brain responds by releasing substances called encephalins, which are similar in structure to morphine. A mild euphoria results, and chillies can be mildly addictive because of this hot pepper "high". To lessen the heat, chillies may be placed in cold water which is then brought to a boil.

Chilli hotness is rated in Scoville units. The hottest pepper on record is the

habanero/Scotch bonnet which some claim are the same pepper and others claim are slightly different varieties. Habaneros are rated at 200,000 to 250,000 Scoville units. By contrast, the lowly serrano comes in at about 30,000 to 50,000 Scoville units.

Take care when preparing chillies. The tiny, cream - colored seeds and ribs, being the hottest part, are in general, removed before using. Since the capsaicin in the chilli can cause an unpleasant burning sensation to eyes and skin, it's a wise precaution to wear rubber gloves when handling chillies and be sure not to touch your face and eyes during preparation.

Cut off the stalk end, then split open the pod and scrape out seeds and ribs, using a pointed knife, and discard. Rinse pod thoroughly with cold running water and pat chilli dry before chopping or slicing as required. Once this task is completed, always wash your hands, utensils and surfaces thoroughly with soapy water.

Dried red chillies are sold whole and can vary in size from 1/2 inch to 2 inch in length, so take this into account when using. If a recipe states small dried chillies, and you only have the larger ones, adapt and lessen the quantity accordingly, or to taste. Dried chillies are usually soaked in hot water for 1 hour before draining and removing seeds as described above), unless a recipe states otherwise.

Dried red chillies, when ground, are used to make cayenne pepper and combined with other spices and seasonings, also make chilli and curry powder, and chilli seasoning. They are also used in the making of hot - pepper sauce and chilli sauces.

The Harissa spice mix uses a large quantity of dried chillies and is very hot, so be forewarned! This is a favorite spice mix for many Middle Eastern dishes. Don't be tempted to add more Harissa than recipe states, unless you are prepared for an extremely hot dish. A less fiery Harissa can be made simply by removing the seeds from soaked chillies before crushing chillies with other ingredients.

Green chillies are available canned. These are often seeded and peeled and taste pleasantly hot and spicy - ideal for adding to pizza toppings, sauces and taco fillings. Both red and green chillies also come pickled in jars (hot or mild/sweet) and can be found in delicatessens and ethnic food shops. Canned and pickled varieties should be drained and patted dry before using. Whether you seed the pickled type is up to you, just remember the seeds and ribs are the hottest part!



Chilli Pepper

Also called: Capsicum Chilli, Malu miris

A member of the capsicum family, but a much milder variety of chilli, with a long pod large enough to be stuffed with spiced meat or fish mixture.



Chilli powder

Made from dried red chillies. This red powder varies in flavor and hotness, from mild to hot. A less fiery type is found in chilli seasoning.

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Chilli Sauce

Also called: Sweet chilli sauce

There are two types of chilli sauce. The Chinese style is made from chillies, salt and vinegar and is very hot. The Malaysian, Singaporan, Sri Lankan and Thai version is much milder and is sweet. It is made from chillies, ginger, garlic, vinegar and sugar



Chipolatas

Tiny finger sized sausages

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Chives

Chives impart a delicate onion flavor to such foods as potatoes, eggs and tomatoes. They can be frozen if desired but should not be dried (unless, of course, you buy them that way!).



Chocolate (Compound)

Also called: Cooking chocolate

Substitute: To 8 oz normal chocolate add 1 tablespoon hard vegetable shortening such as cophera or crisco.

A quick setting, but inferior, grade of chocolate made for cooking where a higher melting point is desirable. It should NOT be substituted for normal chocolate. It is made from the same ingredients as normal chocolate plus added vegetable fats



Chocolate (Couverture)

Substitute: Dark chocolate

Couverture chocolate is the term for the highest quality dark chocolate and usually contains a higher proportion of cocoa butter than conventional dark chocolate. It is expressly made for cooking.

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Chocolate (Dark)

Also called: Plain chocolate (UK), Semi-sweet chocolate, Bittersweet chocolate

This is the darkest and least sweet of the chocolates intended for eating. It contains sugar, cocoa liquor or cocoa mass, cocoa butter and flavorings.

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Chocolate (Milk)

The most popular eating chocolate, this is less frequently used in cooking than dark chocolate. It contains the same ingredients as dark chocolate, but has added milk solids which make it both lighter and less bitter.



Chocolate (White)

A creamy white, sweet chocolate made from sugar, full cream milk, cocoa butter and flavors.

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Cider

Widely varying definition! A drink (almost) always made from pressed apples, to many people but not all it is alcoholic. US usage is typically that 'cider' is not alcoholic and 'hard cider' is. If in doubt, ask the person who posts the recipe what they mean.

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Cinnamon

Also called: Darchini, Kurundu, Op chery, Thit-ja-boh-gauk, Kayu mani

Native to South East Asia and Indonesia, Cinnamon is shavings of bark from the cinnamon tree (an evergreen tree of the Laurel family) which have been processed and curled to form sticks. Also available in ground form. Spicy, mildly pungent, fragrant and sweet, it is used widely in savory and sweet dishes.



Clams

Smaller clams are usually eaten raw. The larger ones may be steamed for chowders or breaded and fried in butter.



Clotted cream

Traditionally served with tea and scones; a 55% (min) milkfat product made by heating shallow pans of milk to about 82 degrees C, holding them at this temperature for about an hour and then skimming off the yellow wrinkled cream crust that forms.

Refer to the [Cream milk fat conversion tables](#) for the milk fat content of various types of cream.

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Cloves

Also called: Laung, Karabu, Ley-nyin-bwint, Bunga cingkeh, Cingkeh

Native to the islands of South-East Asia, these dried, unopened flower buds of the evergreen tropical love tree give a warm aroma and pungency to foods, but should be used with care as the flavor can become overpowering. Available in ground form. Oil of cloves contains phenol which is a very powerful antiseptic that discourages putrefaction and hence helps preserve food.

Choosing

Buy cloves which are plump and dark.

Uses

Cloves are added to soups, sauces, mulled drinks and stewed fruits. They also go well in stews, spiced beef, ham, and with apple dishes. When used in stewed dishes they should be inserted into an onion, as they are unpleasant to bite into during a meal.

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Cockles

Also called: Donax

Cockles are a type of clam, generally with heart shaped, radially ribbed valves and are best eaten raw. They are also delicious steamed in court-bouillon until the shells open or in soups and stews.

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Coconut milk

Also called: Santen, Narial ka dooth, Nam Kati

Coconut milk is NOT the liquid found inside a fresh coconut. Best made from fresh coconuts: Grate the flesh of 1 coconut into a bowl, pour on 2 1/2 cups boiling water, then leave to stand for about 30 minutes. Squeeze the flesh, then strain before using. This quantity will make a thick coconut milk, add more or less water as required. Desiccated (shredded) coconut can be used instead of fresh coconut: Use 2 cups to 2 1/2 cups boiling water. Use freshly made coconut milk within 24 hours. Canned coconut milk and cream is also available.



Cod

Best served poached, baked, fried or in fish cakes.

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Conch

A Mollusk Gastropod - "Strombus" - Abundant in US only off Florida Keys, where it is illegal to take. (has been for 10 ? years now). Most now comes from Caribbean islands such as Turks and Caicos, Trinidad, or Honduras. It is imported in frozen 5 lb boxes, which is how I buy it at fish markets. Some will defrost some and thus put individual "steaks" (conchs) out on display case for lower quantity purchasers, but these may sit for a while. One Conch steak typically weighs 1/5 lb to 1/3 lb appx. These sell for prices ranging from \$4.99 - \$6.99 per pound. These steaks are taken home, beaten the crap out of, with device such as a rolling pin, (to tenderize) then cubed for conch salad or conch fritters. (BTW when in Florida & Caribbean you better pronounce it "Conk" or we all laugh at you and double the price).



Condensed Milk

Also called: Sweetened condensed milk

Substitute: 1 cup plus 2 tablespoons powdered milk combined with 1/2 cup warm water to which is added 3/4 cup granulated sugar.

A very thick mixture of milk with approximately 60% of the water removed that is then mixed with sugar or some other sweetener. Usually sold in cans, it isn't found everywhere. NOT the same as evaporated milk which has no added sugar.



Confectioner's sugar

Also called: Powdered sugar, Icing sugar



Copha

Substitute: Kremelta, Palmin

A hard white vegetable shortening made from coconut oil. It is fairly saturated and is used in recipes where it is melted, combined with other ingredients and left to set.



Cordial

In the US, a synonym for liqueur

In UK, NZ, Australia, a thick syrup (which may or may not contain real fruit) which is diluted to give a non-alcoholic fruit drink

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Coriander (fresh)

Also called: Cilantro, Chinese/Thai/ Mexican parsley, green coriander, Dhania pattar, Pak Chee, Yuen sai, Phak hom pom, Kinchay, Dhania sabz, Kottamalli kolle, Nannambin, Daun ketumbar

An aromatic plant which is native to Southern Europe and the Middle East and is one of the most ancient of spices. It must be used in its fresh form if a recipe calls for it as the dried ground form and the fresh form of coriander have very different flavours and cannot be substituted for each other. The leaves are often used for garnish and the whole plant (including the roots) is used in curry pastes.

Strictly speaking, cilantro is the leaf, although in the US cilantro is often used to refer to the whole plant.

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Coriander (seeds)

Also called: Kottamalli, Nannamzee, Ketumbar

Coriander is native to Southern Europe and the Middle East and is one of the most ancient of spices. Available in seed and ground form. These tiny, pale brown seeds have a mild, spicy flavor with a slight orange peel fragrance. An essential spice in Thai and in curry dishes, but also extremely good in many cake and cookie recipes.

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Corn

This information is for 4 Corn cobs

Serves

Four

Nutrition

90 calories per serving

Choosing

When shopping, look for bright green, tight - fitting husks, fresh - looking.

Preparation

Refrigerate unhusked corn until ready to use. (Corn is best when eaten as soon after picking as possible.) Husk ears and remove silk just before cooking.

Boiling

Place corn in enough unsalted cold water to cover (salt toughens corn). Add 1 tablespoon sugar and 1 tablespoon lemon juice to each gallon of water, if desired. Heat to boiling. Boil uncovered 2 minutes; remove from heat. Let stand uncovered 10 minutes before serving.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place corn in basket. Cover tightly and heat to boiling; reduce heat. Steam 6 to 9 minutes or until tender.

Microwave

Place corn and 1/4 cup water in square microwavable dish, 8 inch x 8 inch x 2 inch. Cover tightly and microwave on high 9 to 14 minutes rearranging ears after 5 minutes until tender. Let stand covered 5 minutes.



Courgette

Also called: Zucchini

A long, green squash, looks something like a cucumber.

Choosing

They should be soft, bright green, firm and unblemished

Uses

They may be shredded, sliced and sauteed, stewed in ratatouille or stuffed and baked.

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Couscous

Couscous is the separated grain of the wheat plant. When dried and milled, it becomes semolina flour, which is what pasta is made out of. However, as a grain, it makes a terrific rice substitute that has the advantage of being more flavorful (nutty with an interesting texture as long as it is not over cooked) as well as about five times quicker to make than rice.

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Crabs/Lobsters/Crayfish

Choosing

These shellfish, if purchased alive, should be firm, mobile, heavy for their size (many become thin awaiting purchase) and should have no ammonia smell. The claws should be tense, the tail firm.

Cooking

The proper method of cooking these shellfish is to immerse them in rapidly boiling water. They will turn a bright scarlet when ready. Allow 1 crab or lobster per person. For the smaller crayfish, allow 10 per person.



Cream (imitation)

Light mixture of butter and sugar beaten together and used as a cream substitute in cakes. Unlike real cream, it does not require refrigeration.

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Creme fraiche

Substitute: Combine 1/2 pint (300 ml) cream and 1/2 pint (300 ml) sour cream in a bowl. Cover and leave at room temperature until thick (takes 1-2 DAYS). Refrigerate once before using.

Pasteurised cream to which a lactic bacteria culture has been added. Used in French cooking, it is thick and slightly acidic without actually being sour.



Croutons

Cubed pieces of bread fried in butter.

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Cucumbers

This information is for 2 medium Cucumbers (about 1 lb)

Serves

Four

Nutrition

15 calories per serve

Choosing

When shopping, look for firm cucumbers with dark green coloring.

Preparation

Wash cucumbers; pare if desired and seed if desired. Cut into 1/2 inch slices or 1/2 inch pieces.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place cucumber slices or pieces in basket. Cover tightly and heat to boiling; reduce heat. Steam about 5 minutes or until crisp - tender.

Microwave

Place cucumber slices or pieces in 1 1/2 quarts microwavable casserole. Cover tightly and microwave on high 4 to 5 minutes stirring after 2 minutes until crisp - tender. Let stand covered 1 minute; drain.

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Cumin

Also called: Cummin, Sufaid zeera, Zeera, Jeera, Sududuru, Yira, Jintan puteh, Jinten

Sold in seed or ground form, cumin is native to the Mediterranean region. The cumin seed looks a little like a caraway seed. Cumin has a warm, pungent aromatic flavor and is used extensively to flavor curries and many Middle Eastern and Mexican dishes. Popular in Germany for flavoring sauerkraut and pork dishes. Use ground or whole in meat dishes and stuffed vegetables. Great in chilli dishes. Originally used by the ancient Greeks as a food preservative and later by the Romans as a substitute for pepper and, ground, as a paste to spread on bread.

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Cumin (black)

Also called: Kala zeera, Kalonji

Although called black cumin, this is not actually a true cummin. This is aromatic and peppery compared to normal ("white") cumin and is an essential ingredient in panch phora.



Desiccated coconut

Dried coconut shreds, similar to US coconut shreds. In the US, coconut is usually sold sweetened, this is not so common in other countries.



Digestive biscuits

Almost the same as US graham crackers. In my experience, graham crackers are sweeter and more likely to come with cinnamon or something similar sprinkled on top. However, digestive biscuits make an excellent "graham cracker" pie crust.

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Dill

Also called: Enduru, Phak si

Dill is native to Europe and Eastern Asia and has a subtle flavour. Dill has a similar appearance to fennel but is much smaller in height. It has a light, feathery leaf. Besides its use in pickling, fresh dill adds a delicious flavor to crayfish and to whitefish. It may be frozen in plastic bags or the dried seeds may be used as a substitute for the whole plant.



Double cream

Somewhat heavier than whipping cream.

Refer to the [Cream milk fat conversion tables](#) for the milk fat content of various types of cream.

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Duck

Duck is best roasted whole. Its stronger flavor is sometimes offset with other flavors as with duck a l'Orange or duckling with olives. A roast duck may not yield much meat, due to its small breast. The meat contains much fat. This drawback may be offset by piercing the skin of the breast in several places before roasting.



Eel

Is best jellied, stewed in red wine or wrapped with bacon and grilled.



Escargot

Also called: Snails

Terrestrial, freshwater or marine snails. Escargot is the common name for the land gastropod mollusk. The edible snails of France have a single shell that is tan and white, and 1 to 2 inch (2.5 to 5 cm) diameter. This is what you see for sale at the gourmet food market for some outrageous price.

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Eggplant

Also called: Aubergine, Brinjal

A purple, vaguely egg-shaped vegetable used in Mediterranean and middle eastern dishes.

This information is for 1 1/2 lb eggplant (1 medium)

Serves

Four

Nutrition

30 calories per serving

Choosing

When shopping, look for smooth, glossy, taut - skinned eggplant that are heavy for their size.

Preparation

Just before cooking, wash eggplant. For quick cooking, the skin is usually removed. For longer cooking, the skin is left on. Thick slices of eggplant are sometimes salted and left to drain for an hour to remove their excess water before cooking. It is not necessary to do this with stewed dishes such as ratatouille. Cut eggplant into 1/2 inch cubes or 1/4 inch slices.

Boiling

Heat small amount water (salted, if desired) to boiling. Add eggplant. Cover and heat to boiling; reduce heat. Boil 5 to 8 minutes or until tender; drain. To Saute: Heat 3 to 4 tablespoons margarine or butter in 10 inch skillet over medium - high heat. Saute eggplant in margarine 5 to 10 minutes or until tender.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place eggplant (slices) in basket. Cover tightly and heat to boiling; reduce heat. Steam 5 to 7 minutes or until tender.

Microwave

Cubes: Place eggplant and 2 tablespoons water in 1 1/2 quart microwavable casserole. Cover tightly and microwave on high 8 to 10 minutes stirring every 2 minutes until tender; drain.

Slices: Overlap eggplant in circle around edge of microwavable pie plate, 9 inch x 1 1/4 inch. Place 2 tablespoons water in pie plate. Cover tightly and microwave on high 5 to 7 minutes rotating pie plate 1/2 turn after 3 minutes until tender; drain.

Choosing

Buy eggplants which are firm, shiny, heavy for their size, and unblemished.

Other Uses

In addition to the cooking methods above, Eggplant may be sauteed lightly in olive oil, grilled, roasted, or pureed.



Evaporated milk

Milk which has been reduced in volume by having some of the water removed. It is NOT the same as condensed milk which has added sugar.



Eye fillet

Also called: beef tenderloin



Fava beans

Also called: Broad Beans

Favas as a green vegetable are popular in Europe. In the North, e.g. Britain and Holland they are called 'broad beans' and grown as a summer crop, planted in early spring, and in Italy they are planted in fall and harvested in January, and also planted in January and eaten in April and May. They are grown for animal forage in Italy as well. They come in various sizes, but in general they are large and flat.



Feijao

Portugese for beans, the default is black beans. Not to be confused with feijoa.

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Feijoa

Also called: Pineapple Guava

A waxy green fruit about 3 inch long. Although it is not a guava you may know it as a Pineapple Guava. Feijoa sellowiana is an evergreen shrub, growing to 10 ft - 16 ft. It thrives in subtropical regions but is hardy & once established will tolerate moderate frosts. They are either eaten raw (with or without the skin) or made into jellies, sauces & chutneys. Not to be confused with feijao.

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Fennel

Also called: Sweet anise, Sweet cumin, Large cumin, Sonf, Maduru, Samouk-saba, Jintan manis, Adas

A ferny, aniseed flavored vegetable which resembles celery with fern like tops. Although called sweet anise in produce markets it is not. In fact it is a member of the same botanical family as cumin. The true anise is cultivated only for its seeds. So what you see labelled "sweet anise" in your market is probably fennel, but no matter what you call it, this is a highly interesting vegetable.

Every part of this aromatic plant has a taste and aroma similar to licorice. The stems are eaten like celery, uncooked, or cooked and served as a vegetable (heavenly with apples in waldorf salad). The leaves and bulb are eaten in salads. The bulb can also be steamed or braised and eaten as a root vegetable. A ground form is also available and is used as a spice in curries. Available in the northern hemisphere from September to May.

Choosing

Choose fennel the same way you do celery, with crisp stalks and fresh leaves. Wash and store in vegetable crisper or plastic bag in refrigerator.

Preparation

Trim the ferny tops and remove tough outer stalks. Cut off heavy base. Slice the stalks in thin lengthwise strips. Wash, drain and cook in boiling, salted water or bouillon until just tender, 15-20 minutes. Drain and add melted butter, salt and pepper and serve.

Uses

Fennel is a good accompaniment to crayfish, sardines, bouillabaisse and to grilled fish or lamb. It is also widely used in curries and other Asian dishes.

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Fenugreek

Also called: Methi, Uluhaal, Alba

These small, yellow - brown seeds have a slight bitter flavor which, when added in small quantities, is very good in curries, chutneys and pickles, soups, fish and shellfish dishes. The green leaves are also used in Indian cooking and can also be used in salads when at the two-leaf stage.



Fines Herbs

This is a combination of a number of the finer herbs: chives, parsley, tarragon and chervil- which are dried and ground together.

Uses

This mixture has hundreds of uses, such as for egg dishes, poached fish, chicken, veal and shrimp. It is a good addition to sauces for lighter meats.

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Fish

Choosing

Fresh fish should have a shiny, bright color, firm flesh, bright bulging eyes, bright gills and no strong odour. Fillets should be firm and bright with no strong odour. The best cooking method depends upon which fish is being used.

Cleaning

To remove the scales, hold the fish by the tail and scrape the scales away with the back of a knife. Alternatively, the scales may be removed by immersing the fish in boiling water for a few seconds. The scales may then be removed by hand. To remove the gills, lay the fish on its back and pry open the gill flap with a thin sharp knife. Trim off all the fins. Slit open the belly, remove the guts and rinse the fish under cold water. Remove all of the guts. They impart a bitter taste if not removed completely.

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Fish Sauce

Also called: Nam Prik, Nam Pla, Patis, Ngan-pya-ye, Nuoc Mam

Made from the liquid drained from salted, fermented anchovies or other small fish. Has a very strong smell and taste and is an essential ingredient in many Thai and Vietnamese dishes. The Vietnamese version (Nuoc Mam) is darker and more fishy than the Thai version.



Five spice

Also called: Chinese five spice, Heung new fun, Hung liu, Ngung heung fun

A blend of star anise, cinnamon, cloves, fennel & Szechuan pepper. It is used in Chinese cooking.



Flour (All Purpose)

Also called: Plain flour

Used to thicken sauces etc. Made from ground wheat.

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Flour (Cake)

Substitute: 1 cup of all purpose flour with 3 tablespoons removed and replaced by 3 tablespoons corn starch or potato flour

US cake flour is lighter than normal flour. It is not used much anymore.



Flour (Corn)

Also called: Cornstarch

Substitute: Potato flour.

Cornflour is used to thicken sauces etc. Usually made from wheat, but originally it was made from maize (corn).

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Flour (Potato)

Substitute: Cornflour.

Despite its name, Potato flour is a starch, and cannot be substituted for regular flour. It is made from cooked potatoes which have been dried and ground



Flour (Self Rising)

Also called: Self Raising

Substitute: 1 1/2 teaspoons baking powder and 1/2 teaspoon salt for each cup of all purpose flour

Used to thicken sauces etc. Made from ground wheat.



Flour (Wholemeal)

Also called: Wholewheat flour

Flour that is made from the whole wheat grain and so contains more roughage and the vitamins and minerals normally discarded when making white flour.

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Galangal (greater)

Also called: Galanga, Galangal, Kha, Lengkuas, Siamese ginger, Laos

Used in Thai cooking, greater galangal is a rhizome similar to ginger in many ways. It has a thin brown skin and a creamy white flesh. More delicate in flavour than Lesser Galangal it is an essential ingredient in many Asian dishes. If the type (greater or lesser) is not specified in a recipe, this is the root that you would use. Tom ka gai (chicken in coconut milk soup) uses Greater Galangal, chicken, green chillies, lemon grass and lime juice as well as coconut milk.

The dried root of the Greater Galangal is sold as a powder called Laos. Laos has an extremely delicate flavour and its omission from a recipe is almost unnoticeable!

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Galangal (lesser)

Also called: Ingurupiyali, Krachai, Zeodary, Kencur, Sa leung geung, Sha geung fun, Aromatic ginger

A member of the ginger family, this looks nothing like ginger, consisting of slender tubers that grow in a bunch. Lesser Galangal has a flesh with an orangey-red hue and is only used in certain dishes and, unless Lesser Galangal is specified you would always use Greater Galangal (also sold as just plain Galangal) which has a white flesh. Lesser Galangal is native to China where it is only used as a herbal medicine.

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Garam masala

An aromatic Indian spice mixture made by grinding cumin seeds, coriander seeds, fennel seeds, cinnamon bark, cloves, black peppercorns, star anise, cardamom pods. These can be ground in entirety or whichever spices are to hand in any proportions, which the chef prefers

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Garlic

Also called: Lasan, Sudulunu, Chyet-thon-phew, Bawang puteh

Garlic is thought to have originally been native to Asia, but has been cultivated in the Mediterranean region since the days of the ancient Egyptians. The most pungent of onions with a strong flavour revered by some and despised by others!

Choosing

Garlic should be purchased as fat large rounded firm bulbs. If there is a green shoot inside the individual cloves, then remove the shoot or the garlic will be bitter. The shoot indicates the garlic is getting a little old - maybe it's time to buy some more!

Uses

Garlic blends well with meats, fish and vegetable dishes. Its distinctive taste is a valuable addition to many dishes especially those containing tomatoes or lamb.

Preparation

To make the peeling of garlic bulbs easier, lightly crush the bulbs with the flat edge of a knife blade. Then the peel is easy to remove. Alternatively, cut the stem end off the clove and place it in the microwave on high for 15 seconds or so until it pops, remove immediately, squeeze slightly and the clove should pop out of the skin. Leave 5 minutes to cool before chopping.

NOTE

Storing garlic in oil produces a low acid, anaerobic environment, making it an ideal place for the botulism bacteria to flourish. Botulism poisoning is rare, but is very dangerous and can be fatal. To prevent this, marinate the garlic in vinegar or lemon juice before adding it to the oil.

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Ghee

Substitute: Heat butter in a saucepan until it melts and foams. Spoon off and discard the foam and pour remainder ,except for solids in bottom of pan, into a heat proof bowl to set. Refrigerate. Spoon off fat and set aside. Discard residue. Reheat fat and strain through fine muslin to remove any remaining solids. Will keep about four months without refrigeration.

Clarified butter from which the salts and milk solids have been removed. Has a very high burning point and so can be heated to quite high temperatures.



Gherkin

Also called: Cornichon

A small pickled dill cucumber.



Giant white radish

Also called: Daikon radish, Loh bahk

Substitute: Turnip

A very large white radish 30-38 cm (12-15 inches) long. It has a mild flavour.

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Ginger

Also called: Adrak, Inguru, Gin, Khing, Halia, Jahe, Jeung, Shoga

Available in many forms, ginger is from the root of the ginger plant and is native to South East Asia. It is invaluable for adding to many savory and sweet dishes and for baking gingerbread and brandy snaps. Fresh ginger root looks like a knobby stem. It should be peeled and finely chopped or sliced before use. Dried ginger root is very hard and light beige in color. To release flavor, "bruise" with a spoon or soak in hot water before using. This dried type is more often used in pickling, jam making and preserving. Also available in ground form, preserved steamed ginger and crystallized ginger.

One form CANNOT be substituted for the other as their flavours are remarkably different.



Glace fruit

Also called: Candied fruit

Fruits that have been dried and preserved with a mixture of sugar and water (eg glace cherries)



Glucose syrup

Also called: Liquid glucose

Substitute: Light corn syrup

Glucose syrup is made from the pure sugar that has been extracted from wheat starch and combined with water. A common ingredient in confectionery.



Golden mountain sauce

Substitute: Maggi seasoning

A clear brown, salty sauce which looks like soy sauce and is made primarily of hydrolysed vegetable protein. Used in Asian cooking.

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Golden syrup

Substitute: Dark corn syrup

Golden syrup is a thick, golden brown (fancy that) by product of cane sugar refining. It is made from sugar syrup, glucose, fructose and water. The taste is mostly sweet, although there is a slight acidic, metallic component.

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Goose

Choosing

Goose should be young, with creamy white skin and a plump breast.

Cooking

Best roasted whole, goose is often stuffed with a rice stuffing to soak up the fat. Alternate stuffings include apples, prunes, raisins and boiled chestnuts.



Graham crackers

Similar to UK digestive biscuits



Granulated sugar

Somewhat coarser than UK castor/caster sugar.

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Greens (Beet, Chicory, Collards, Escarole, Kale, Mustard, Swiss Chard, Spinach or Turnip)

This information is for 1 lb greens

Serves

Four

Nutrition

25 calories per serving

Choosing

When shopping, look for tender, young, unblemished leaves of bright colour.

Preparation

Remove root ends and imperfect leaves. Wash several times in water, lifting out each time; drain.

Boiling

Cover and cook with just the water that clings to leaves until tender, beet tops 5 to 15 minutes; chicory, escarole, mustard and Swiss chard, 15 to 20 minutes; collards 10 to 15 minutes; spinach 3 to 10 minutes; kale and turnip 15 to 25 minutes; drain.

Microwave

Place greens (beet, chicory, escarole or spinach) with just the water that clings to the leaves in 3 quarts microwavable casserole. Cover and microwave on high 8 to 10 minutes stirring after 5 minutes until tender. Let stand covered 1 minute; drain.



Grits

Also called: Hominy

Usually a breakfast item in the US Southern region. Made from the kernel of corn. When corn has been soaked in lye and the casing has been removed it becomes Hominy. The lye is rinsed out very well and the corn is left to harden. Then the swollen hominy is ground up to the texture of tiny pellets. When boiled with water, milk and butter it becomes a cereal similar to cream of wheat. It's used as a side dish for a good old fashioned Southern breakfast. Sometimes you can make it with cheese and garlic for a casserole.



Habanero pepper

Similar to Scotch bonnet pepper



Haddock

Haddock is best deep fried or smoked



Half and half

Substitute: Single cream, light cream

An American dairy product. It's half cream, half milk.

Refer to the [Cream milk fat conversion tables](#) for the milk fat content of various types of cream.



Halibut

Halibut is best poached or baked and served with a rich sauce.



Harissa

Substitute: Sambal olek

Harissa is a paste of chillies and garlic said to enhance North African food (and is fairly popular in other parts of the Middle East, though it is probably of Berber origin). It is fairly similar to the Indonesian sauce called sambal olek.

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Hazelnuts

Also called: Filberts



Heavy cream

Refer to the [Cream milk fat conversion tables](#) for the milk fat content of various types of cream.

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Herbs

The use of herbs and spices can add new dimensions to cooking. The best herbs available are the garden grown and home dried variety. The leaves should be large and fragrant but picked before the plants flower. Otherwise the herbs will lose flavor quickly. To preserve their freshness one should store herbs away from heat and light and crush them when they are required. If necessary one can soak them in a small amount of wine before use to release their potency. Although there are certain classic food - herb affinities, such as sage with pork, it is best to experiment with a variety of herbs in order to find one's own preferences.



Herring

Herring are best fried in butter or grilled.

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Hing

Also called: Asafoetida, Devil's dung, Perunkaya, Sheingho

A light brown resin used as a substitute for garlic and onions, or in its own right and not as a substitute for anything, it can be found in Indian groceries. It is obtained from the resinous gum of a plant growing in Afghanistan and Iran. Claimed properties : laxative, aphrodisiac, colic cure. A required ingredient in the Indian Tadkaa - the small amount of oil used to roast mustard seeds and similar other ingredients before adding them to the main dish



Hoi Sin Sauce

A thick, sweet Chinese barbecue sauce made from salted black beans, onions and garlic.



Hundreds and thousands

Also called: Sprinkles, Nonpareils

Small round balls of multicoloured sugar used as toppings on cakes and desserts.

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Kaffir lime

Also called: Makrut

A very bumpy skinned lime with a dry, sour and aromatic rind. The leaf actually looks like two leaves joined together, but is actually one leaf. Most commonly leaves are found in the dried form, but if you can get fresh or frozen ones then do so since they are superior. The rind is also sold dried with the pith and so is more bitter than fresh lime from which you are better off using only the rind, not the pith.

Uses

The rind is commonly used in Thai curry pastes, while the leaves are used as a garnish or as an ingredient in soups and sauces.

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Katsuobushi

Made from a fish called bonito, it is dried and is the most common flavouring agent used in Japanese cooking. It can be bought in pieces or already flaked (which is handy since it's very hard and needs a special flaking tool!). It keeps indefinitely.

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Key limes

Key limes are a mutation of a wild orange that grow in areas around the Caribbean. They're known for being scarce, though availability has been increasing as of late. They are small, round (about the size of golf balls), yellow, very sour, and quite fragrant. The juice is yellow and very tart, more so than standard limes. They grow in Florida, the Keys and other tropical places in the Caribbean. Used in Key Lime Pie, with egg yolks and condensed milk and in a Sunset Key with amaretto.

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Kidneys

This information is for 3 oz beef, lamb or pork kidneys

Serves

one

Nutrition

120 calories per serve

Choosing

Because beef kidney is less tender than other kidneys, cook in liquid or braise. Cook lamb, pork and veal kidneys in liquid, braise or broil. Remove membrane and hard parts from kidney before cooking.

Cooking in liquid

Cover kidney with water. Heat to boiling; reduce heat. Cover and simmer 1 to 1 1/2 hours for beef kidney, 45 to 60 minutes for lamb, pork or veal kidney.

Braising

Cut kidney in half or into pieces. Roll in flour or crumbs seasoned with salt and pepper. Heat vegetable oil in skillet until hot. Cook kidney in oil until brown. Add small amount liquid. Cover and cook 1 1/2 to 2 hours for beef kidney, 45 to 60 minutes for lamb kidney, 1 to 1 1/2 hours for pork or veal kidney or until tender

Broiling

Leave lamb kidney whole or cut in half. Cut veal or pork kidney into slices. Brush with margarine or butter, melted, or marinate in Classic French Dressing. Set oven control to broil. Broil with top 3 to 5 inch from heat about 5 minutes on each side or until done.

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Kiwi Fruit

Also called: Chinese gooseberry

A green fruit with a brown furry skin. The flesh is quite juicy with striking black seeds and is most commonly used for decoration. The skin is not eaten.



Kombu

Japanese kelp seaweed which comes dried in wide greyish strips. It is used as a flavouring agent in dashi and for the rice in sushi. It will keep indefinitely. Also sold pickled for use as a relish.



Ladyfingers

Also called: Savoiardie biscuits, savoy biscuits, sponge fingers

Little finger-shaped sponge cakes used in, among other things, a popular Italian dessert called Tiramisu.

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Lamb

Choosing

Lamb flesh should be a reddish pink with a covering of creamy-colored fat. The meat should be lean. Red meat is mutton, lamb over 1 year old. Lamb is a tender meat and should not be overcooked. It should be pink and juicy when done.

Frying

Chops can be fried or grilled. They are done when still supple to the touch but approaching firmness.

Roasting

Leg of lamb should be roasted to medium rare. Boned or rolled roasts should be cooked to well done.

Pot Roasting

Cook on low heat, 300F until well done.

Boiling

Cook to well done. Strain out excess fat and serve the meat with very hot broth.

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Leek

Resembling a large green onion, leeks must be cut and rinsed well to remove the dirt from the inner leaves. Generally the dark green part is NOT used.

This information is for 2 lb leeks (6 medium)

Serves

Four

Nutrition

140 calories per serve

Choosing

When shopping, look for white bulbs with pliable, crisp green tops.

Preparation

Remove green tops to within 2 inch of white part (reserve greens for soup or stew). Peel outside layer of bulbs. Wash leeks several times in cold water; drain. Cut large leeks lengthwise into fourths.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add leeks. Cover and heat to boiling; reduce heat. Boil 12 to 15 minutes or until tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place leeks in basket. Cover tightly and heat to boiling; reduce heat. Steam 13 to 15 minutes or until tender.

Microwave

Place leeks and 1/4 cup water in square microwavable dish, 8 inch x 8 inch x 2 inch. Cover tightly and microwave on high 6 to 7 minutes rotating dish 1/2 turn after 3 minutes until tender. Let stand covered 1 minute; drain.

Uses

They may be chopped for potato leek soup, boiled and served cold with a

vinaigrette or poached in court-boullion.

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Lemon Grass

Also called: Ta-Krai, Sera, Bai mak nao, Zabalin, Serah, Serai

Choosing

Choose well developed, thick stems, cut close to the root.

Uses

You only use the white bulbous end of the lemon grass, not the tough green part. Lemon grass is used to impart a delicate lemon flavour to many Asian dishes. In soups and sauce the whole piece is used, but it is sliced very thinly in some dishes and in curry pastes.

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Lemons

Choosing

Smooth skinned, bright yellow lemons are freshest and juiciest.

Uses

Lemon serves well to flavor fish dishes and sauces. Its juice preserves the color and freshness of prepared fruits and vegetables and may be used in salad dressings to replace vinegar.

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Lemonade

In the US, a drink made of lemon juice, sugar and water; in the UK, a carbonated drink that doesn't necessarily contain anything closer to a lemon than a bit of citric acid. Sprite (TM) and 7-Up (TM) are examples of what would be called lemonade in many countries.

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Lettuce

Also called: Pak kad, daun salat, saun salada, saang choy

A green leafed vegetable commonly used in western countries as a salad ingredient. Also used in some Asian dishes (where the best choice is the Cos or Romaine lettuce).



Lime (green)

Also called: Nimboo, dehi, ma now, limau nipis, limau kesturi, calamansi

Substitute: Lemon

A sour citrus fruit similar to a lemon but with pale green flesh and a dark green, usually smooth skin. Both the rind and the juice is used in many Asian dishes to add tang and flavour to curries and sauces.

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Mace

Also called: Javatri, Wasa-vasi

This is the dried outer coating of the nutmeg seed. The fruit looks like an apricot and grows in tall, tropical trees. When ripe, the nutmeg fruit splits open to reveal bright red arils which lie around the shell of the nutmeg and once dried are known as mace blades.

Uses

Its sweet warm flavor is a welcome addition to pates, terrines, sausages, marinades and to cakes and puddings. In Asia it is primarily used for medicinal purposes to combat nausea.



Malanga

Also called: Taro root

The word used in the Spanish-speaking parts of the Caribbean for Taro root (or a close relative of Taro.) It is prepared by either boiling and mashing like potatoes, or slicing and frying into chips. It is also used in soups as a thickening agent.



Marjoram

This herb has a sweet smell and a warm flavor and is native to the Mediterranean.

Uses

When fresh it is used in salads and roast lamb rabbit and fowl. Dried it is used in tomato-based stews and sauces.

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Marmite

Substitute: Vegemite

A thick brown paste made mostly from yeast extract, most commonly spread thinly on toast or sandwiches. The taste is mostly salt plus yeast. Despite the occasional rumor, it does not contain any meat.



Marrow

Also called: Summer Squash, 'vegetable marrow'



Marsala

A sweet fortified wine used in Italian cooking.

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Masa harina

Masa is a paste made by soaking maize in lime and then grinding it up. Masa harina is the flour made by drying and powdering masa. It is used in mexican cooking for items such as corn tortillas. The literal meaning is "dough flour".



Mascarpone

Substitute: Cream cheese

A soft Italian cheese (similar to cream cheese). An important ingredient in Tiramisu.

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Melons

Also called: Cantaloupes are also called rockmelon

A family of fruits. All have a thick, hard, inedible rind, sweet meat, and lots of seeds. Common examples: watermelon, cantaloupe.

Choosing

Size and ripeness are the prime factors in choosing melons. Cantaloupes should be slightly soft when the stem end is pushed in, yet firmer in the body. Juicy ripe watermelons should give a hollow thump when rapped with the knuckles. Sweet melons should be plump and have no bald patches. Honeydew melons should give slightly when pressed at the stem end. Melons should feel heavy for their size and should not "slosh" when shaken.

Uses

Melons have a variety of uses. They are delicious sliced, diced or in balls in salads, served in halves or slices with Port wines as an appetizer or served alone as desserts.

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Minced beef

Also called: Mince, Ground beef



Mint

Also called: Podina, Meenchi, Pak hom ho, Daun pudina

The fresh taste of mint is a good accompaniment to spring lamb, yoghurt dressings and new potatoes. It goes well with orange dishes and (spring) fruit drinks and is also used in Asian curries and other dishes.



Mirin

Substitute: 1 teaspoon of sugar and 1 teaspoon of dry sherry for each tablespoon of mirin

Sweetened sake (Japanese rice wine) which is used only for cooking.



Miso

A paste made from cooked and fermented soy beans. It comes in various colours (red, brown, white and beige) and varying degrees of saltiness. Most thick Japanese soups are based on miso stirred into dashi in the proportion of one tablespoon to one cup of stock.



Mixed peel

Also called: Candied Peel

A mixture of crystallised citrus peel.

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Mixed spice

Substitute: Pumpkin Pie Spice

A classic mixture generally containing caraway, allspice, coriander, cumin, nutmeg & ginger, although cinnamon & other spices can be added. It is used with fruit & in cakes.

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Molasses

Similar to UK treacle



MSG

Also called: Monosodium glutamate, Vetsin, Aji-no-moto, Mei chen

Made of white crystals MSG looks like coarse salt and is an extract of grains and vegetables. Although it has no flavour of its own, it greatly enhances the taste of other foods and is commonly used in many packaged foods and Asian dishes. If good quality and fresh food is used it is not needed since they should have sufficient flavour alone. It used to be thought to have bad side effects and so was avoided, although current thinking is that this is not so.

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Mushrooms (cultivated)

This information is for 1 lb mushrooms

Serves

Four

Nutrition

30 calories per serve

Choosing

Cultivated mushrooms should be firm, springy and unblemished with creamy white to light brown caps, closed around the stalk. Unlike wild mushrooms they do not need to be soaked or peeled. If dusty they may be wiped with a damp towel or washed in a colander and dried well. They don't keep well for more than 4 or 5 days. If you are keeping them, keep them in a PAPER bag in the refrigerator (they'll sweat in a plastic bag and go slimy [YUK])

Preparation

Rinse mushrooms and trim off stem ends. Do not peel. Cut into 1/4 inch slices if desired.

Sauteing

Heat 1/4 cup margarine or butter in 10 inch skillet over medium - high heat. Saute mushrooms in margarine 6 to 8 minutes or until tender.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place medium whole mushrooms in basket. Cover tightly and heat to boiling; reduce heat. Steam 6 to 8 minutes or until tender.

Microwave

Place mushrooms (slices) in 1 1/2 quarts microwavable casserole. Cover tightly and microwave on high 5 to 6 minutes stirring after 3 minutes until tender. Let stand covered 1 minute; drain.

Uses

Mushrooms may be sliced thin and sauteed, combined in dishes with other vegetables, such as beans, or the caps, if large, may be filled with a stuffing and broiled.

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Mushrooms (Dried)

Also called: Cindauwan, Doong gwoo, Leong goo

Preparation

Soak, covered, in hot water for 25 minutes. If using Asian dried mushrooms, remove and discard the stems

Uses

There are two types of dried mushrooms. One is just a dried version of normal cultivated mushrooms and the other is dried Asian mushrooms. You should not substitute one for the other. The dried Asian mushrooms have a very distinctive flavour and you should NOT substitute normal cultivated mushrooms for them.

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Mushrooms (Shiitake)

Also called: Hed hom, Shitake

Preparation

If using dried Shiitake mushrooms, soak, covered, in hot water for 25 minutes before using then remove and discard the stems. The water can be used for stock.

Uses

These add a distinctive flavour to many Asian dishes. While more expensive than normal cultivated mushrooms, they are infinitely superior in flavour. You should not substitute any other type of mushroom (fresh or dried) for these.

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Mushrooms (Straw)

Also called: Chao gwoo, Nameko, Hmo, Hed farnng, Paddy straw mushrooms

Substitute: Button mushrooms or canned champignons

Particularly common in Japanese dishes, these have a very delicate flavour and are available canned, in bottles or dried. Straw mushrooms are a very tiny cultivated mushroom with a distinctive shape consisting of a sheath that contains the mushroom inside it. Both the mushroom and the sheath are edible.

Preparation

If using dried Straw mushrooms, soak them, covered, in hot water for 25 minutes before use. The water can be used for stock.

If using fresh Straw mushrooms, blanch them in boiling water for 2 minutes before use.

Tinned or bottled straw mushrooms should be drained.



Mussels

Mussels will clean themselves if soaked in salt water with a small amount of flour or oatmeal. They may then be eaten raw, steamed or buttered and fried.



Mustard

Also called: Rai, Kimcea, Abba, Biji sawi, Juncia

Most commonly found is the creamy yellow type which is the least pungent. The brown type (or Indian mustard) is stronger in flavor, while the black mustard seed is the most powerful of all. The creamy yellow seeds are more widely available, but look for the black and brown types in Asian and Oriental food shops and delicatessens. In Asian cooking, only the brown and black type are used.

Whole mustard seeds have a pleasant nutty bite to them and can be used to add piquancy to salad dressing and hot sauces. They are especially good when served with fish, chicken and pork and are also delicious added to cole slaw, creamy potato salad, pickles and chutneys. Use mustard seeds (especially the two hotter varieties) with discretion to begin with, increasing the amount as you become more familiar with the flavors.

Dry mustard can be used as it is in cooking, or it may be mixed to a paste with a little cold or warm water. (For a nice, rich mixture, why not try mixing it with a little cream or milk?) Once mixed it should be left at least 10 minutes to allow time for the flavors to develop. It is only when the powder is mixed with a liquid that the essential oils are released, giving mustard its pungency and sensation of heat. Remember that made mustard loses its pungency after a few hours. Jars of prepared mustard, once opened, need using within a few weeks as the flavor and color will deteriorate.

The variety of ready - prepared mustards come in a bewildering number of mouth watering flavors, according to the manufacturer. These can be made from milled mustard flour, or from coarsely crushed seed (the proportions of which vary tremendously, depending on the type). Some are mixed with vinegar, others with grape juice or wine (and sometimes beer), and often contain various spices, herbs and seasonings, such as honey and horseradish. Common types are:

American: A very mild-flavored mustard (popular with children) which generally uses only yellow mustard seeds with the addition of sugar, vinegar

and salt.

Dijon: A hot French mustard made from milled, husked black seeds and flavored with wine and spices.

English: A very hot mustard made from the yellow seed which is processed with black seeds, wheat flour and turmeric.

French: A milder mustard than Dijon made from ground brown and yellow mustard, flavoured with vinegar and spices.

German: mild and sweet-flavored it is a mixture of brown and white mustard flour moistened with vinegar and flavored with various spices.

Seeded: These pungent and spicy grainy types of mustard are a mixture of whole, crushed black and yellow seeds with additional flavorings added for individuality.

Mustards of all types can be used to great effect, not only as a condiment, but also as a culinary ingredient. They add bite and piquancy to all types of savory dishes from scrambled eggs, sauces and dressings to devilled mixtures, barbecued food, soups, casseroles, pastry, scones and cheesy biscuits.



Nectarines

Deliciously sweet and aromatic, nectarines may be used to replace peaches in any recipe. Due to their stringy texture though, they are best eaten alone for desserts. Buy them ripe. Green shipped fruits often need a lengthy ripening time.

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Nutella

A thick smooth paste made from chocolate and hazelnuts. Doesn't seem to be particularly easy/cheap to come by in much of the US, but in many countries it is inexpensive and common. Can be spread on plain biscuits (cookies), bread, toast, pancakes, or just eaten from the jar.

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Nutmeg

Also called: Jaiphal, Sadikka, Buah pala, Tau kau, Pala

The nutmeg is the inner kernel of the nutmeg fruit. Since they both come from the same plant, the flavor of nutmeg and mace is very similar - warm, sweet and aromatic, although nutmeg is more delicate than mace.

Uses

Use with vegetables; sprinkled over egg dishes, milk puddings and custards; eggnogs and mulled drinks; or use as a flavoring in desserts.

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Okra

Also called: Ladies' fingers

This information is for 1 lb okra

Serves

Four

Nutrition

45 calories per serve

Choosing

When shopping, look for tender, unblemished, bright green pods.

Preparation

Wash okra; remove ends and cut into 1/2 inch slices.

Boiling

Heat 1 inch water (salted, if desired) to boiling. Add sliced okra. Cover and heat to boiling; reduce heat. Boil about 10 minutes or until tender; drain.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place whole okra in basket. Cover tightly and heat to boiling; reduce heat. Steam 6 to 8 minutes or until tender.

Microwave

Place whole okra and 1/4 cup water in 1 1/2 quarts microwavable casserole. Cover tightly and microwave on high 5 to 7 minutes; stirring after 3 minutes until tender; drain. Let stand covered 1 minute; drain.



Onions

Also called: Peeaz, Lunu, Bawang, Hom hua lek, Phak boua nyai

This information is for 1 1/2 lb onions (8 to 10 small)

Serves

Four

Nutrition

60 calories per serve

Choosing

Onions should be hard and round with dry, unblemished skins and without sprouts. Buy a variety of sizes for different uses as cut onions do not keep well. When peeling or chopping onions, one can run the knife under cold water periodically to reduce tearing from the juices.

Boiling

Heat several inches water (salted, if desired) to boiling. Add onions. Cover and heat to boiling; reduce heat. Boil small onions 15 to 20 minutes large onions 30 to 35 minutes or until tender; drain.

Baking

Place large onions in ungreased baking dish. Pour water into dish to 1/4 inch depth. Cover and bake in 350 F oven 40 to 50 minutes or until tender.

Sauteing

Cut onions into 1/4 inch slices. Heat 3 to 4 tablespoons margarine, butter, olive oil or vegetable oil in 10 inch skillet over medium - high heat. Saute onions in margarine 6 to 9 minutes or until tender.

Steaming

Place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place small white onions in basket. Cover tightly and heat to boiling; reduce heat. Steam 15 to 20 minutes or until tender.

Microwave

Place onions and 1/4 cup water in 2 quarts microwavable casserole. Cover tightly and microwave on high 6 to 11 minutes stirring after 4 minutes until tender. Let stand covered 1 minute; drain.

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Oranges

Choosing

When buying oranges look for firm, unbruised fruit that feel heavy for their size.

Uses

Oranges are good in salads, frozen desserts or for their fresh juice. Naval oranges, with their thick skin are best eaten as is. Seville oranges are best in marmalade or used as glazes for sauce Bigarade.



Oysters

Oysters are best eaten raw on the half shell, served with wedges of lemon or tabasco sauce. Canned or frozen oysters should be used in stew dishes or puddings.



Oyster Sauce

Also called: Ho yau

A thick chinese sauce made from oysters cooked in salt and soy sauce, then thickened with starches. Can be kept indefinitely without refrigeration.

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Palm sugar

Also called: Jaggery, Gula jawa, Gula melaka, Nam tan peep, Hakuru, Tanyet, Chandagar

Substitute: Brown sugar, Black sugar

Made from either the coconut palm or the Palmyrah palm by boiling down the sap until it crystallises. It is a common ingredient in Asian cooking. It can range in colour from light golden to dark brown and is sold in hard cakes or, preferably, in jars with a very thick treacly consistency.



Pancetta

A ready to eat salted and cured meat made from pork belly.

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Panch Phora

A combination of five different aromatic seeds which are used whole and added to the cooking oil for many Indian dishes to impart a distinctive flavour. The five seeds used are black mustard seed, cummin seed, black cummin seed, fenugreek seed and fennel seed. Generally panch Phora contains twice as much of the first three seeds as it does the last two.

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Pandanus

Also called: Screwpine, Rampe, Bai toey, Daun pandan

The long flat green leaves of the pandanus or screwpine. It is used extensively as a flavouring and colouring agent in Asian sweets and curries. The leaves are sold fresh, dried or as a paste.

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Paprika

Comes from a variety of pepper (capsicum) and although similar in color to cayenne, this bright red powder generally has a mild flavor (although hot versions are available).



Parsley

This is one of the few herbs which is readily available when fresh.

Uses

It is used in soups, stocks and court bouillon and goes especially well when combined with garlic. It is an attractive garnish with all dishes.

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Pawpaw

Also called: Papaya, Persimmon

This is also called persimmons in some places, or even a third fruit, *Asimina triloba*. If I were you I'd check with the recipe author. The pawpaw contains a chemical called papain which is a very effective meat tenderiser (in fact it is a common ingredient in commercial meat tenderisers).

Choosing

Pawpaws should be bright green, firm and should have no bruises.

Uses

They may be stuffed and baked like a vegetable, served in green or fruit salads, eaten sprinkled with sugar, or served sliced with prosciutto as an appetizer.

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Peaches

Available in white or yellow, clingstone (the fruit clings to the pit) or freestone.

Choosing

Peaches should be bought firm but tender. When shipped green they may not ripen as nicely as ripe picked.

Uses

Peaches are delicious in fruit pies, tarts, flans or molded fruit salads or are refreshing on their own. White peaches when available should be eaten as is. For recipes requiring cooking use canned peaches.

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Pears

Choosing

Pears should be soft and ripe but all too often are picked green and shipped to market. Ripe pears should be eaten immediately. They tend to become mealy textured if left too long. Those not bought ripe may be left to ripen but should be checked carefully.

Uses

Pears may also be poached or baked & served with cream.



Pepitas

Dried pumpkin seeds

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Pepper (spice)

Also called: Kali mirich, Gammiris, Nga-youk-kaun, Phik noi, Lada hitam, Merica hitam

Pepper is the berry of a tropical vine. White pepper comes from ripened berries with the outer husks removed. Black pepper comes from unripened berries dried until dark greenish-black in color. Black pepper is more subtle than white. Use white or black peppercorns in marinades and pickling, or freshly ground as a seasoning. Both are available ground.

Green peppercorns are also unripe berries with a mild, light flavor. They are canned in brine or pickled, or freeze-dried in jars. They add a pleasant, light peppery flavor to sauces, pates and salad dressings. Drain those packed in liquid and use either whole or mash them lightly before using. Dry green peppercorns should be lightly crushed before using to help release flavor, unless otherwise stated in a recipe.

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Pepper (vegetable)

Also called: Capsicum, Bell pepper, Paprika pepper, Thakkali miris

Comes in a number of colours (red, green, yellow, purple/black are common). A relative of the chilli, but without the heat. The seeds and ribs are NOT eaten. Red peppers are used to make paprika.

Choosing

Peppers should be firm, unwrinkled and unblemished.

Preparation

To clean, remove the stem end, the seeds and the inner white ribs.

Uses

The peppers may be sliced into strips or rings or may be diced for use in salads and soups or as garnishes. Whole peppers are delicious when baked with a meat stuffing mixture.



Perch

Perch is best pan fried slowly or grilled, boiled or baked

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Periwinkles

These small relatives of the whelk are "*Littorina littorea*". Popular in Europe but not in US. Northern (New England) "winkles" are a different species from those found in the Gulf of Mexico



Phyllo pastry

Also called: Fillo pastry

Tissue thin sheets of ready rolled pastry.



Pike

For larger pike marinate the steak then fry. For smaller pike, poach and serve with butter.



Pimientos

Substitute: Fresh peppers from which the skin has been removed by blistering under high heat

Canned or bottled paprika peppers.

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Pineapples

Choosing

Purchase pineapples which have softer bottoms, which are large, and which feel heavy for their size. The fronds should be green, not brown, and when pulled out should be white at the base.

Preparation

To slice pineapples, cut off both ends, cut away the rind and trim out the eyes with a paring knife. The fruit may be cut into slices or rings and the rind removed.

Uses

The fruit may be eaten alone, sprinkled with rum, in fruit salads, or as an accompaniment to ham or pork.



Plum sauce

A sweet chinese dipping sauce made from plums, sugar, chillies and spices



Polenta

Also called: Cornmeal, Cornmeal mush, Mamaliga

Ground corn. It's used to make cornbread, a savoury dish popular in the Southern regions of the United States. It is also the name used for a thick porridge made from polenta.



Poppy seeds

Also called: Khas-khas

These tiny, slate-blue seeds add a nutty flavor to both sweet and savory dishes. They have a mild sweet breadcrumb flavor. Sprinkle over desserts and breads. They are also used, ground, in some Indian curries as a thickening agent.

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Pork

Choosing

In general, pork should be firm, lean, pink and have a cover of white fat. The meat should not be a deep rosy color or have any odour. Pork must always be cooked well done. Fatty cuts go well with beans and lentils. Leaner cuts, such as the loin are best when accompanied by fruits, especially apples and prunes.

Frying

Pork chops should be fried on medium heat, and turned several times. They are done when if juices come out clear when poked with a fork, not pinky.

Roasting

Roasting must be thorough. The fat may be scored to allow the heat to penetrate the meat more easily.

Pot Roasting

The meat may be simmered in liquid on the stove top or in the oven.



Potatoes

Potatoes are inexpensive, nutritious, and lend themselves to many cooking methods and dishes.

Choosing

New Potatoes should be purchased small with thin skins. They should be used quickly as they do not keep well and lose their flavor within a few days.

Old potatoes keep for long periods of time if stored in a cool dry place. They should be dry, with no green patches and no eyes.

Uses

White potatoes are best for baking and boiling due to their mealy quality. Yellow potatoes are best for frying and sauteing.

Waxy potatoes hold together well and are good for hot and cold salads. Yams have a sweet flavor and a more mushy texture. They should be firm and uncracked when purchased and may be boiled and served with spices and butter or may be fried.

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Prawns

Also called: Shrimp

A small river or deep sea crustacean.

Choosing

If bought fresh, these should be springy, have bright shells, and no ammonia smell. They can be bought raw (sometimes called green) or cooked.

Cooking

If raw (sometimes called green), immerse in boiling water for 2 minutes. Do not overcook.



Prosciutto

Substitute: In cooking, a close, but inferior, substitute would be bacon or ham.

An uncooked, unsmoked Italian ham which is ready to eat without further cooking.



Pumpkins

Besides serving for halloween decorations, may be used to make a delicious creamy soup, the traditional pie, or may be sliced and baked.



Quatre-epices

Quatre-epices is a plant from the Antilles (West Indies) whose fruit is at the same time reminiscent of pepper, cinnamon, nutmeg and clove.

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Rhubarb

Commonly used as a pie ingredient - either on its own, or with apple. Rhubarb should be cooked because cooking inhibits or destroys the oxalic acid it contains. The oxalic acid in raw rhubarb or in rhubarb leaves is toxic.



Risoni

Pasta formed in the shape of rice grains.



Rocket

A green leafed salad vegetable with a slightly bitter taste.

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Rose water

Made from the diluted essence extracted from rose petals by steam distillation. A common flavouring agent in Asian and Middle Eastern cooking. It is very strong so care needs to be taken - it is always better to add less than required, taste and add more if necessary. Rose essence or concentrate is also available and is used by the drop, whereas rose water is generally used by the teaspoon.



Rosemary

This herb goes well with dishes containing pork, veal and lamb. It is easily grown in warmer climates and should be used sparingly due to its strong flavor.

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Saffron

Also called: Kesar

Substitute: A cheaper and DEFINITELY inferior substitute is turmeric.

This spice comes from the stigmas of a species of crocus. It has a distinctive flavor and gives a rich yellow coloring to dishes, however, it is also the most expensive spice to buy. Available in small packets or jars (either powdered or in strands -the strands being far superior in flavor). This spice is a must for an authentic paella or Cornish Saffron Cake. Also an extremely good flavoring for soups, fish and chicken dishes. A cheaper "bastard saffron" is made from safflower and sold as saffron which it most certainly is NOT (while imparting colour and looking similar, it lacks the fragrance of true saffron).



Sage

This herb is used powdered in chicken, pork and sausage dishes. It also goes well in stuffing but should be used with discretion because of its strong taste.



Sake

Substitute: vermouth, dry sherry or brandy

Traditional Japanese wine which is used in marinades and dipping sauces. When drunk it is served warm.



Salmon

Salmon is best when cooked simply. It may be baked or poached whole or grilled as steaks.

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Salsa

Salsa means simply "sauce." Salsa may be cooked or raw, chunky or smooth, made from chillies or tomatoes or even fruit. Picante means "spicy" and is not a salsa but a word used to describe salsa.



Sambal bajak

Also called: sambal badjak

Used as an accompaniment and in Indonesian cooking. Made by combining chillies and spices. Not to be confused with Sambal ulek.

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Sambal ulek

Also called: sambal oelek

Used as an accompaniment and in cooking. Made by crushing fresh red chillies with a little salt: Remove the seeds from the chillies, chop finely, then crush with salt using a pestle and mortar. Three chillies will make about 1 tablespoon sambal ulek. Also available ready - prepared in small jars from Oriental stores and some delicatessens.



Scallops

They take only a minute to cook. Overcooking will render them tough. They may be fried, baked, or sauteed and served in a cream sauce.



Scampi

Substitute: Large (king) prawns

A crustacean that is similar to, but much larger than, a prawn.



Scotch Bonnet pepper

Similar to Habanero pepper

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Scrapple

Scrapple is boiled, ground leftover pieces of pig, together with cornmeal and spices. Good scrapple, particularly served with a spicy tomato catsup, is food for the gods. Bad scrapple, especially with too little cornmeal, with too much grease, or undercooked, is an abomination in the eyes of the horde.

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Scungilli

Also a Mollusk Gastropod - "Buccinidae" - found in more temperate waters than conch, with a darker meat and stronger flavor, perhaps less "sweet". This is more properly known as "whelk". These are generally removed from their shell and sold already steamed and ready to eat. The meat is kind of a circular meat, about 1 to 2 inch in diameter, perhaps 10 to 20 of these in a pound. I used to buy these at markets in Long Island all the time. Price about same as conch.



Seltzer

Plain soda water



Sesame oil

The dark oil extracted from toasted sesame seeds. It is used extensively in Chinese cooking and has a strong, distinctive flavour. A pale, flavourless version is also available as a cooking oil. The two cannot be substituted for one another.



Sesame seeds

Also called: Till, Thala, Bijan, Chih mah, Goma, Wijen

High in protein and mineral oil content, sesame seeds have a crisp texture and sweet, nutty flavor which combines well in curries and with chicken, pork and fish dishes. Use also to sprinkle over breads, cookies and pastries before baking.



Sesame paste

Also called: Tahini, Hak chi mah, Kuro goma

Substitute: For DARK sesame paste only - substitute peanut butter combined with dark sesame oil

Made from ground sesame seeds, there are two types of sesame paste. One, called tahini paste is a common ingredient in Middle Eastern cooking and is made from raw sesame seeds. It has a nutty, slightly bitter taste. The other is a nuttier, black version (called hak chi mah or kuro goma) and is made from toasted sesame seeds and used in some Chinese and Japanese dishes.

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Shallots

Small, pointed members of the onion family with a brown skin, they grow in clusters something like garlic, but with a longer stem. They have a mild, oniony taste and tend to be expensive. In some areas this name is incorrectly used to refer to the spring onion or scallion

They may be used in place of onions, but should not be browned, only sauteed. Browning will make them bitter. They are found extensively throughout French cooking, especially with chicken dishes and sauces where a distinctive, delicate flavour is required.

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Shrimp paste

Also called: Terasi, trasi, balachan, blacan, kapi, ngapi, mam tom

A kind of pungent paste made from dried salted shrimp which is used in very small quantities. It does not need refrigeration. Depending on the recipe in which it is used, it can be crushed with spices to make a paste which is then sauteed in oil. Alternatively, it may be grilled (broiled) or fried first, then added to other ingredients.



Single cream

Also called: Light Cream (US)

Refer to the [Cream milk fat conversion tables](#) for the milk fat content of various types of cream.

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Snow pea

Also called: Mange tout, Ho lan dau, Saya endo, Kacang kapri, Sugar pea, Chinese pea

Small, flat, green pods with embryonic seeds. The entire vegetable (pod and seed) is eaten. They are very tender and should only be briefly cooked. Generally they are added in the final stages of cooking when being combined with other ingredients.



Sole

Sole is best fried or grilled whole or poached as fillets.



Sorrel

This herb has broad, oval shaped leaves and a bitter, slightly sour taste.



Sour cream

A thick, commercially cultured soured cream.

Refer to the [Cream milk fat conversion tables](#) for the milk fat content of various types of cream.



Soy sauce (Dark)

Also called: Black soy sauce

Made from fermented soy beans, dark soy is used in Chinese dishes



Soy sauce (Japanese)

Also called: Shoyu

Made from fermented soy beans, this is a light, delicate soy sauce used in Japanese dishes

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Soy sauce (Light)

Also called: White soy sauce

Made from fermented soy beans, light soy is used in Chinese dishes and is lighter in colour and has a more delicate flavour than dark soy. Despite also being called white soy sauce it is still quite dark. The commercial soy sauce sold in western supermarkets is light soy sauce.



Soy sauce (Sweet)

Also called: Kecap manis

Substitute: Dark soy sauce combined with black or brown sugar

Made from fermented and sweetened soy beans, this is used in Indonesian dishes



Spanish onion

Also called: Bermuda onion

Substitute: 1015 onion

Large and not as "hot" as standard onions. This nomenclature may vary in some regions. Often used to mean "Red Spanish Onion" which is not so much red as purple.

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Spring onion

Also called: Green onion, Scallion, Green shallot

Like a large chive, with a larger bulb - has a mild oniony flavour. Sometimes incorrectly called a shallot.

Choosing

Spring onions should have small bulbs and leafy tops.

Preparation

Trim the root end and leave an inch or two of the green part.

Uses

They may be boiled and stewed with sauce or used in salads and sauces or as garnishes.

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Squash

A family of vegetables. Most have a thick, hard, usually inedible rind, rich-tasting meat, and lots of seeds. A well-known if not wide-spread example is the pumpkin. There are also things called summer squashes, which have edible rinds, milder meats, and usually fewer seeds. An example of this type is the zucchini or courgette.

Choosing

Summer squash are small and have soft shells. They should be soft, firm and unblemished and should be quickly steamed in a small amount of salted water, either whole or in slices. Winter squash, such as hubbard or banana are larger and have harder shells than summer squash. They may be steamed, the pulp eaten with cinnamon or nutmeg, or baked in slices. During baking the pieces should be buttered or basted with bacon fat. The steamed pulp of winter squash can be scooped out, seasoned and mashed. The shell of the winter squash may be scooped out and filled with a variety of meat stuffings.

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Star anise

Also called: Bunga lawang, Baht ghok

The dried, 8 pointed, star shaped fruit of an evergreen tree native to China. It has a pungent, aromatic smell, rather similar to fennel. Use very sparingly in stir-fry dishes. Also good with fish and poultry.



Sultanas

Seedless white raisins



Swede

Also called: Rutabaga

A type of turnip.



Tamari

Substitute: Chinese Light Soy or regular Japanese soy sauce.

Tamari is a type of soy sauce, usually used in Japanese food.

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Tamarind

Also called: Imlı, Siyambala, Mal kham, Asam, Som ma kham

An acid tasting fruit of a large tropical tree, it is shaped like a large broad bean, with a brittle, brown shell containing shiny dark seeds covered with brown flesh. Only the pulp is used and it comes in a dried form (both with and without seeds) as well as a concentrated paste.

To use the dried form, soak a walnut sized piece in a cup of hot water for 5 minutes to soften. Carefully remove any seeds and place in a food processor and process for 1 minute. Strain.



Tangelo

Substitute: Mandarins, Tangerines, Oranges

Citrus fruit cross of a tangerine and a pomelo. Larger than a mandarin and a little smaller than an average - size orange. Skin colour is a bright tangerine and they mature during the late mandarin season.



Tarragon

The smell and mild flavor of tarragon are a delicious addition to ham, chicken, eggs, and salads. Unfortunately it is expensive, difficult to find and difficult to grow.

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Thyme

The tiny leaves of this plant provide a warm pungency to many dishes. It is used with red wine dishes, with lamb, chicken, soups, stews, stuffings and pates. Spices should be purchased in small quantities, stored away from heat and light, and used quickly. If possible they should be ground fresh to assure their potency.

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Tofu

Also called: Bean curd, Dow Foo

Soy beans are crushed and boiled to give a milky liquid. A coagulant is added to this and the curds are drained to make cotton tofu. Silken tofu is similar, but is undrained and more fragile. Pressed tofu is cotton tofu that has been compressed into a block. Tofu is a very high protein food and is used extensively in vegetarian, Chinese and Japanese cooking. Generally the Japanese Tofu is sweeter and more delicate than the Chinese Dow Foo.

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Tomatoes

Considered by many to be a vegetable, tomatoes are actually a fruit.

Choosing

The best eating tomatoes are those which are firm, ripe and juicy. Unfortunately, most store bought tomatoes are picked too early and shipped long distances, so they tend to be bland. If they still have the green calyx attached (rarely, but better) the colour and dryness of the calyx is a good indicator of freshness. The greener and more pliable the calyx, the fresher the tomato. Finally, let your nose choose your tomatoes. Pick them up and sniff them. The more tomatoey they smell the more flavour they have!

Uses

Tomatoes are perfect in salads, soups, sauces, stuffed and broiled or baked with meat. Canned tomatoes are a very satisfactory product which may be used in sauces or stews. Green picked tomatoes will not ripen. Tomatoes may be ripened in a bag or drawer if necessary, or left on a sunny window ledge.

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Tomato sauce

Also called: Ketchup

In UK/NZ/Australia, a homogeneous dark red sauce containing (typically) tomatoes, sugar, salt, acid, spices, sometimes (blech) apple - much the same thing as US ketchup. In the US, a more heterogeneous concoction, served in and on more foods such as pasta.



Trout

Trout is best poached in court bouillon, baked or fried whole.

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Tumeric

Also called: Turmeric, Haldi, Kaha, Fa nwin, Kunyit, Kamin, Wong geung fun

Closely related to ginger, it is an aromatic root which has an orange-yellow flesh and is dried and ground to produce a bright, orange-yellow powder. It has a rich, warm, distinctive smell, a delicate, aromatic flavor and helps give dishes an attractive yellow coloring. Use in curries, fish and shellfish dishes, rice pilafs and lentil mixtures. It is also a necessary ingredient in mustard pickles and piccalilli.



Tuna

Tuna is best grilled or baked in thick slices with lots of butter as it tends to dry out during cooking.

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Turkey

Choosing

Turkeys should be white rather than purple tinged.

Cooking

The traditional method of cooking turkey is to roast it whole with stuffing for holidays and other festive occasions. If bought frozen, the turkey should be allowed to thaw slowly in the refrigerator for 2 days.



Twiglets

Twiglets are little stick - like things about 2 inch long and a quarter inch wide. They have a fairly dense texture (I mean, they aren't akin to cheesy puffs and puffy snacks of that sort). They call themselves 'original long stick savoury snacks.' Ingredients are wholemeal, vegetable fat, yeast extract, salt, cheese, wheat starch, pepper. You can't taste the cheese, I was surprised to read it on the label. The crucial ingredient is of course yeast extract, which is what gives Marmite its taste. Nothing else on the label is remotely relevant, except the fact that twiglets have 4 cal each (as if you could eat just one...). They're very nice. If you're searching for low - fat substitutes for crisps [potato chips], they have 11.4g of fat per 100g which isn't much as these things go.

I (Amy) tried my first twiglets recently. Yes, the predominant flavour is the yeast extract, but you also begin to get black pepper build up if you eat too many in a row. Reasonably reasonable, but I won't be buying any more any time soon.

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Unsalted butter

Also called: Sweet butter

Butter without the 1.5 - 2% added salt that 'normal' butter has. Often recommended for cooking. Many people prefer the taste of unsalted butter. In areas with high quality dairy products the use of unsalted butter where it is called for may not be so important, since the salt is not so likely to be covering the taste of a low-quality product.

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Vanilla

The bean of the vanilla orchid. The flowery aroma and flavor of vanilla is a welcome addition to puddings and caramels. The pods may be kept in the jar of sugar which is used for baking or they may be heated with the milk used in a pudding as a flavoring agent. The pod should be washed and dried after use and can be reused many times.

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Veal

Choosing

Veal should be light pink in color and not red. What little fat there is should be pale and satiny.

Preparation

Because of its delicate flavor and lack of fat, veal should be barded (wrapped with strips of fat), or larded (skewered with thin strips of fat) before roasting. Either process will prevent the roast from drying out. The addition of bacon fat or butter to the roasting dish for basting is also helpful.

Frying

Thin scallops of veal should be cooked quickly over medium heat in an oil and butter mixture. Thicker chops should be seared over high heat and then finished over a lower heat setting. Cook until no pink juices emerge. Veal should not be grilled or broiled.

Roasting

Bard or Lard veal roast or baste often with butter or bacon fat under a medium heat.

Pot Roasting

For larger pieces of veal add small onions, carrots and chunks of potato. Baste often with butter or wine under lower heat (325 F.)

Stewing

Cook gently in a rich broth. To finish, thicken broth with egg yolk and cream (veloute method).

Boiling

For neck and shank, poach gently with onions and mushroom chunks. Use broth to make a bechamel. Serve over rice or noodles.



Vegemite

Vegemite is yeast extract, very salty and an acquired taste. It's similar to Marmite. It may be spread very thinly on toast or used to flavour soups. Despite the occasional rumor, it does not contain any meat.

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Wasabi

An extremely hot green Japanese horseradish. It is sold in both a dried, powdered form or as a ready prepared paste in tubes. The powdered form is reconstituted into a paste with the addition of a little water.

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Water chestnut

Also called: Mah tai, Kuwai

Sometimes available fresh, but usually sold, peeled, in cans, the fresh water chestnut has a brownish black skin which must be peeled away with a sharp knife. The crisp, slightly sweet, creamy coloured kernel is used in Asian stir fries.



Whey

Watery liquid which separates out when milk curdles.



Whipping cream

A US term for cream that has sufficient milk fat content to beat stiffly.

Refer to the [Cream milk fat conversion tables](#) for the milk fat content of various types of cream.

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Wild rice

Black, with very long grains and a distinctive nutty flavor, this is not actually a member of the rice family. Difficult to grow it is cultivated mostly in Canada/North America and is quite expensive.



Zest

The colored part of the rinds of citrus fruits, without the bitter, white pith. There are little gadgets, not surprisingly called "zesters," that make it a snap to remove the zest. Zest is used as a flavoring agent.



Click on one of the lines below for more details:

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[About Recipe Finder Deluxe for Macintosh](#)

[About OzTwo software](#)

[Our Goals](#)

[What is shareware?](#)

[Contacting OzTwo software](#)



About Recipe Finder Deluxe

Recipe Finder Deluxe is a powerful, yet easy to use Macintosh recipe storage and retrieval program. Written in FoxPro it works on almost any Mac and comes with everything needed to run the program (you **DO NOT** need FoxPro or anything other than RAM and hard disk space).

Recipe Finder Deluxe has the following features:



Stores recipe name, course, number of serves, cooking time, preparation time, recipe complexity, source, nutrition information, ingredients and method as well as any search categories you wish to specify.



You can search by recipe name, ingredients, course, category, source, difficulty or any combination of these.



Search for recipes matching detailed specifications eg you could search for all dessert recipes that meet the following specifications:

- you have tested the recipe and know it works
- it uses chocolate and sugar and butter, with either almonds or sultanas
- it does not use milk
- it can be prepared and cooked in less than 60 minutes



Lightning fast searches (eg a search through 1,500 recipes for those that met the specifications above took 12 seconds on a standard Macintosh IICI and 2 seconds on a PowerMac 601)



Recognises and automatically imports files exported from the popular PC recipe programs Meal-Master, Compu-Chef, MicroCook and MasterCook II



Exports files in Recipe Finder,

Meal-Master or plain text format



Converts recipe ingredients and method between metric and US/UK measurement systems

A demo of Recipe Finder Deluxe is available from most online services and comes with 40 yummy gourmet recipes and tips from the kitchen of the author so you can try the program out immediately. If you decide you like the program, sending a shareware registration gets you even more.

Two types of registration are available:

Standard Edition (US\$10) - you'll get the latest program version, a personalised serial number, a comprehensive online help file, and a 'thank you' bonus Recipe Finder Deluxe database of 1,500 ready to use recipes.

Gourmet Edition (US\$15) - you'll get the latest program version, a personalised serial number, a comprehensive online help file, Recipe Finder Glossary and a 'thank you' bonus Recipe Finder Deluxe database with over **14,000** ready to use recipes.

Three versions of Recipe Finder Deluxe are available:

Recipe Finder Deluxe for standard Macs - A self contained, standalone program that runs on any Mac with at least 4 Mb of free RAM and System 7.0 or later.

Recipe Finder Deluxe for PowerMacs - A self contained, standalone program that runs up to 7 times faster than the version for standard Macs. Requires at least 8 Mb of free RAM, System 7.1.2 or later and a PowerPC 601 or greater.

Recipe Finder Deluxe for FoxPro - Considerably smaller than the standalone versions of the program. Requires FoxPro 2.5 or later.

To register Recipe Finder Deluxe send your shareware registration fee to Peter at the address below. When registering, please provide the following details:

Name:

Address

Email service (Internet, compuserve etc):

Email address

Registration type: Standard (\$10) or Gourmet (\$15)

Program Version: FoxPro OR Standard Mac (680x0) OR
PowerMac

Send these details and your payment to:

OzTwo Software
PO Box 93
The Junction
NSW 2291
AUSTRALIA

When we receive your payment we'll send you the latest version of Recipe Finder Deluxe, all of the supporting files and your bonus recipes. You'll also receive notification of future updates.

NOTE: If paying by US Cheque, rather than cash, you need to add an extra \$15 because Australian Banks charge that much to cash them. We recommend cash as it's cheaper and we've never had cash go astray in the mail.



Registering Recipe Finder Glossary

Recipe Finder Glossary is [shareware](#). It is copyright 1995 by Peter Stubbs, who retains all rights to the file. It comes free to registered users of the Gourmet Edition of the Macintosh recipe program [Recipe Finder Deluxe](#).

If you are not a registered user of Recipe Finder Deluxe (Gourmet Edition), you can use Recipe Finder Glossary free for a 14 day trial period. To use it beyond 14 days you should send a shareware registration fee of \$US5 cash (or \$5 Australian) to Peter at the address below.

As a thank you for forwarding your shareware fee, as well as posting you back the latest version of the file in both help file and Microsoft Word formats, we'll also include 1,500 recipes in either Meal-Master or plain text format.

When registering, please provide the following details:

Name:

Address

Email service (Internet, compuserve etc):

Email address

Computer Type (please indicate): IBM Compatible OR Macintosh

Recipe format (please indicate): Meal Master OR Plain Text

Send these details and your \$5 to:

OzTwo Software
PO Box 93
The Junction
NSW 2291
AUSTRALIA

When we receive your payment we'll send you the latest version of Recipe

Finder Glossary and your 1,500 recipes.

NOTE: If paying by US Cheque, rather than cash, you need to add an extra \$15 because Australian Banks charge that much to cash them. We recommend cash as it's cheaper and we've never had cash go astray in the mail.

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About Peter Stubbs

Recipe Finder Glossary is compiled and maintained by Peter Stubbs, who is the author of the shareware Macintosh programs Recipe Finder Pro and [Recipe Finder Deluxe](#).



Peter (that's him at left) lives in Australia. He has extensive programming experience in HyperCard, xBASE languages like Clipper and FoxPro and, thanks to his day job, has spent the better part of the last two years becoming a wiz at the WordBasic macro language that comes with Microsoft Word.


Peter says he uses IBM compatibles at work since the people that pay him make him, but he uses a Mac at home since Macs aren't just plain better, they're FUN!

Peter also maintains and updates a comprehensive collection of over 120 Macintosh HyperCard externals written by Frederic Rinaldi. This freeware stack is called X-Archive and is available on major on-line services such as CompuServe and the Internet. If you can't find a copy, send us \$5 cash (\$20 cheque) to cover costs and we'll send you the latest stack on disk.

About OzTwo software

OzTwo Software is a small software company in Newcastle, Australia. Our first software was written way back in 1980 on an Apple II Plus with a whopping 64K of RAM and we released our first shareware in 1983.

Since then we've moved on to bigger and better things and now use a Macintosh IIci with a tiny 8Mb RAM. One day we hope to upgrade to a PowerMac (doesn't everybody?)

 **Click Anywhere To Close**

Our goals

We take great pride in producing high quality software and making it available at low cost to the computing community.

We don't expect to make enough money to give up our day jobs, but we do appreciate your recognition of our efforts through forwarding of shareware fees.

 **Click Anywhere To Close**


What is shareware?

OK, so you've seen the term all over the place and probably seen lots of definitions, but here's ours anyway:

Shareware is software that has been written and released on an approval basis for use over a trial period.

If you like the program you pay a shareware fee to the programmer as a reward for their efforts.

If you don't like the program then you delete it and save the disk space!

 **Click Anywhere To Close**

Contacting OzTwo Software

You can contact Peter Stubbs and OzTwo Software at any of the following addresses:



CompuServe: 100026,3211



Internet:

100026.3211@compuserve.com




MacConnection BBS: Sydney

Australia (61 2 9907 9198)




Snail Mail: PO Box 93, The

Junction, NSW 2291, Australia

 **Click Anywhere To Close**

Back

Clicking this button will take you to the last topic that you viewed

 **Click Anywhere To Close**

Contents

Clicking this button takes you to the Table of Contents of this help file.



History

Clicking this button displays a list of the last 40 topics you've viewed, in the order you've viewed them.

You can then jump to one of the topics by choosing it from the list.



>>

Clicking this button takes you to the next topic in a sequence of related help topics



<<

Clicking this button takes you to the previous topic in a sequence of related help topics



Search

Clicking this button allows you to search for a topic by [keyword](#) or key phrase



Hotspot

This is an area within a help topic that displays a definition (like the one you're looking at now) or that jumps to another topic.



Keyword

This is a word or words that have been associated with a particular topic to identify the content of the topic. For example, the topic that gives instructions on how to add a new recipe to the database might have a keyword of Add Recipe.



Popup hotspots

This is an area within a help topic that displays a definition (like the one you're looking at now). As you can see it appears over the top of the screen containing the hotspot popup.



Picture hotspot

This is a picture [hotspot](#) that is a 'hidden' popup hotspot. The only way you know it is a hotspot and not just a picture is because the cursor changes to a hand when you move over it.





Jump Hotspot

See how you jumped to this topic when you clicked on the jump [hotspot](#)

[Click on this line to go back](#)

Hotspot O

This part of the OzTwo logo is a stylised O. We tried to make it look like a map of Australia. If you squint hard it might look like one to you too! The other [hotspot](#) is the Z.



Hotspot Z

This part of the OzTwo logo is a stylised Z. Unlike the O part of the logo [which is the other hotspot] it doesn't look like anything except a Z (although if you squint extra hard you could pretend it's New Zealand).



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<u>Pancetta</u>	<u>Pepper, Scotch bonnet</u>	<u>Pot Au Feu</u>
<u>Panch phora</u>	<u>Pepper, spice</u>	<u>Potage</u>
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<u>Pavlova</u>	<u>Pimientos</u>	<u>Printaniere</u>
<u>Pawpaw</u>	<u>Pineapple guava</u>	<u>Prosciutto</u>
<u>Peaches</u>	<u>Pineapples</u>	<u>Pumpkin pie spice</u>
<u>Pears</u>	<u>Pit</u>	<u>Pumpkins</u>
<u>Pepitas</u>	<u>Plain chocolate</u>	<u>Punnet</u>
<u>Pepper, bell</u>	<u>Plain flour</u>	<u>Puree</u>
<u>Pepper, capsicum</u>	<u>Plum sauce</u>	
<u>Pepper, chilli</u>	<u>Poach</u>	
<u>Pepper, Habanero</u>	<u>Polenta</u>	

Q

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R

<u>Raclette</u>	<u>Red onions</u>	<u>Rock melon</u>
<u>Ragout</u>	<u>Reduce</u>	<u>Rocket</u>
<u>Rampe</u>	<u>Render</u>	<u>Rose water</u>
<u>Rashers</u>	<u>Rhubarb</u>	<u>Rosemary</u>
<u>Rechauffe</u>	<u>Rice, wild</u>	<u>Roulades</u>
<u>Recipe Finder Deluxe</u>	<u>Risoni</u>	<u>Roux</u>
<u>Red cabbage</u>	<u>Risotto</u>	<u>Rutabaga</u>

S

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[Sage](#)
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[Savoy biscuits](#)
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[Scallion](#)
[Scallops](#)
[Scampi](#)
[Scones, US](#)
[Scone](#)
[Score](#)
[Scotch bonnet pepper](#)
[Scrapple](#)
[Screwpine](#)
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[Sear](#)
[Self raising flour](#)
[Self rising flour](#)
[Seltzer](#)
[Sesame oil](#)
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[Sesame Paster](#)

[Shallots](#)
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[Soy sauce, light](#)
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[Spanish onion](#)
[Spinach](#)
[Sponge fingers](#)
[Spring onion](#)
[Sprinkles](#)
[Squash](#)
[Star anise](#)

[Steam](#)
[Stew](#)
[Stir Fry](#)
[Stock](#)
[Straw mushrooms](#)
[Sugar, brown](#)
[Sugar, castor](#)
[Sugar, confectioner's](#)
[Sugar, granulated](#)
[Sugar, icing](#)
[Sugar, palm](#)
[Sugar, powdered](#)
[Sugar, superfine](#)
[Sultanas](#)
[Summer squash](#)
[Superfine sugar](#)
[Swede](#)
[Sweet anise](#)
[Sweet butter](#)
[Sweet basil](#)
[Sweet bay](#)
[Sweet chilli sauce](#)
[Sweet Pepper](#)
[Sweetened condensed milk](#)
[Swiss chard](#)

T

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U

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V

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[Veloute](#)

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W

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[Whipping cream](#)

[White chocolate](#)

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[Wholemeal Flour](#)

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Y

[Yellow onion](#)

Z

[Zest](#)

[Zucchini](#)

