

# CRC-FOOD GLOSSARY

**This is a basic food glossary for Buffet Stewards and Jr. Waiter candidates. During your interview you will be requested to explain or describe any of the following. Try not to memorize word by word but to understand and explain in your own words. Look up on the internet for photos to have a better idea.**

<b>A-1 Sauce</b>	Bottled condiment used for meat and poultry products, dark brown in colour, sour-spicy in taste, based on tomato
<b>Affumicato</b>	Creamy smoked sauce
<b>Aioli</b>	Forked potato, garlic and olive oil, similar to mayonnaise in consistency, served for fish, seafood and vegetables (fritti).
<b>Al Aglio Olio e Peperoncino</b>	Traditional, simple pasta preparation of hot pasta tossed in olive oil, garlic and chili
<b>A la Mode</b>	Any dessert served with vanilla ice cream
<b>Albert Sauce</b>	Béchamel sauce with grated horseradish added. Traditionally served with roast beef
<b>Alfredo</b>	Pasta sauce of cream, Italian cheeses, butter, garlic and nutmeg
<b>All Spice</b>	The dried berry of the Myrtle tree gives the aroma of several other spices, hence the name. It is used in Caribbean 'Jerk' cuisine
<b>Allemande</b>	One of the four classic Mother sauces. Made from a base Velouté, thickened with egg yolk
<b>Amaretto</b>	Italian almond liqueur (Amaretto di Saronno)
<b>Amatriciana</b>	Spicy pasta sauce of plum tomatoes, onion, garlic, pancetta and chili
<b>American Cheddar</b>	Hard cheese, yellow/orange in colour, aged to different maturities e.g. Mild, sharp, extra sharp
<b>Americano</b>	Shot of espresso made long and thin with hot water
<b>Amontillado</b>	Spanish Sherry made from Palomino grape. Also a variety of consommé served with julienne leek and said sherry
<b>Anchovy</b>	Small, silver fish from the Mediterranean that are filleted, salt-cured and packed in tins with oil
<b>Anise</b>	Or Star Anise, because of its shape, gives the 'aniseed' scent and taste and is used from Europe to India
<b>Antipasto</b>	Italian term for cold hors d'oeuvres. Usually small bits or cocktail snacks like Parma ham, grissini, pesto, marinated vegetables (bell peppers, artichoke, tomato, zucchini, and eggplant), seafood or fish.
<b>Apricot</b>	Stone fruit with a pale orange flavour, used fresh or dried, particularly in North African cuisine. Relative of the plum
<b>Arborio Rice</b>	Italian rice used especially for risotto
<b>Arrabiata</b>	Vegetarian version of the Amatriciana
<b>Artichoke</b>	Bud of a plant closely related to the thistle, the tender heart and meaty bottom and edible, but requires much prep work (known as turning)
<b>Arugula</b>	Small leaves, dark green, very soft and bitter lettuce. Keeps full flavour when cooked
<b>Asparagus</b>	A member of the lily family, this vegetable is prized for its tender stalks. At its best, the stalks should be smooth, with a tightly-packed head that is just turning purple
<b>Aubergine</b>	Also known as 'Eggplant,' this fruit is a member of the nightshade family, they have a mild, savoury flavour and a waxy texture. They range in colour from deep purple to white
<b>Aurore Sauce</b>	Béchamel sauce with just enough tomato puree added to tint it pink
<b>Avocado</b>	Also called 'Alligator Pear,' this fruit has a buttery texture and mild, nutty flavour, giving Guacamole it's distinct green colour and mild, creamy taste

<b>Bacon</b>	Meat from the loin of the pig, sliced thin into rashers. American style is to use narrow slices without the eye and cook until crisp. British style includes the eye and cooks until the fat starts to crisp.
<b>Bagel</b>	Doughnut shaped bread roll made from yeasty dough. If requested 'Scoop out,' the rings are emptied of the soft bread and only the crusts are served. Native to N. E. USA
<b>Baguette</b>	French loaf or stick made from white bread
<b>Bain-Marie</b>	Cooking in the oven with a little amount of water to create humidity during the cooking process
<b>Baked Alaska</b>	Very cold ice cream block on sponge pastry coated with soft meringue (beaten egg white with sugar) and quickly browned in the oven
<b>Baked Beans</b>	Navy Beans canned in Tomato Sauce

<b>Baklava</b>	Several layers of a pastry (made with semolina flour, oil and eggs) stuffed with chopped grilled almonds, pistachios and walnuts mixed with sugar and then cut into triangles before baking. When they come out of the oven, syrup flavoured with rose water is poured over
<b>Balsamic</b>	Vinegar made from the Trebbiano grape. Aging in wooden barrels, becoming dark in colour, in graduating sizes, over a period of years. Clear Balsamic is vinegar that has not been aged
<b>Balsamic Vinaigrette</b>	Balsamic, vinegar, oil, mustard and seasonings
<b>Barbecue (BBQ)</b>	BBQ sauce is tomato sauce, sugar, olive oil, Tabasco, curry, salt, pepper and vinegar. Used it for grilled meats
<b>Basil</b>	Mediterranean herb used fresh in salads and sauces. Also features in Thai cuisine. It has a unique and savoury flavour
<b>Bavarian Cream</b>	Dessert sauce from Germany made from custard, whipped cream and an additional flavouring, e.g. fruit, caramel, chocolate
<b>Béarnaise Sauce</b>	Reduction of vinegar, wine, tarragon, chervil, parsley and shallots finished with egg yolks and clarified butter
<b>Béchamel Sauce</b>	One of the four Mother sauces. Basic French white sauce made by stirring milk into a roux. This can then be used to make other sauces, such as Cheese and Parsley
<b>Beef</b>	Meat from the cow
<b>Beefsteak Tomato</b>	Largest variety of tomato, full of juice
<b>Beetroot</b>	Round root vegetable with brilliant purple juice that stains everything it touches. Great roasted or pickled
<b>Bel Paese</b>	Italian semi-soft cheese with a mild, creamy taste, slightly fruity
<b>Belle Helen</b>	A dessert with poached pears, ice cream, and chocolate sauce. It is also a term used in French cookery as a name for a garnish to grilled meat dishes
<b>Beluga</b>	Beluga is a sub-species of the Sturgeon fish found in the Caspian Sea between Russia and Iran. It is famous for its roe, the highest quality, and most expensive type of caviar. The eggs are heavy and ripe and range from silver to black, with a buttery, sweet flavour. Beluga caviar comes in blue tins
<b>Bercy Sauce</b>	Velouté made with fish stock and shallots, traditionally served with fish
<b>Berny Potatoes</b>	Duchesse potatoes with chopped truffles, shaped into balls, dipped in beaten egg and coated in chopped almonds then deep-fried
<b>Beurre Blanc</b>	Reduction of white wine, vinegar and shallots whisked with cold chunks of butter.
<b>Beurre Rouge</b>	Same as above, but with red wine.
<b>Bircher Muesli</b>	Swiss cereal mixture of wheat flakes, nuts, raisins and sugar, served hot or cold with milk or yoghurt
<b>Bisque</b>	Thick and creamy soup, flavoured with white wine, brandy and cream.
<b>Blackberry</b>	Grown on the Bramble vine, deeper flavour than raspberries

<b>Blackcurrants</b>	Bitter-sweet currants with a deep purple colour
<b>Blue Cheese dressing</b>	Similar to French dressing with addition of blue cheese and cream
<b>Blue mountain</b>	Coffee from Jamaica, grown on the mountain of the same name. Very famous and expensive
<b>Blueberries</b>	Smooth-skinned berries from the Northeast United States. More purple than blue
<b>Bolognese</b>	Italian pasta sauce of ground meats, tomatoes, root vegetables, onions, garlic and mixed Italian herbs
<b>Bordelaise Sauce</b>	Sauce Espagnole with red wine, tarragon, herbs, shallots, stock and bone marrow
<b>Boston lettuce</b>	Medium size leaves, tender, very delicate on taste
<b>Bouillabaisse</b>	Generic term for boiled fish and seafood broth or stew from the south-eastern part of France. In general, saffron and potatoes are always used for the preparation. Thickened by the potato starch. Served with garlic croutons, grated cheese and rouille
<b>Boulangere Potato</b>	Sliced potatoes sautéed with onions and baked in the oven with consommé.
<b>Bouillon</b>	Based stock made from poultry carcasses or meat bones or vegetables cooked in water, that is then used to make soups and stews
<b>Bouquet Garni</b>	Mixture of herbs and vegetables tied together with string and used to flavour soups and sauces. The flavour and the colour is extracted, the Bouquet can be removed.
<b>Bourguignonne</b>	Cook in burgundy red wine
<b>Bran</b>	High-fiber cereal used to make Bran Muffins
<b>Bread Sauce</b>	Béchamel based sauce of breadcrumbs and finely diced onions and flavoured with cloves, traditionally served with game birds and turkey
<b>Breasola</b>	Italian air-dried beef
<b>Brie</b>	Soft cheese from Normandy with a mild, creamy taste
<b>Brioche</b>	Soft loaf or roll made from yeast dough enriched with butter and eggs. Served toasted to accompany pâté and parfait
<b>Brisket</b>	Meat cut from the breast of a cow, good for slow, wet roasting
<b>Broccoli</b>	Comes from the Italian for 'cabbage sprout,' is a relative of the Brussels sprout and the cauliflower. Tight florets of emerald green buds, best served steamed with melted butter
<b>Broccoli Rabe</b>	Young broccoli shoots, before the head has developed fully. Also known as 'Purple sprouting,' because of the tinge of purple colour on its dark green leaves
<b>Brochette</b>	Meat grilled and served on a skewer, sometimes mixed with vegetables like tomato, mushroom, bell peppers, etc...
<b>Broiler</b>	13 week old chicken
<b>Broiling</b>	Cooking by direct heat on oven, charcoal, range or broiler
<b>Broth</b>	Refined stock, made by skimming the fat and straining
<b>Brown rice</b>	Unpolished rice containing more vitamins
<b>Brunoise</b>	Style of cutting the vegetables, very thin cubes
<b>Bruschetta</b>	Grilled slices of baguette brushed with olive oil and fresh garlic, topped with tomatoes, peppers etc
<b>Brussels Sprouts</b>	Baby cabbages that grow many heads to one stalk. Intense cabbage flavour
<b>Bucatini</b>	Hollow, spaghetti-like pasta
<b>Buffalo</b>	Large, wild North American relative of the cow prized for its lean meat and milk, which is used to make American Mozzarella.
<b>Butter Scotch Sauce</b>	Caramel sauce flavoured with scotch whisky
<b>Button Mushrooms</b>	Small, round mushrooms with the classic white cap and suede-brown underside
<b>Cacciatora</b>	Italian for hunter. Food prepared with mushrooms, onions, tomatoes, various herbs and wine
<b>Caesar Salad</b>	Salad made from Romaine lettuce, Parmesan and Caesar dressing
<b>Caesar Salad dressing</b>	Olive oil, egg yolks, garlic, mustard, anchovies, lemon juice, red wine vinegar and grated Parmesan cheese

<b>Café Amaretto</b>	Strong coffee with Amaretto almond liqueur and Kahlua with whipped cream
<b>Café Latte</b>	Shot of espresso served in a tall glass, filled with steamed milk and topped with milk foam
<b>Café Mocha</b>	Shot of espresso with one shot of hot chocolate and topped with foamed milk
<b>Calamari</b>	The meat of a squid, usually only the tube or body is eaten. Commonly served cut into hoops and cooked in a sauce, or breaded and deep-fried
<b>Camembert</b>	Delicate, full-flavoured soft cheese from the town of the same name, France, similar to Brie but with a milder flavour
<b>Canadian bacon</b>	Trimmed, pressed, smoked loin of pork
<b>Canapé</b>	Toasted bread or crackers spread with pastes, pates, meat or seafood pieces, caviar etc. and garnished for eye appeal. Served with cocktails
<b>Cappuccino</b>	Coffee drink comprising of espresso coffee, steamed milk and milk froth, topped with cocoa dust. Foam should be thick enough to cut with a spoon. Named for the Cappuccino monks, who wore white hoods with their brown robes
<b>Capricciosa</b>	Pasta sauce of tomatoes, ham, mushroom, artichokes, garlic, black olives and mozzarella
<b>Carambola</b>	Or 'Star fruit' because of its cross-shape profile. Very little flavour, but great for garnishes
<b>Caramel</b>	Melted sugar that has been browned by heating
<b>Carbonara</b>	Pasta sauce made with cream, bacon, egg yolk, parsley and parmesan
<b>Carpaccio</b>	Thin slices of raw beef or tuna seared and served paper-thin. Named from an Italian painter who used to use a lot of red in its paintings. By extension, all preparations based on the same process or aspect
<b>Carrot</b>	Orange root vegetable
<b>Cassata</b>	Italian ice-bomb cake made with different ice-cream flavors and candied fruits
<b>Cassoulet</b>	Traditional French dish made with white beans and various meats in a thick stew (pork, duck, sausage)
<b>Cauliflower</b>	Tight florets on this head-growing vegetable formed in green, purple but most commonly white. Often baked in a cheese sauce to form 'Cauliflower cheese'
<b>Caviar</b>	The eggs (roe) of the Sturgeon fish from the Caspian sea. Largest producers are Russia and Iran. Classical garnish for caviar is lemon wedge, Melba toast, chopped onion, egg yolk, egg white and sour cream. An alternative tradition is to consume with Blinis and a shot of Vodka
<b>Cayenne Pepper</b>	Dry, rust coloured powder from chilies originally grown in Cayenne, Indonesia
<b>Celery</b>	Tightly ribbed stalks with a bitter, anise flavour eaten raw as a crudités or diced into stews and sauces, such as Bolognese
<b>Celestine</b>	Shredded herb pancake, used for garnish in consommé
<b>Chantilly</b>	Whipped cream flavoured with vanilla essence.
<b>Chateau Potato</b>	Turned potatoes (long oval shape) blanched and sautéed in butter.
<b>Chateaubriand</b>	Thick piece of the head of the beef fillet (double slice)
<b>Cheddar</b>	Hard cheese from Somerset, England, the best being crumbly in texture and tangy in taste
<b>Cherries Jubilee</b>	Flambéed cherries in cherry sauce flavoured with Herring Cherry Liqueur and flamed with Kirshwasser.
<b>Cherry</b>	Stone fruit with a sugary flesh, about the size of a grape.
<b>Cherry Tomato</b>	Tomatoes the size of a cherry, often harvested and prepared still on the vine
<b>Chevre</b>	'Goat' in French, but generically applied to French cheeses made from goat's milk. They can range from soft and creamy to hard, most having a tart flavour
<b>Chicken</b>	Most common of the poultry birds
<b>Chilled Bisque</b>	Same as bisque, but in general flavoured with fruits and served cold
<b>Chips</b>	Very thinly sliced and deep-fried. Can be served hot or cold. Also known as Crisps
<b>Chop</b>	Small cut from the rib, on the bone, particularly pork, lamb and veal

<b>Chop Suey</b>	Chinese 'mixed pieces' is an American-Chinese dish consisting of meats (often chicken, beef, shrimp or pork), cooked quickly with vegetables such as bean sprouts, cabbage, and celery and bound in a starch-thickened sauce
<b>Chorizo</b>	Highly seasoned, coarsely ground pork sausage with garlic, chili and other spices from Spain.
<b>Choron Sauce</b>	Sauce Béarnaise tinted pink with tomatoes. Named for the Chef who created it
<b>Chuck</b>	(American) cut of beef from the neck, cut down into steaks and roasts. Good for stewing
<b>Chutney</b>	Relish, made with chopped fruits or vegetables, mostly with sugar and vinegar. The taste is sweet and spicy-sour
<b>Cilantro</b>	Fresh leaves of the coriander
<b>Cinnamon</b>	Dried bark of the Laurel tree curled into sticks and either used whole to impart flavour to sauces or ground to a powder and included as an ingredient
<b>Cocktail sauce</b>	American: Ketchup, Tabasco and grated horseradish European: Mayonnaise, ketchup, Cognac, Tabasco, Worcestershire sauce, lemon juice a little bit of paprika (see also Rose Marie) Should have the color of a baby shrimp
<b>Coconut Milk/ Coconut Cream</b>	White liquid blended from the juice of a coconut and the flesh, to different consistencies. Used a lot in Thai and Vietnamese cooking
<b>Cod fish</b>	A popular saltwater fish comes from the Pacific and North Atlantic Oceans. Cod's mild flavoured meat is white, lean and firm. Can be baked, poached, braised, broiled and fried. Salt-cured cod is important to Portuguese cuisine
<b>Cointreau</b>	French orange flavoured liqueur
<b>Cold Cuts</b>	Selection of hams, salamis and cheeses eaten for breakfast
<b>Compote</b>	Stewed fruits, like prunes, pears, peaches, figs, apricots, etc...
<b>Con Panna</b>	Shot of espresso topped with a spoonful of cold whipped cream
<b>Confit</b>	Salted meat cooked in his fat. Slowly cooked and caramelized ingredients in wine, like onion confit
<b>Consommé</b>	It's a broth clarified with minced meat, vegetables, egg white and sometimes tomato sauce for colour
<b>Coq au vin</b>	A rooster stew flavoured with red wine, bacon, mushrooms, and pearl onions, garnished with mashed potato
<b>Cordon Bleu</b>	Traditional French cooking school, generally meat (veal) stuffed with ham and cheese, breaded and deep-fried
<b>Coriander</b>	Also known as Cilantro in Italy, or Chinese Parsley, is a widely used herb in Asian and Mexican cuisine. The leaves provide a pungent, citric flavour whilst the seeds are ground to make a powder, used in stir fries and curry powder. Also, the root can be boiled to make an aromatic stock for Asian soups and sauces
<b>Cottage cheese</b>	Soft, white fresh un-ripened cheese curd
<b>Coulis</b>	Puree of fruits with syrup, or vegetable liquid puree
<b>Couscous</b>	North African starch dish made out of cooked millet or hard wheat semolina. Served with most North African cuisine, and often flavoured with lemon juice, mint leaves and raisins, like in the dish Taboulé
<b>Crab</b>	Crustacean with over 4000 species worldwide. The white meat from the legs has a mild sea flavour, whilst the brown meat has a musty flavour. Crab meat is used to make potato cakes, used in sauces and also seafood salads
<b>Cranberry Sauce</b>	Cold sauce, served as condiment for poultry and game dishes
<b>Cream cheese</b>	Made from whole milk and cream, a bit sour taste, white, very creamy and smooth, 'Philadelphia' being the most famous brand
<b>Cream of Tartar</b>	The residue left behind after the fermentation of grape juice into wine, it is used as a major component of Baking Powder

<b>Cream of wheat</b>	Dry, finely ground wheat cooked in milk. Breakfast hot cereal, served mostly with brown sugar and cinnamon
<b>Crème Brulée</b>	‘Bruleé’ means ‘burned’ in French. Double (heavy) cream egg custard with caramelized brown sugar on top. Flavoured with fresh vanilla sticks
<b>Crème Fraîche</b>	A matured, thickened cream with a tart, savoury taste. Used to add texture to soups and sauces without adding sweetness, or served on the side of desserts that would be too sickly with regular cream
<b>Crème Patisserie</b>	Pastry cream used for fillings and as a base of other dessert, like soufflé
<b>Crepes</b>	Thin pancake. Crepe batter is made out milk, flour, sugar, salt, eggs (sometimes alcohol)
<b>Crepes Suzette</b>	French dessert made with thin pancakes cooked in orange flavoured caramel sauce (Grand Marnier) and flamed with Cognac
<b>Croissant</b>	Moon or crescent shaped French roll, made with puff pastry and seasonings
<b>Croquette Potato</b>	Duchess potato balled, breaded and deep-fried
<b>Crostini</b>	(little toast in Italian), small, thin slice of toasted bread usually brushed with olive oil
<b>Crouton</b>	Diced or sliced bread fried and toasted in the oven. Served mostly with soups and salads
<b>Crudités</b>	Raw vegetables served as a hors -d’oeuvres with a dip
<b>Cure</b>	Preserving meat and fish by drying, salting or smoking
<b>Curry</b>	Sautéed or baked dish featuring meat, fish or vegetables, centered on the flavour of curry powder, the central spice mix in Indian cuisine
<b>Curry Paste</b>	Curry powder worked to a thick paste by stirring in Ghee in small quantities at a time
<b>Curry powder</b>	Indian spice mix containing Fenugreek, Cumin, Coriander, Cardamom, Chili powder, Fennel Seed, Cloves, Mace, Nutmeg, red and black Peppercorns, Saffron, Tamarind and Turmeric, the last giving it the distinct yellow-dye colour
<b>Danish</b>	Pastry made from puff pastry, topped with Jam, dried fruit and icing
<b>Dauphine Potato</b>	2/3 Duchess potato, 1/3 choux paste folded together and spooned and deep fried
<b>Demi tasse</b>	Small cup, used for espresso
<b>Demi-Glace</b>	Boned jus made with roasted bones, mirepoix, tomato puree, red wine, brown stock, brown roux and spices. Cooked for several hours, then skimmed, stirred and strained through a cheese cloth
<b>Diavolo</b>	Meaning ‘Devil’ in Italian, Espagnole sauce fired up with hot chilies
<b>Dill</b>	Feathery herb with a mild anise flavour, used especially for fish and cream dishes
<b>Double Consommé</b>	Same as a Consommé, only difference is that after clarifying the broth we use it again to make a more flavorful and rich soup. We could say, we use for the same soup a double amount of meat & vegetable
<b>Doughnut</b>	Pastry made by frying batter in a ring shape, then rolling in sugar. Whole doughnuts are filled with Jam, usually raspberry
<b>Duchess Potatoes</b>	Mashed potatoes with egg yolks piped into a form, then re-baked
<b>Dulche de leche ice cream.</b>	combination of caramel and sweet cream, swirled with ribbons of golden caramel
<b>Duxelles</b>	Mixture of finely chopped mushrooms, shallots and herbs slowly cooked in butter until it forms a thick paste
<b>Éclairs</b>	Same as profiterolles but with a long shape.
<b>Edam</b>	Dutch, waxy cheese with a mild and salty flavour
<b>Eggs Benedict</b>	Poached eggs in Hollandaise on grilled Canadian bacon and a toasted muffin
<b>Emmental</b>	Swiss cheese with holes, and a nutty sweet flavour

<b>Emulsion</b>	Mixture of two liquids that would normally separate, oil and water, being the obvious example. Droplets at a time of one liquid are added to the other, whilst being whisked intensely. Also, egg yolks contain lecithin, a natural emulsifier that aids this process. Emulsion sauces include Mayonnaise and Hollandaise
<b>English Muffin</b>	Soft round muffin made from yeast dough that is baked on a grill
<b>Escalope</b>	Thin slice of meat without bone, skin or fat
<b>Escargots</b>	Edible snails traditionally prepared in strong garlic butter, with garlic baguette on the side
<b>Espagnole</b>	One of the four classic Mother sauces. Basic brown sauce, made from the reduction of vegetable stock and tomatoes. From this base other sauces such as Diavolo and Bolognese
<b>Espresso</b>	Coffee drink. 1 fl oz of very strong coffee made under pressure to produce its own caramel-coloured foam
<b>Espresso Ristretto</b>	Espresso shot cut short early so that the coffee is denser and more aromatic. From the Italian, meaning, 'restrained'
<b>Fajitas</b>	Mexican flour tortilla filled with meat, bell peppers, and onions, served with guacamole, sour cream, salad leaves and sometimes shredded cheese.
<b>Farfalle</b>	Bow tie shaped pasta.
<b>Feta</b>	Greek cheese made from sheep's milk. Denmark is the world largest producer, feta keeps well in oil
<b>Fettuccini</b>	Flat, narrow strip of pasta.
<b>Fig</b>	Teardrop shaped fruit with purple/green skin and bright pink, seedy flesh. Great accompaniment for many types of cheese
<b>Flan</b>	Same base than caramel custard without caramel
<b>Florentine</b>	Usually referring to egg or fish dishes that are presented on a bed of spinach and topped with Mornay sauce
<b>Focaccia</b>	Italian style soft, flat bread with olive oil and herbs
<b>Foie Gras</b>	French name of goose or duck liver meat, often served glazed with brandy or port, or as a terrine or made into a pâté-like spread and served with brioche
<b>Fondantes Potato</b>	Larger turned potatoes glazed in the oven with butter until golden brown
<b>French Coffee</b>	Strong coffee, Cognac and whipped cream
<b>French dressing</b>	White wine vinegar, Vegetable Oil, Garlic, Mustard, Salt, Lemon Juice, Sugar
<b>French Onion Soup</b>	Very thick soup (consommé) based on beef stock, red or white wine and served with melted cheese crouton
<b>French Toast</b>	Raisin bread soaked in egg and milk mixture, fried and served with syrup and jellies.
<b>Fried Eggs</b>	Over: Whole eggs fried in a pan and turned once during cooking. Called 'over easy' if the yolk is still very runny, 'over medium' if already more cooked and 'over well' if the whole eggs are cooked thoroughly Sunny Side Up: Whole eggs fried in pan. The eggs are not turned; therefore the yolk remains untouched by heat on the top, very yellow
<b>Frisee salad</b>	Small, curly & green leaves, crispy when cold. Light lettuce taste
<b>Fritto-Misto</b>	An Italian mixed fried platter, similar to the Japanese tempura platter. A mixture of vegetables, meat, and fish are dipped in a light batter and quickly deep fried to prevent a saturation of grease into the food
<b>Frog legs</b>	A delicacy made by the skinned leg of frogs
<b>Frosting (Icing)</b>	Mix some icing sugar with water and flavour; it's used to coat small or large cake and biscuit
<b>Frutti di Mare</b>	Tomato-based pasta sauce with white wine, clams, mussels, scallops, shrimp garlic and onion
<b>Fudge sauce</b>	Chocolate sauce with starch and additional butter, heavier than choc sauce
<b>Fusilli</b>	Spiral shaped pasta

<b>Ganache</b>	½ chocolate, ½ heavy cream heated and stirred together until the chocolate has melted. Used to coat the cakes
<b>Garlic</b>	One of the most widely used food stuffs, a pungent member of the onion family that grows a segmented bulb, grown and used all around the world
<b>Gateau</b>	Traditional French tart or cake. An also being used to designated a dish made of Layers
<b>Gaufrette Potato</b>	Waffle shaped potatoes and deep-fried
<b>Gazpacho</b>	Spanish cold soup made with cucumber, tomato, garlic, onion, red pepper, bread crumbs and olive oil, thickened with breadcrumbs. Served with garlic croutons
<b>Gelatin</b>	A colorless and tasteless substance extracted from the bones and cartilages of animals and also from certain algae (Agar-agar) Sold as a powder or as transparent leaves, dissolves in hot water then sets to a jelly consistency
<b>Ginger</b>	A major spice in Asian, Indian and Caribbean cuisine. The root of a tropical plant that grows in a knobby fashion. The skin, tan in colour, is not used, but the flesh, pale yellow gives a pungent, spicy aroma and taste
<b>Gnocchi</b>	A la Romaine made with semolina, egg yolk and cheese A la Parisienne made with choux pastry and cheese A la Piemontaise made with potato puree, egg and flour
<b>Goose</b>	Large game bird with yellow skin and lighter flavoured flesh than duck
<b>Gorgonzola</b>	Italian cow's milk cheese, creamy and pungent that grows stronger in taste with ageing
<b>Gouda</b>	Dutch, semi-soft cheese with a nutty, mild flavour
<b>Goulash</b>	Hungarian soup based on potatoes, onion, bell peppers and beef cubes, flavoured with a lot of paprika
<b>Grapefruit</b>	Large citrus fruit, associated with Florida and California, popular as a breakfast starter
<b>Grapes</b>	Clustered berries, the source of wine, come in white (green) and red, only certain varieties of grape are sweet enough to eat raw
<b>Gratin</b>	A mix of milk, cream and cheese (usually Gruyere or similar) for baking vegetables in
<b>Gravy</b>	Sauce made from the fat of roasted meats, sometimes with added tomato paste, thickened with flour. Served with meat, potatoes, rice, etc...
<b>Green Tea</b>	Tea made from un-fermented leaves, producing a green-tinted drink. Very popular in Asia. Varieties include Gunpowder, Jasmine and Tencha
<b>Green Tomato</b>	An species of tomato, unripened for a less sweet taste
<b>Grissini</b>	Italian breadstick
<b>Gruyere</b>	Swiss hard cheese, used in Gratins, as it grates to fine quite easily
<b>Guacamole</b>	Mexican thick dip made out avocado with tomato, garlic, onion, lime juice, cilantro and seasonings. Served with tortilla chips
<b>Guinea Fowl</b>	Game bird popular in France
<b>Guinness</b>	Stout styled Ale from Dublin used to flavour stews, especially beef
<b>Haricot vert</b>	French name for string beans
<b>Hazelnut</b>	A round tree-grown nut, about 1 ½ cm in diameter, used chopped, ground or whole in baking and cooking
<b>Heart of Palm</b>	Usually canned hearts of young growth palm trees. Used mostly for salads
<b>Hibiscus</b>	Rich, sweet-tasting flowers dried and used to make a tisane
<b>Hollandaise</b>	Clarified butter, whisked egg yolks with lemon juice
<b>Honey Mustard Dressing</b>	French dressing with honey and mustard added
<b>Honeydew</b>	Species of melon with pastel green flesh
<b>Horseradish</b>	White pungently spicy root, grated, used as a condiment for beef dishes
<b>Hummus</b>	Middle Eastern sauce made with mashed chick-peas, lemon juice, sesame oil and garlic



<b>Irish Coffee</b>	Strong coffee with Irish whiskey (like Jameson's) brown sugar and whipped cream
<b>Italian Dressing</b>	Red wine vinegar, Balsamic vinegar, Vegetable oil, Olive oil, Fresh herbs, crushed garlic
<b>Italian Parsley</b>	Flat leaved variety of Parsley
<b>Jamaican Coffee</b>	Strong coffee with Jamaican rum (like Myers) and whipped cream
<b>Jasmine Tea</b>	Chinese blended tea leaves flavoured by the inclusion of young Jasmine flower buds
<b>John Dory</b>	Found in European waters, this fish has an oval, flat body and a large, spiny head. The flesh is delicate and mild and can be cooked in a variety of ways including grilling, sautéing and poaching.
<b>Julienne</b>	Cutting size for vegetables. A thin Alumettes shape
<b>Jus</b>	Natural juices of fried, roasted or broiled meats
<b>Kahlua</b>	Mexican coffee liqueur based on Tequila
<b>Kebab</b>	Small chunks of meat, fish or shellfish usually marinated before being threaded on a skewer and grilled over coals
<b>Kiwi</b>	Furry, brown skin covers bright green flesh and a flavour similar to pineapple or strawberry
<b>Lamb</b>	Young sheep meat
<b>Lime</b>	Green citrus fruit
<b>Lobster</b>	Highly-prized shellfish from the crustacean family. The State of Maine, USA produces very high-quality specimens. The claw meat is the most delicate and favorable of the lobster's meats, whereas the tail provides creamy, luscious flesh
<b>Leeches</b>	Chinese fruit with a rough, red skin and juicy white flesh that has a unique, tropical taste, wrapped around a smooth stone
<b>Lyonnais Potato</b>	Sautéed with sliced onions
<b>Lyonnais Sauce</b>	Sauce made of sautéed onions, white wine and demi-glace
<b>Macaroni</b>	Long, tube shape pasta
<b>Macchiato</b>	Shot of espresso, 'marked' with a spoonful of hot, foamed milk
<b>Madeira</b>	Portuguese fortified wine from the island of Madeira, similar to sherry
<b>Maltaise Sauce</b>	Hollandaise sauce with blood oranges juice and zest
<b>Mango</b>	Kidney-shaped tropical fruit, originally from India. Has stringy, sweet flesh and a large central stone
<b>Marguery Sauce</b>	Reduction of fish stock and white wine, blended with egg whites and butter. Served with fish, such as Sole
<b>Marinade</b>	Ingredients may vary, usually a mixture of vinegar, oil, wine, spices, salt used for meats and salads
<b>Marinara</b>	Pasta sauce used for seafood. Tomatoes, onion, garlic, anchovies, olives and parsley. In America, Marinara is considered plain tomato sauce
<b>Marinate</b>	To allow food to soak or steep in a marinade, therefore the flavouring may be absorbed
<b>Marzipan</b>	Sugar syrup with almonds and flavours rolled and worked together for a fine paste. Used for decorating dessert, or making petit fours
<b>Mascarpone</b>	Swiss/Italian double or triple cream cheese, often used for desserts
<b>Mashed Potatoes</b>	Boiled potatoes with additional butter and milk and churned until creamy, smooth and consistent
<b>Mayonnaise</b>	Cold sauce based on egg-yolk, mustard, seasoning, and oil.
<b>Meat Loaf</b>	Ground meat (such as beef, turkey, lamb or pork) mixed with various seasonings (like onions, bell peppers, herbs, ketchup, and so on) and bound (see bind ) with eggs or bread-crumbs
<b>Melba (Peach)</b>	The name of a popular dessert invented by Auguste Escoffier. Poached peach halves are served with vanilla ice cream and topped with fresh raspberry sauce.
<b>Meuniere</b>	Usual preparation for fish (often Sole). The fish dipped in flour, sautéed in butter and served with butter sauce and parsley

<b>Milanese</b>	Italian style from Milan refers to tomato sauce with ham and truffles. In terms with risotto means additional saffron. Also found with veal piccata, and here means additional parmesan cheese mixed in the egg wash
<b>Minestrone</b>	Thick Italian vegetable soup. Most of the time, the soup is served with an addition of pasta, pesto and parmesan cheese
<b>Mint</b>	Fresh tasting herb whose leaves bring an up-lifting taste to any dish. The two major varieties are Spearmint and Peppermint
<b>Mint Jelly</b>	American condiment to go with lamb consisting of artificially flavoured mint jelly
<b>Mint Sauce</b>	Sauce prepared from finely diced mint leaves, clear vinegar and sugar to accompany lamb
<b>Minute steak</b>	Sirloin steak, sliced very thinly in order to be cooked quickly
<b>Mirepoix</b>	Diced root vegetables and potatoes added to sauce bases and roasted together to enhance color and flavor.
<b>Mousse</b>	Very light preparation made from fruit puree or chocolate whipped cream, sometimes eggs or gelatine.
<b>Mousseline</b>	In terms of sauces, it is a derivative of Hollandaise with the addition of whipped cream. In general, mousseline is a mixture of egg white, heavy cream and meat, fish, poultry or vegetables, blended, seasoned and used as stuffing, filling for galantines or can be poached as quenelles.
<b>Mousseline Potato</b>	Mashed potato made with cream instead of milk
<b>Mozzarella</b>	Soft, elastic cow's milk cheese, brilliant white, used in Italian cooking. In America, this cheese is made from buffalo milk. Mozzarella can also be found dry
<b>Muffins</b>	Quick sweet breakfast or teatime breads, made with eggs and baked in small cup shaped molds. Made with white, corn or whole wheat flour, additional fruits are also possible (mostly used blueberry and raisins). English Muffin is yeast raised dough, for toasting.
<b>Mustard</b>	Ground or powdered seeds of the mustard plant. Mixed with vinegar, sometimes with white wine and water for a paste. Can be spicy or mild, used as condiment.
<b>Nicoise</b>	Salad made with tuna flakes, green beans, olives, tomato, anchovies and eggs.
<b>Noisette Potato</b>	Small balls of raw potatoes deep-fried or baked in butter. 'Noisette' because they are the size and shape of a hazel nut.
<b>Nutmeg</b>	One of two important spices produced by the tree Myristica Fragrans, the other being Mace, nutmeg has a 'Christmas' scent connotation
<b>NY cheese cake</b>	Heavy cream, cream cheese, eggs and egg yolks to add richness and a smooth consistency. Also called Jewish-style, it is baked in a special 13-15 cm (5- to 6-inch) tall spring form pan in many restaurants. Some recipes use cottage cheese and lemon for distinct texture and flavour or add chocolate or strawberry to the basic recipe. Typically without crust.
<b>Olives</b>	Stone fruit of the Olive tree found all around the Mediterranean, eaten raw, preserved or in salads and cooked dishes. Major varieties are either green or black and can be flavoured in oil or stuffed
<b>Omelette</b>	Whole beaten eggs fried in pan with additional ingredients and folded in half
<b>Orange</b>	Juicy citrus fruit of the same colour
<b>Orange Blossom</b>	The flower of the Orange tree, made into a water or syrup and used to flavour icing or pastries
<b>Oregano</b>	Herb used fresh or dried in Mediterranean and Mexican cuisine. The Mexican variety has the more pungent scent of the two. Oregano gives pizza sauce it's distinct flavour
<b>Organic</b>	Products raised or grown without coming into contact with artificial chemicals
<b>Osso-Bucco</b>	Braised veal shank in red wine and vegetable sauce. Served with gremolata.
<b>Over Easy/Medium/Well</b>	Cooking temperature for fried eggs, implying that the egg should be turned half way through and finished to varying degrees
<b>Oyster Mushroom</b>	Wild mushroom variety, the cap varies from purple-grey to tan brown, growing on rotting trees in a fan shape. They have a robust, smoky flavour

<b>Oyster Sauce</b>	Traditional Chinese sauce made from Oysters, brine and soy sauce cooked to a dark brown colour. Used in stir fries
<b>Oysters</b>	Hard shell mussels, growth in the depth of the oceans, mostly found in coastal waters of the Atlantic Ocean. Only freshly served on ice in its own shell with lemon juice and other marinades. Delicacy and very valuable mineral source.
<b>Pancakes</b>	Batter of eggs, flour and milk pan-fried in little oil to make a fluffy sponge-like flat-cake. If served very thin, these are known as Crepes in France
<b>Pancetta</b>	Italian bacon cured with salt and spices but not smoked.
<b>Panna Cotta</b>	Italian dessert made by simmering together cream, milk and sugar, mixing this with gelatin, and letting it cool until set. An Italian phrase which literally means "cooked cream",
<b>Papaya</b>	Tropical fruit with tiny, round, black seeds, yellow-orange flesh and yellow-green skin. Sweet-exotic taste
<b>Paprika</b>	Seasoning powder made by grinding sweet red pepper pods. The main spice in goulash.
<b>Parfait</b>	Semi-frozen ice cream with different flavours
<b>Parisienne Potato</b>	Larger than Noisette, circular, but prepared the same way
<b>Parisienne Sauce</b>	Cream cheese, oil, lemon juice, chervil and paprika blended together and used to top cold asparagus
<b>Parmigiano Reggiano</b>	(Parmesan) is a hard, crumbly cheese from Parma, Italy, with a tangy flavour used grated to flavour pasta sauces etc
<b>Parsley</b>	Common herb used in cooking and garnishing. The slightly peppery leaves come in Curly leaved and flat (or Italian) varieties
<b>Passion fruit</b>	Native to Brazil, these eggs sized fruit have wrinkled purple skins and bright yellow flesh. The black seeds can be quite gritty and are often discarded
<b>Pate</b>	Paste made of meat or liver, used for canapés and appetizers. Also known as ‘terrine’ if made more on the chunky side
<b>Pate de Foie Gras</b>	Duck or Goose Liver paste, prized as an appetizer
<b>Peach</b>	Or ‘Persian Apple,’ has a velvety skin and flesh that starts orange and ends red around the centre stone. The flavour is more robust than plums, but similar
<b>Peach Melba</b>	Vanilla ice cream with a half peach topped with raspberry coulis and whipped cream
<b>Pear</b>	Over 5000 varieties of pear are grown. The most common are raindrop shape, with green/red skin and cream coloured flesh
<b>Pecorino Romano</b>	Roman equivalent of Parmesan, but made with sheep’s milk
<b>Penne</b>	Medium sized, straight tubes cut in diagonal
<b>Pesto Sauce</b>	Cold Italian sauce made of fresh basil, pine nuts, garlic, parmesan and olive oil, used to dress tomato and mozzarella salads and pasta
<b>Petit Fours</b>	Small cakes, tartlets, etc... With various colors and topping used for dessert time for coffee. Very decorative and stylish
<b>Piccata</b>	Slice of veal escalope, very thinly flattened. Mostly prepared a la Milanese style (egg wash with cheese)
<b>Pilaf (Pilau)</b>	Made by first browning the rice in fat with chopped onions, scented with cardamom pods then by baking it in oven with an addition of 1.5 of its own volume of stock. Traditionally used to express the wealth of nobles, therefore expensive ingredients can also be used like: raisins, gold powder
<b>Pineapple</b>	Bumpy, diamond-skinned fruit with sweet juice. Originally from S. America, now widely imported from Hawaii
<b>Pinenut</b>	Seed of the pine tree, found in the pine cone, with a light waxy texture, often used toasted to add texture to salads and baked items. Used for Pesto Sauce
<b>Pistachio</b>	Small green nuts housed in a two-part shell with a buttery texture
<b>Pita</b>	Also called pocket bread, middle eastern flat bread made either with white or whole wheat flour

<b>Plum</b>	Stone fruit of many sub-species and colors
<b>Plum Sauce</b>	Also called 'Duck Sauce,' this rich sauce is made from stewed plums and apricots, sugar and salt and is used with oriental meats, such as Peking duck and spare ribs
<b>Polenta</b>	Cooked cracked corn meal.
<b>Pommes Frites</b>	French fries
<b>Pommes Parmentier</b>	Potato cubes.
<b>Pork</b>	Meat from a pig
<b>Port</b>	Full-bodied fortified wine from Oporto, Portugal, that comes in either 'Ruby' (deep red and velvety) or 'Tawny' (light red-brown with more tang)
<b>Portobello Mushrooms</b>	Very large mushrooms, dark brown, fully exposed gills and a dense, meaty texture. The stems are woody, making them inedible
<b>Potato</b>	Tuber vegetable grown under the ground, with over 500 varieties, originally from Central and South Americas
<b>Potato Skins</b>	Half a baked potato, cut length ways with a scoop removed to create a bowl, stuffed with e.g. bacon, grated cheese, sour cream
<b>Praline</b>	Delicate filling consisting of lightly roasted almonds or hazelnuts mixed with sugar then crushed with cocoa or cocoa butter
<b>Praline</b>	Finely chopped almonds mixed with chocolate.
<b>Prawns</b>	Large shrimps. If really large, we call it tiger or king prawns.
<b>Profiteroles</b>	A small sweet or savoury bun made from choux paste, filled with crème Patissiere and coated with hot chocolate sauce. Also served a la mode
<b>Provolone</b>	Hard cheese from Calabrese, Italy, slightly waxy with a mellow flavour
<b>Pudding</b>	Can have a lot of basis : rice, bread, semolina, tapioca, sponge cake, finger biscuits always with cream, egg, sugar and the flavor required
<b>Pumpkin</b>	Large squash-type fruit with fleshy orange meat
<b>Puttanesca</b>	Tomato-based pasta sauce with capers, anchovies, garlic, olives, red chili and olive oil
<b>Quail</b>	Smallest of the game birds from the Middle East
<b>Quattro fromaggi</b>	4 cheeses cream sauce
<b>Quiche Lorraine</b>	French short crust tart or egg cake filled with onions, bacon, beaten eggs and cream, baked in the oven.
<b>Rabiola</b>	Italian soft cream cheese.
<b>Radicchio</b>	Red leaf lettuce, quite crispy, bitter to the taste
<b>Ragu</b>	Thick meat source made from minced beef, pancetta, tomatoes, carrots, celery, garlic, wine, onions, thicker and richer than a Bolognese
<b>Raisin</b>	Semi-dried grapes
<b>Ranch dressing</b>	Sour cream, minced green onion, chives, garlic, lemon juice, salt and pepper
<b>Raspberry</b>	Intensely flavoured berries, deep crimson, grown on tall canes
<b>Ratatouille</b>	Provençal vegetable stew. Tomatoes, eggplants, zucchinis, bell peppers, onions, garlic and herbs.
<b>Ravioli</b>	Small pillows of pasta with various stuffing
<b>Red Cabbage</b>	Crimson coloured cabbage variety with a dark head, great for pickling
<b>Red Onion</b>	Or 'Spanish Onion,' is an onion with a sweeter taste than the regular white.
<b>Rib Roast</b>	(American) roasting joint, the much sort after top end is referred to as 'Prime'
<b>Rib-eye</b>	(American) cut of steak from the centre of the rib
<b>Rigatoni</b>	Large tube pasta, similar to penne
<b>Risotto</b>	Traditionally made with Arborio or Viallone rice. Italian specialty made by stirring hot stock into a mixture of rice and onions.
<b>Romaine</b>	Lettuce species with long, green leaves, soft and refreshing taste. Used in Caesar salad.

<b>Romana</b>	Pasta sauce made from cream, spinach, pancetta, onion, garlic and sage
<b>Roquefort</b>	French, blue cheese, slightly salty with a strong aftertaste
<b>Rosemary</b>	A native herb of the Mediterranean formed of a woody stalk and green-grey needles, giving a citrus-pine scent. Great flavour to add to poultry, game and lamb
<b>Roux</b>	A mixture of flour and butter that after being slowly cooked over low heat is used to thicken soups and sauces.
<b>Russian Dressing</b>	Thousand Island dressing with Caviar
<b>Rye</b>	Grain that produces a heavier, darker flour, and the bread that is made from this
<b>Sabayon</b>	Light foaming dessert made from whisked egg-yolks with Marsala wine and sugar together on a gentle heat.
<b>Sacher tart or Sacher torte</b>	Chocolate cake filled or spread with apricot jam, then covered with chocolate frosting.
<b>Saffron</b>	The stigma of the crocus flower, this spice is literally worth its weight in platinum. The dark red threads add a spicy, pungent yellow zest to French, Moroccan and Indian stews
<b>Salmon</b>	Pink coloured fish that migrates annually between oceans and lakes, giving it firm, meaty flesh. Although farmed salmon is always readily available, wild caught salmon is always of a higher quality
<b>Saltimbocca</b>	Italian thin sliced veal escalope wrapped in Prosciutto and sage and gently braised in white wine.
<b>Sashimi</b>	Japanese style of preparing fish, sliced raw into chunks with traditional accompaniments of Daikon and Ponzu
<b>Scallion</b>	A tall thin onion, also known as ‘Spring Onion,’ with a pleasant, bitter onion served raw. Used in many different cuisines
<b>Scallop</b>	Shellfish related to the clam. Prized for its round, cream-coloured meat and delicate texture, has a mild taste
<b>Scrambled Egg</b>	Eggs cooked over a low heat in a pan and whisked as they set to produce fluffy folds
<b>Seabass</b>	Generic term for white, flaky ocean fish, not necessarily in the Bass family, but may cover Grouper, Drum and Ocean trout species
<b>Sesame Seed</b>	Small, tan-coloured seeds with a sweet, nutty flavour used in Japanese cooking and bakery
<b>Shallots</b>	A member of the onion family, widely preferred in French cooking for its subtler flavour
<b>Sherry</b>	Fortified wine, the best coming from the Jerez region of Spain
<b>Shiitake Mushrooms</b>	Japanese and Korean mushrooms with a musky smell and taste
<b>Sofrito</b>	Spanish sauce made from sautéing annatto seeds in rendered pork fat. The seeds are removed and chopped onions, peppers, garlic and various herbs are added and reduced
<b>Sorbet</b>	Water, sugar and fruit churned whilst freezing to produce a soft, refreshing dessert
<b>Soufflé</b>	Light, savoury or sweet, mix of egg yolk, with fluffy whites folded in, then set and baked. Hot soufflés need to be served immediately and the trapped hot air that cause them to rise, escapes quickly, causing them to deflate
<b>Soy Sauce</b>	A dark, salty liquid vital to most Asian cuisines, derived from fermented Soya beans and roasted barley that get boiled together and filtered
<b>Spring Roll</b>	Thin, phyllo pastry-wrapped bundle filled with (usually Asian) ingredients such as Bean sprouts, Shredded pork
<b>Steak Fries</b>	Potato sticks cut extra large first blanched then deep-fried.
<b>Sturgeon</b>	Prehistoric fish native to the Caspian sea whose eggs (roe) are the foundation of caviar. Varieties include Beluga, Sevruga and Osetra
<b>Sunny Side Up</b>	Fried eggs cooked on from the bottom only
<b>Sushi</b>	Japanese technique for the preparation of fish, arranged aesthetically to please the eye and simplify the palate. Only the highest-grade fish is used for sushi. Other ingredients include specially prepared rice, Seaweed sheets, egg, wasabi, soy sauce, ponzu

<b>Sweet Potato</b>	Unrelated to the Yam as is commonly thought, the sweet potato has an inedible skin and soft, orange flesh with a sweet flavour
<b>Tabasco Sauce</b>	Trademarked brand of Tabasco pepper sauce, barrel aged for three years, from the McIlhenny family, Louisiana. 'Tabasco' comes from the Mexican state of the same name, from where the chilies originate
<b>Tartar Sauce</b>	Mayonnaise, onions, parsley, finely diced pickles and capers, lemon juice, seasoning. Cold sauce served with seafood
<b>Tenderloin</b>	(American) cut of steak from between the rib and the short loin, producing the famous cuts for Chateaubriand, Filet Mignon and Tournedos
<b>Terrine</b>	See Pâté
<b>Thermidor</b>	Sauce made from Béchamel with white wine, tarragon, shallots and mustard which is used to top lobster meat
<b>Thousand Island dressing</b>	Mayonnaise, Ketchup, Tabasco, Cream, Salt, Pepper, Paprika
<b>Tia Maria</b>	Jamaican coffee liqueur based on Rum
<b>Tiramisu</b>	Italian Mascarpone cream cheese cake. Layers of sponge cake or lady fingers soaked in Tia Maria or Kahlua, espresso coffee, topped with cocoa powder. 'Tiramisu' means 'Pick me up' in Italian and used to be eaten in the morning
<b>Tisane</b>	Hot drink made from the steeping of dried herbs, fruits, flowers, roots and leaves or a blend of such in hot water. Does not include tea.
<b>Toast</b>	To brown (especially bread) under a grill
<b>Tonnato</b>	Italian sauce made from puréed tuna, anchovies, capers, lemon juice and olive oil
<b>Tortellini</b>	Small pasta stuffed with various fillings, shaped into a ring or hat shape.
<b>Tortilla</b>	Mexican pancake made by corn flour.
<b>Tournedos</b>	Thick slice of the head of the beef fillet.
<b>Trout</b>	Fish, mainly found in freshwater, but there are ocean varieties. They are a meaty fish, related to the salmon. Smoked trout is very popular. Common varieties include Rainbow, Spotted and Brown
<b>Truffle</b>	Rich confection made with a mix of melted butter, cream, sugar and various flavorings such as liqueurs, spices, vanilla, coffee or nuts. After cooled down, rolled into balls and covered with cocoa powder.
<b>Tuna/ tuna fish</b>	Found in temperate marine waters throughout the world, tuna is a member of the Mackerel family. There are numerous varieties of tuna, the best known being albacore, blue fin, black fin (or big eye), yellow fin and skipjack (or bonito). All tunas have a distinctively rich-flavoured flesh that is moderate to high in fat, firmly textured, flaky and tender. The high-fat albacore has the lightest flesh and is the only tuna that can be called "white". The Yellow fin tuna is usually larger; the flesh is pale pink with a flavour slightly stronger than that of the albacore. The small bonitos rarely exceed 25 pounds. They range from moderate to high-fat and are the most strongly flavoured of the tunas
<b>Turkey</b>	Game bird native to North America
<b>Vanilla</b>	Seed pods used to flavour dessert, known for the intense aroma
<b>Velouté</b>	One of the four classic Mother sauces. White stock, stirred into roux. The base for other sauces, such as Allemande.
<b>Vol-au-vent</b>	A pastry basket used for canapés. 'Vol-au-vent' means 'Fly in the air' in French, referring to the incredible lightness of the structure
<b>Waffles</b>	Similar to pancake batter, baked in special grid-type iron machines. Delicate, crisp texture with choice of toppings.
<b>Waldorf salad</b>	Mayonnaise with chopped apples, celery and nuts. Waldorf Astoria with additional pineapple.

<b>Walnuts</b>	The fruit of the tree of the same name. A wrinkled, brain-shaped nut with an intense, savoury flavour
<b>Wasabi</b>	Japanese horseradish. The colour is green and it's an extremely hot condiment. It's normally sold as a powder, water has to be added.
<b>Wellington</b>	Beef fillet covered with foie gras, mushroom Duxelles, and meat farce, wrapped in puff pastry and baked.
<b>Western Potato</b>	Wedge of potatoes, par baked then deep fried and coated with Cajun spices
<b>White bread</b>	Bread made in a standard rectangular loaf using bleached flour
<b>Whole Wheat</b>	Bread made in a standard rectangular loaf using unbleached flour
<b>Wonton</b>	Small round shaped Chinese dumplings. Wonton dough will be filled with pork, shrimp, beef or poultry, than poached or deep-fried.
<b>Worcestershire Sauce</b>	English condiment made up of anchovies, lime, garlic, soy sauce, tamarind, molasses, vinegar and various sauces
<b>Yoghurt Dressing</b>	Plain yoghurt, chopped fresh herbs, sugar, seasoning
<b>Yorkshire Pudding</b>	Flour, milk, salt, pepper and eggs roasted in meat fat until crispy.
<b>Zucchini</b>	Summer-season squash and a key ingredient in Ratatouille. Also known as 'Courgette'