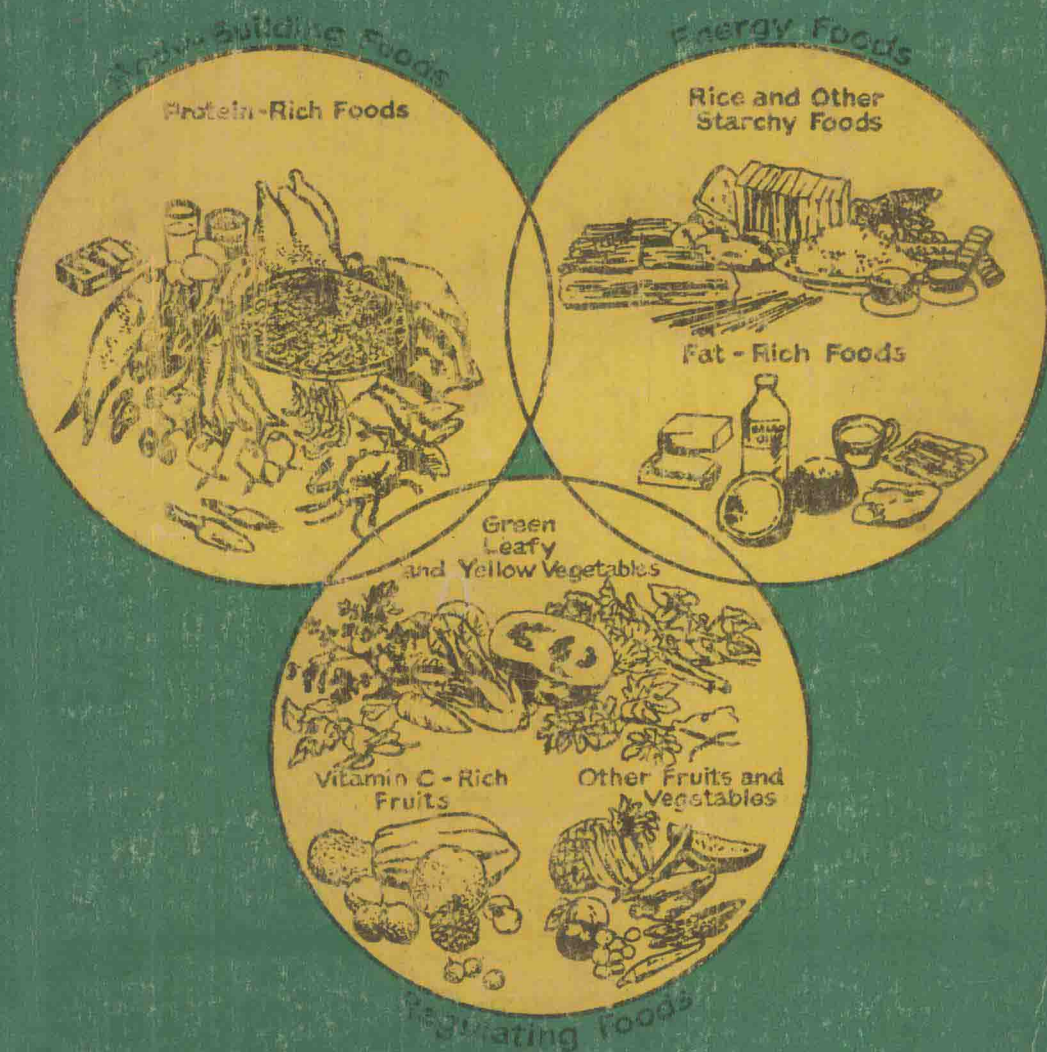


DICTIONARY OF FOODS

(3rd Edition)



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Manila, Philippines
1977

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and

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Metro Manila, Philippines
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FOREWORD

This dictionary hopes to fill an immediate need for a local reference defining terms basic to foods and the culinary art. Words chosen are those most useful to the . . .

- * homemaker who will find the local terms handy in her day-to-day marketing and cooking of the family meals
- * reviewer for whom the topics are organized purposely as a refresher's course in foods
- * student, high school or college, for greater appreciation of the vast field of food science.
- * teacher of Home Economics and allied fields.

Over 3000 words are defined simply but factually, using close to a hundred latest authoritative materials. This dictionary is only a digest of terms commonly encountered in foods to provide a locally available book that is handy and economical.

The authors wish to extend their sincerest gratitude to all those who helped in the preparation of this dictionary, especially to our illustrators, Augusto Rodriguez and Manolo Nicasio.

VIRGINIA SERRAON CLAUDIO
and
SONIA YUSON DE LEON

Note to the Reader

Whenever the word is CAPITALIZED, it indicates that the definition is included in this dictionary. Local terms are enclosed in quotation marks.

CHANGES IN THE THIRD EDITION

With the primary aim of keeping this dictionary handy, brief but concise, the original text has been preserved. Since the authors feel that the basic terms have been included in the first edition, only minor changes were made. The obvious change is the cover using the latest "Guide to Good Eating for Filipinos" as recommended by the FNRI. Improvements on the meat charts were done. Some word entries and a few illustrations and tables were added. The bibliographical materials were updated by adding another list of recommended readings that were published after 1970.

Lastly, it is emphasized in the revision that the metric system (*i.e.*, kg, g, mg, l, ml,) is internationally adapted as the preferred units for weights and measures.

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A

ABALONE a mollusk like a veal cutlet in shape, but like a scallop in taste, texture and color.

ABERTAM CHEESE see CHEESE.

"ABITSUWELAS" kidney beans or snap beans. See VEGETABLES.

ABSINTHE see BEVERAGES, ALCOHOLIC.

ACEROLA a bright red fruit known to be the richest natural source of Vitamin C. It grows abundantly in Puerto Rico; also called "West Indian Cherry".

ACID includes acetic (see VINEGAR), CITRIC, MALIC, QUINIC, TARTARIC

"ACHUETE" ANNATTO. See COLORING AGENTS.

ACORN see NUT.

ACRID sharp, harsh taste or bitterly pungent.

ACROLEIN substance formed when glycerol is heated to a high temperature. It emits an acrid odor and irritating vapor from the overheated fat or oil.

ADE see BEVERAGES.

ADIPOSE TISSUE specialized connective tissue containing fat deposits.

"ADOBADO" see PHILIPPINE COOKERY.

"ADOBO" see PHILIPPINE COOKERY.

ADULTERATION see PHILIPPINE FOOD LAWS.

AFLATOXIN name given to toxicity due to contamination by the *Aspergillus flavus* mold; initially identified with ground nuts and is most extensive in this crop. Also present in improperly harvested, processed and stored cereal grains.

AFRICAN COOKING see FOOD HABITS.

AFTER-TASTE the experience which may follow the removal of a taste stimulus. Example: the characteristic after-taste of garlic.

AGAR or AGAR-AGAR a polysaccharide obtained from red seaweeds or Ceylon moss. It has an enormous ability to absorb water; gels at low concentrations.

AGING

Used as stabilizer in certain food products and as culture media for bacteria. Also called "vegetable gelatin", but *not* the same as GELATIN.

AGING process of holding foods under certain conditions for a definite period of time to bring about desirable changes. See CHEESE, WINE.

"AGO-OT" spotted grunt. See FISHES.

AKEE a tropical FRUIT popular in the Caribbean area as an accompaniment to salt fish especially as a breakfast dish. The avocado is a good substitute.

A LA 'with' or 'to the' or 'in the mode'. Example: a la Creme (with cream).

A LA CARTE in a menu card, food is prepared as ordered and food items are priced individually.

"ALAKAAK" plain croaker. See FISHES.

A LA KING see SAUCES

"ALAMANG" see FISHES.

A LA MODE when applied to desserts, it means 'with ice cream'. Example: Apple Pie a la Mode.

A LA NEUBURG creamed dish with egg yolks; usually applied to lobster.

ALBUMEN egg white (*not* the same as ALBUMIN). See EGG.

ALBUMIN a simple protein found in nearly every animal tissue and in some vegetable tissues. Characterized by its solubility in water. Examples: ovalbumin in egg white and lactalbumin in milk.

ALCOHOL 1. an organic compound containing any hydroxyl group other than compounds with the acidic hydroxyl radical. 2. the term, unqualified, refers to ethyl alcohol. As a preservative, it is germicidal in concentrations between 50 to 70 per cent. Flavoring extracts and distilled liquors are preserved by their alcoholic content. About 70 per cent of the potential energy of alcohol is available to the body (or about 5 calories per gram).

ALCOHOL, DENATURED alcohol to which unpleasant substances have been added to prevent its being drunk. Used for industrial purposes.

ALCOHOLIC BEVERAGES †see under BEVERAGES

ALE see BEVERAGES.

ALEURONE minute protein granules forming a special outer layer (called aleurone layer) in the endosperm of plant seeds as in cereal grains.

ALIMENTARY PASTES

ALGAE simple green plants without roots, stems and leaves; a potential source of protein, carbohydrates and fat. Example: Chlorella.

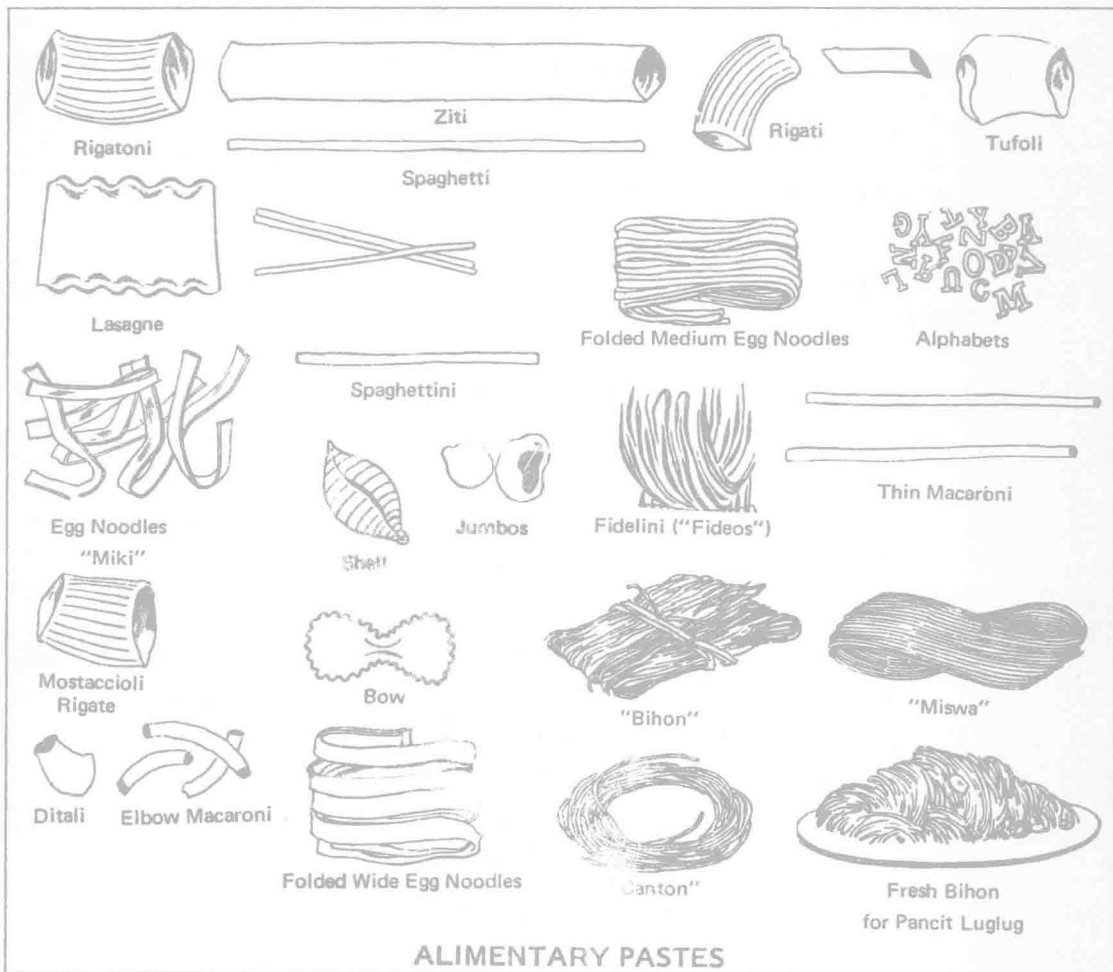
ALGINIC ACID a polysaccharide found in seaweeds. Used as stabilizer in ice creams, syrups, salad dressings and processed cheese.

ALIGASIN small mullet. See FISHES.

"ALIMANGO" large crab. See FISHES.

"ALIMASAG" smaller crab. See FISHES.

ALIMENTARY PASTES a collective term applied to macaroni, noodles and other similar products made from shaped doughs of semolina, farina, durum flour, or wheat flour (or a mixture of any two or more of these). Egg, milk or other ingredients may be added.



ALIMENTARY PASTES

KINDS

"BIJON" rice noodle commonly used in **"PANCIT"** recipes like **"GUISA-DO"**, and **"luglog"**.

"CANTON" noodle made from flour, duck's eggs, salt, soda and vegetable oil.

EGG NOODLE ribbon-like in length, comes in three widths namely: fine, medium and wide. They may be vegetable-flavored with spinach, carrots or tomatoes.

MACARONI shaped and dried dough prepared by adding water to one or more of these flours: **DURUM**, **FARINA**, **SEMOLINA** and **WHEAT**. Examples include:

Ditali short lengths of macaroni, especially good in salads.

Fusilli spindle-like spaghetti.

Ginocchi dumpling shaped macaroni, good in soups.

Lasagne broad, flat macaroni sometimes with ruffle edges; used mostly for the Italian meat and cheese dish of the same name.

Mezzani cut macaroni, sometimes grooved. Particularly good with tomato vegetable sauce.

Pastina consists of tiny disks of macaroni sometimes star-shaped; often comes in vegetable flavors; used in soups, soft diet dishes.

Riccini macaroni with a curl shape; good with most sauces.

Rigatoni large grooved macaroni.

"MIKI" wheat noodles containing eggs and soda ash.

"MISUA" or **"MISWA"** white, fine wheat noodles.

NOODLES shaped dough from wheat flour and water with or without salt and eggs.

PASTINA tiny dishes of noodles about an inch in diameter. Used in soups.

RAVIOLI thin little squares of noodle paste filled with highly seasoned minced meat and sometimes vegetables like spinach. Cooked in boiling water or broth. Served often with a savory sauce and grated cheese.

"SOTANGHON" variety of rice noodle made from mungbeans; somewhat transparent when cooked, hence the other name **"nylon"** noodles.

SPAGHETTI long slender cords made from semolina.

SPAGHETTINI thin spaghetti.

VERMICELLI extra thin spaghetti, good with sauce and soups.

WON TON Chinese alimentary paste resembling RAVIOLI; small squares of dough filled with a mixture of ground pork, onion and fresh ginger, folded in thirds and pinched together into a shape resembling that of a Dutch cap. Served in a clear soup or fried in oil. Also spelled "wun tun" or "wan ton".

ALLEMANDE see SAUCES.

ALLSPICE see SPICES.

"ALMONDIGAS" meat balls.

ALMONDS or "Almendras" see NUTS.

"ALUGBATI" malabar night shade leaves. See VEGETABLES.

ALUM double salts of aluminum sulfate and the sulfate of a monovalent metal. The most common type is potassium aluminum sulfate or "TAWAS".

"ALUMAHAN" striped mackerel. See FISHES.

ALUMINUM or **ALUMINUM ALLOYS** see KITCHENWARE.

"AM" or **"AM-AM"** cereal water, usually from cooking rice.

AMAMA a PROTEIN-RICH MIXTURE.

AMBROSIA a dessert or snack item consisting of fruits and coconut.

AMERICAN COOKING see FOOD HABITS.

AMMONIA a transparent, pungent volatile gas. Ammonia water or household ammonia is a good cleansing agent.

AMONTILLADO see WINE.

"AMPALAYA" bitter melon. See VEGETABLES.

"AMPAW" see RICE.

AMYLOSE starch fraction that gels; composed of glucose units in a straight chain (usually from 200 to 2000 glucose residues).

ANALYSIS, PROXIMATE analysis of food or a biologic substance into its molecular components: water, protein, fat, ash or minerals, and carbohydrate. The last group is referred to as carbohydrate by difference; *i.e.*, the

ANCHOVIES

first four components are analyzed (expressed in per cent), then added together and subtracted from 100. The difference represents the carbohydrate content.

ANCHOVIES “dilis”. See FISHES.

ANDALOUSE Spanish style; an adjective to denote that a dish contains tomatoes.

ANGELICA see SPICES.

“ANGKAK” a mold capable of producing rich red color in foods. Locally used in “BURO” (fermented rice or fish).

“ANIS” anise seed. See SPICES.

“ANISADO” with “anis” as in anise wine.

ANISAKIASIS see FOOD POISONING.

ANISE see FLAVORING AGENTS and SPICES.

ANNATTO “Achuete”. See COLORING AGENTS.

“ANONAS” see FRUIT.

ANTHOCYANINS see PIGMENT.

ANTIBIOTIC a chemical substance produced by a living organism which inhibits growth and activity of another microorganism *in vivo* and/or *in vitro*. Broad Spectrum antibiotics are antibiotics effective against a wide variety of microorganisms. Examples: chlortetracycline, oxytetracycline and penicillin.

ANTICAKING AGENT a food additive that keeps salt and other powders free-flowing. Examples: calcium silicate (in baking powder) and magnesium silicate (in salt).

ANTIMYCOTIC AGENT a food additive that preserves against molds. Examples: caprylic acid (in cheese wraps) and calcium propionate (in breads).

ANTIPASTO Italian for ‘appetizer’. Coined from the words: ante (before) and pasto (meal). The first course consisting of relishes, canapes, etc., preceeding the macaroni course. See also FOOD HABITS.

“APA” paper thin wafers such as ice cream cones, shells and “BARQUILLO”.

"APAHAP" two-finned sea bass. See FISHES.

APERITIF any drink used as appetizer. See WINE.

"APOG" calcium oxide or slaked lime.

APPETITE a natural desire for food.

APPETIZER a small serving of food or beverage served before the meal or as the first course to stimulate the appetite. Kinds of appetizers include: CANAPES, COCKTAILS, FRUITS and RELISHES.

"APULID" water chestnut. See VEGETABLES.

ARABIAN COOKERY see FOOD HABITS.

"ARARO" see ARROWROOT.

AROMA characteristic fragrance or odor. One of the palatability factors in foods.

ARROWROOT or **"Araro"** a tuber commonly prepared into a fine starch; easily digestible but more expensive than other starches.

"ARROZ CALDO" see PHILIPPINE COOKERY.

"ARROZ VALENCIANA" see PHILIPPINE COOKERY.

"ASADO" see PHILIPPINE COOKERY.

"ASOHOS" banded whiting. See FISHES.

AS PURCHASED (A.P.) refers to food as offered for sale or as bought from the market. Includes inedible portion of the food, such as peelings, fibrous stems of leafy vegetables and bones.

ASTRINGENCY derived from the Latin 'Ad' (to) and 'Stringere' (bind); thus, is defined as a 'binding' reaction. Harsh taste, such as in tannins.

"ASUGON" banded barracuda. See FISHES.

"ATAY" liver. See VARIETY MEATS.

"ATIS" sugar apple. See FRUITS.

ATOLE Mexican corn meal gruel.

AUBERGINE another name for EGGPLANT. See VEGETABLES.

AU BEURRE

AU BEURRE with or cooked in butter.

AU GRATIN made 'with a cheese sauce', as in scalloped potatoes. Popular in France.

AU JUS French term meaning 'with its own juice', such as Roast Beef au jus.

AU NATURAL plainly cooked.

AUSTRALIAN COOKERY see FOOD HABITS.

AUSTRIAN COOKERY see FOOD HABITS.

AVIDIN a protein in egg white that binds biotin (a B-vitamin), rendering it unavailable.

AVOCADO alligator pear. See FRUITS.

"AYAP" cow pea. See VEGETABLES.

"AYUNGIN" silvery theraponid. See FISHES.

AZTEC KWAMOCHILL "kamachile". See FRUITS.

B

"BABANSI" four-lined theraponid. See FISHES.

"BABOY LITSONIN" suckling pig good for roasting. Locally called "LECHON". See PHILIPPINE COOKERY.

BACALAO 1. klipfish or codfish. See FISHES. 2. a traditional Spanish dish during Lenten season. See FOOD HABITS.

BACON cured and smoked flesh of hog or swine, usually from the belly ("LIEMPO"). Two types are: green bacon (mildly cured but not smoked) and Canadian bacon (cured boneless chop).

"BAGA" lungs. See VARIETY MEATS.

BAGASSE crushed sugar cane or beet residues from sugar-making. Has 50 per cent cellulose.

BAGELS crisp hard rolls in the shape of a ring frequently served with lox (smoked salmon) during Jewish holidays.

"BAGISARA" see PHILIPPINE COOKERY.

"BAGOONG" see FOOD SEASONINGS.

"BAHAY-GUYA" uterus. See VARIETY MEATS.

BAIN-MARIE 1. a hot water bath for holding foods to keep hot. Locally called "BANYO-MARIA". 2. a double boiler in which foods are cooked.

"BAKA" beef. See MEATS.

BAKE to cook by dry heat usually in an oven.

BAKED ALASKA ice cream on cake covered with meringue and baked quickly in an oven.

BAKING POWDER see LEAVENING AGENTS.

BAKING SODA see LEAVENING AGENTS.

BAKLAVA sometimes called "pakla"; pastry with layers of walnuts and sirup. Popular in the Near East.

BAKOKO or **"BACOCO"** fresh water porgy. See FISHES.

"BALIMBING" carambola or balimbi. See FRUITS.

"BALIWIS" see POULTRY.

"BALUN-BALUNAN"

"BALUN-BALUNAN" gizzards. See CHICKEN PARTS and VARIETY MEATS.

"BALUT" see EGG.

BANANA see FRUITS.

B and B see BEVERAGES.

"BANGUS" milkfish. See FISHES.

BANNOCK griddle cake made usually of oatmeal, rye or barley. Popular in Scotland.

BARBECUE to roast slowly on a grill, usually over coals or free flame and basted with a highly seasoned sauce, made of tomato catsup or puree, chili sauce, mustard, vinegar, spices, chopped vegetables and little sugar as desired.

BARDE covered with salt pork or with bacon slices. Example: Un poulet Barde de Lard, a pullet larded with bacon.

BAR-LE DUC fruit preserves originally made of selected whole white currants seeded by hand with the aid of knitting needles. In France, it frequently forms a part of the cheese course.

BARLEY see CEREALS.

BARQUETTES see FLOUR MIXTURES.

BARQUILLO paper thin wafers, delicately brown, and crisp, usually rolled.

BARRACUDA see FISHES.

"BASI" see BEVERAGES.

BASIL see SPICES.

BASTARD cucumber larger in size than gherkin. They are seldom pickled whole, but are sliced or chopped.

BASTE to pour or brush liquid composed of drippings, fat and water (or sugar and water) over a food while cooking.

"BATAO" or "BATAW" hyacinth bean. See LEGUMES.

"BATO" kidney. See VARIETY MEATS.

BATTER a flour-liquid mixture thin enough to beat with a spoon. Types of batter: pour and drop. See also FLOUR MIXTURES.

BAVARIAN CREAM a gelatin dish into which whipped cream is folded as it begins to stiffen.

"BAWANG" garlic. See SPICES and FOOD ADDITIVES.

"BAYABAS" guava. See FRUITS.

BEANS see LEGUMES and VEGETABLES.

BEAT to mix with an over and over motion to smoothen a mixture or to introduce air by using a rotary beater, electric mixer or spoon.

BECHAMEL see SAUCES.

BEECH NUT see NUTS.

BEEF meat of cow usually of red color with slightest of brown; has firm texture and shiny cut surface. Creamy white to yellow fat is intermingled with meat fibers or may cover the muscle.

BEEF CLASSIFICATION see BULL, COW, HEIFER, STAG, STEER and VEAL.

BEEF CUTS local terms and some suggested cooking methods:

Brisket "punta y pecho" (simmer, corned beef)

Chuck "paypay" (braise, simmer, pot roast)

Flank "kamto" or "kabilugan" (stew)

Fore Shank "kenchi" (stew, braise)

Hind Shank "kenchi" (stew, braise)

Loin End "cadera" (broil, roast, steak)

Plate "tadyang" or "liempo" (stew, fry, broil)

Neck "leeg" (fry, broil)

Ribs "costillas" (broil, roast)

Round "pierna corta" (braise, roast)

Rump "tapadera" (braise, roast)

Short Loin "cadera" (broil, steak)

BEEF EXTRACT an extract of the soluble constituents of beef evaporated to semi-solid consistency at low temperature in vacuum.

BEEF FLAVOR BASE seasoned extract of beef; may be added to water for broth. Used to give flavor to sauces and gravies. Example: beef bouillon cube.

BEEF STEAK in Western cookery, it refers to meat cuts usually one inch thick suitable for roasting, broiling or grilling such as T-bone, club, filet mignon, sirloin steaks; generally cooked without salt to one's desired degree of doneness: bloody rare, rare, medium and well done. Locally prepared as "Bistek". (See under PHILIPPINE COOKERY).

