

MASTER DICTIONARY of FOOD AND WINE

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Preface

The *Master Dictionary of Food and Wine* was conceived after I attempted to purchase for my secretary, Virginia Dare Moses, a food dictionary that had pronunciations as well as definitions. I searched for several years and could not find what she wanted, so I told Virginia that I would write one for her. This book is particularly for Virginia, but also for all those in foodservices who have difficulties spelling fettucine, pronouncing Leberklösse, and explaining what sambusik is.

There is a need for a food dictionary that is accurate, simply written, brief in definition, and self-pronouncing. The *Master Dictionary of Food and Wine* will fill that need in the foodservice industry, not only for secretaries, but also for those who write menus, such as dietitians, foodservice directors, supervisors, and managers; those who place orders; and caterers, chefs, cooks, and bakers. In the educational field of food-related disciplines, the *Master Dictionary of Food and Wine* will be used as a supplement to textbooks, as a reference book, and as a personal dictionary for a professional library. It will also be used by household cooks, food journalists, and those who work in food-related media.

It is this writer's goal that *anyone* using this dictionary will find it simple to use, and can feel confident that the word is being spoken correctly.

ACKNOWLEDGMENTS

Many people, knowingly and unknowingly, had a hand in writing this book. Although one does the "writing," it takes a lot of people involved a little bit to complete such a task. Living in a large metropolitan area as I do, and having been employed with Rice University for twenty-two years, many human resources were readily available to me. Writing this book would have been difficult without these people.

Sincere, whole-hearted thanks to Herman Zaccarelli for his advice and encouragement and his confidence in me to write such a book from "day one" when I showed him a sample of the manuscript. Throughout the eighteen months of writing, he rejoiced with me in moments of triumph and bolstered me in moments of despair. I am truly grateful.

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I want to thank my twin sister, Loyce Guy, for her help and support by reading various portions of the manuscript to be sure that the *Master Dictionary of Food and Wine* would be understood by lay persons as well as professionals.

Loving thanks to my granddaughter, Heather Rubash, for her untiring help when her Gran needed assistance sorting through list after list for specific words that needed to be completed, no matter how long the job took; and to my grandson, Michael Rubash, for being quiet while Gran worked on her book.

I mention last, and by no means least, my long-suffering family. Unending thanks to my husband Jim, who searched diligently for books I needed at the library: locating, checking out, carrying home, returning to library, rechecking; for the many hours he spent proofreading the text; and especially for his encouragement of my early retirement from Rice University in order to write this book. Loads of gratitude to my youngest son Brad, still living at home, who is the world's Number One "home-cooking, make-it-from-scratch" fan, for uncomplainingly putting up with microwave dinners and quickie meals necessitated by many long hours working on THE book.

All of these people helped make this book possible.

How to Use This Book

The *Master Dictionary of Food and Wine* is patterned after the standard dictionary format of word, pronunciation, word origin, and definition. For example,

ärter med fläsk (EHR-ter med flesk). *Swe.* Yellow pea soup.

baccalà (bahk-kah-LAH). Ita. Salt cod.

Entry words are listed alphabetically and set in **bold** type, followed by the pronunciation in parentheses, then the country of origin abbreviated and set in *italics*, and, lastly, the definition. Guide words are printed at the tops of facing pages, indicating the entries falling alphabetically between them.

PRONUNCIATIONS

The pronunciations are transliterations. These imitated pronunciations are to be read as if in English. Accented syllables are shown simply and clearly in capital letters. You will see that in some languages only part of a syllable is accented and that French words have no accented syllables.

No two languages are exactly the same. Some languages have sounds that do not appear in the English language. However, if the transliterated syllables are sounded out as if in English, and accents placed as indicated, the sounding of the word should be accurate, or in the case of a difficult language, close enough to be understood.

A few rules to remember when pronouncing these transliterations are

- When *ah*, *eh*, *ih*, and *oh* are presented together in a word or syllable, this forms the short sound of that vowel; that is, *a* as in *cat*, *e* as in *elephant*, *i* as in *fill*, and *o* as in *hot*.
- Any vowel presented alone before consonants is to be pronounced in its long sound; that is, *a* as in *cake*, *e* as in *emit*, *i* as in *item*, and *o* as in *Ohio*.

- Two transliterated sounds that appear in several languages, but not in English, and when presented in the following combinations, are to be pronounced as follows: *ahng* as in *hang*, but barely sounding the *g*, and *awng* as in *pong*, but barely sounding the *g*.
- Multiple *r*'s indicate trilling; that is, *rr* slightly trilled, *rrr* heavily trilled.
- Double o (oo) used in a word is pronounced as in boo.

WORD ORIGINS

The following is a list of the abbreviations used for the word origins:

African
Arabic
British
Chinese
Czechoslovakian
Danish
Dutch
Finnish
French
German
Greek
Hungarian
Icelandic
Indian
Indonesian
Irish
Italian
Japanese
Jewish
Korean
Laotian
Malayan
Mexican
New Zealand
Norwegian
Philippine
Polish
Portugese
Russian
Scottish

Swe Swedish
Thi Thai
Tur Turkish
USA American (USA)

DEFINITIONS

The definitions given are concise and uncomplicated. Cross-references, synonyms, and alternative spellings have been included to clarify some definitions. For example, malfatti is defined as "Gnocchi of spinach and ricotta," and gnocchi is cross-referenced in its alphabetical place with its pronunciation, origin, and definition. Likewise, palsterzipfel is defined as "An Austrian jam-filled turnover" and turnover is listed and defined, or agnolotti is defined as "Squares of pasta stuffed with meat filling, such as ravioli, tortelli, tortellini," and ravioli, tortellini are listed and defined.

Commonly used synonyms are also listed for many entries. For example, the entry for baked custard indicates "Also called cup custard"; for field lettuce, "Also called lamb's lettuce"; for hazelnut, "Also known as filbert"; and for annatto, "Also known as bixin." And many languages have more than one spelling for numerous words. When known, these alternative spellings are listed as in the following examples: corvina, "Also spelled corbina"; kugelhopf, "Also spelled kugelhoph"; matzo, "Also spelled matzoh"; and panocha, "Also spelled penuche."

Contents

Preface	vii
How to Use This Book	ix
Food Terms	1
Wine Terms	361
Bibliography	371



Aal (arl). Ger, Dut. Eel.

aal og rørawg (awl oa rUR-rehg). Dan. Eel with scrambled eggs.

aam (ahm). Ind. Ripe mango fruit.

aara (AH-dah). Ind. Flour, whole wheat flour.

aardappelen (AHR-dahp-puls). *Dut.* Potatoes; gebakken (khuh-BAHK-kuh) fried; gekookt (khuuh-KOHKT) boiled; puree (pew-RAY) mashed.

aardbeien (AHR-bay-uh). Dut. Strawberries.

abacate (ah-bah-KA-ta). Por. Avocado.

abacaxi (ah-bah-kah-SHEE). Por. Pineapple.

abaissage (ah-bay-sahzj). Fre. Rolling out pastry dough.

abaisse (ah-bess). *Fre.* A thin, rolled-out biscuit or pastry; a thin bottom crust.

abalone (ah-bah-LOHN-e). *USA*. A mollusk whose large adductor muscle is edible; used fresh, dried, canned; used especially in Japanese and Chinese cooking; called ormer in Europe.

abatis (ah-bah-tee). *Fre.* External poultry trimmings such as wing tips, necks, feet.

abats (ah-bahts). *Fre.* Giblets; edible internal organs such as liver, heart, sweetbreads.

abbacchio (ahb-bahk-KE-e-o). Ita. A very young suckling lamb.

abborre (AH-bor-rer). Swe. Perch.

abbrusttolito (ahb-broost-too-LEE-to). Ita. Toasted.

à blanc (ah blahnk). Fre. A method of cooking veal, pork, or poultry in stews and pot roasts, in which raw meat is placed directly in boiling stock, without first browning the meat.

ablette (ahb-leht). Fre. A type of carp.

abóbora (ah-BAW-boh-rah). Por. Pumpkin, squash, vegetable marrow.

aborinha (ah-bo-RI-nyah). Por. Zucchini.

abricot (ahb-ree-coh). Fre. Apricot.

abrikoos (ahb-ri-KO-zen). Dut. Apricot.

abrikos (ah-bree-KO-ssi). Rus. Apricot.

abruzze (ah-BROOZ-dzee). *Ita.* In the Abruzzi way; with hot red peppers and, sometimes, ham.

absinthe (AHB-senth) *Gre.* A green liqueur with wormwood leaves and anise; highly intoxicating.

abuñolado (ah-bhoo-noa-LAH-do). Spa. Fried in batter.

abura (ah-BOO-rah). *Jap.* Oil; sarada for salads, tempura for frying, goma (sesame oil) for seasoning.

aburage (ah-BOO-rah-geg). Jap. Deep-fried tofu.

açafrão (a-sa-frahng). Por. Saffron.

acciughe (aht-CHOO-gay). *Ita.* Anchovies.

aceite (ah-SAY-tay). Spa. Oil.

aceituna (ah-say-TOO-nah). Spa. Olive.

acelga (ah-THEHL-gah). Spa. Beet.

acepipes (a-se-PEE-peesh). Por. Hors d'oeuvres.

acerola (ah-see-ROLL-ah). *USA*. A small, soft, juicy, thin-skinned fruit that is crimson when mature, and has orange-yellow flesh; richest known source of vitamin C; a sweet flavor; used fresh, in preserves, purees and desserts. Also known as Barbados cherry, West Indian cherry.

acetary (ASS-ee-tah-ree). USA. Acidic fruit pulp.

acetic acid (a-SEE-tik ASS-ehd). *USA*. The acid in vinegar that is produced by a second fermentation.

aceto (ah-CHEH-toh). Ita. Vinegar.

aceto balsamico (ah-CHEH-toh bahl-sah-MEH-co). *Ita*. A very fine Italian vinegar with a dark, mellow, subtle flavor.

aceto-dolce (ah-CHEH-toh DOAL-chay). *Ita.* A sweet-sour mix of vegetables and fruits used as an antipasto.

acetosella (ah-CHEH-toh-sehl-lah). Ita. Sorrel.

achar (ah-CHAR). Ind. Pickle.

achiote (ah-shee-OA-teh). *Spa.* A red dye from fruit used to color cheese, butter, and confectionary.

acidophilus milk (ass-ceh-DOHF-eh-lus mehlk). *USA*. Slightly soured milk that is both easy to digest and healthful.

acidulated water (ah-SEHD-u-la-ted WAHT-er). *USA*. Water with lemon juice or vinegar added to prevent fruits and vegetables from discoloring; also used to blanch certain foods.

acini di pepe (ah-CHEE-nee dee PEE-pee). *Ita*. Tiny squares or rounds of pasta used in soup.

acorda (a-SOR-dah). Por. Garlic bread porridge.

acorn squash (A-corn). *USA*. Acorn-shaped dark green winter squash with a ridged surface and sweet yellow-orange flesh.

acqua (AHK-kwah). Ita. Water.

acquacotta (AHK-kwah-KOT-toh). *Ita*. A soup made with stale bread, into which an egg is added to each serving.

active dry yeast (AK-tehv dri yest). USA. Granular form of yeast; usually packaged in an air-tight, moisture-proof envelope containing 1 ounce yeast.

açúcar (a-SOO-kar). Por. Sugar.

açúcar granulado (a-SOO-kar gray-noo-LAH-doo). *Por.* Granulated sugar. adas (AH-dahs). *Ara.* Lentils.

adega (ah-DE-ja). Por. Storage cellar, usually above ground.

aderezo (ah-deh-REH-soh). Spa. Salad dressing.

adobo (ah-DOH-boh). *Phi*. A stew with thick spicy sauce made piquant with vinegar; usually made with pork or game; sometimes with chicken or seafood.

adobo (ah-DOH-boh). Phi. A stew with thick spicy sauce made piquant with vinegar; usually made with pork or game, sometimes with chicken or seafood.

adrak (ad-DAH-rahk). Ind. Fresh gingerroot.

advocaat (ahd-vo-KAHT). Dut. Eggnog, eaten with a spoon in The Netherlands.
aebleflaesk (EHB-blerr-FLEHSK). Dan. Fried salt pork or bacon with fried apples.

aeblegrød (EHB-lerr-grurdh). Dan. Applesauce.

aeblekage (EHB-ler-kaaer). Dan. Apple cake.

aeblemost (EHB-ler-moast). Dan. Sweet cider.

aeblepidsvin (ehb-lerr-PIDS-vin). *Dan.* A dessert of apples, lemon juice, and toasted almonds.

aebleskiver (eh-bleh-SKEE-vor). Dan. Doughnuts.

aeg (ehg). Dan. Egg; blødkogt aeg (BLURDH-koat ehg), soft-boiled egg; hårdkogt (HAWR-koat), hard-boiled; kogt aeg (KOAT-ehg), boiled egg; omelet (oam-er-LEHT), omelet; pocheret (poa-SHAYR-et), poached; røraeg (RURR-ehg), scrambled eggs; spejlaeg (SPIGH-ehg), fried egg. aemono (ah-moh-noh). Jap. Cold, dressed, saladlike foods.

aerter (AIR-terr). Dan. Peas.

affettato (ahf-feht-TAA-toh). Ita. Cold cuts.

affogato (ahf-foa-GAA-toh). Ita. Poached or steamed.

affumicato (ahf-foo-mee-KAA-toh). Ita. Smoked.

áfonya (AA-fawn-ya). Hun. Blueberries.

agar-agar (ah-gahr ah-gahr). *Chi.* A gelatin made of seaweed that does not melt at room temperature and has remarkable absorption capability.

agave (ah-GAH-veh). Mex. A cactus known as century plant.

age (ah-GOH-eh). Jap. Deep-fried.

agemono (AH-gee-mo-no). Jap. Fried.

agerhøne (AAERR-hurner). Dan. Partridge.

ägg (ehg). Swe. Egg; kokt (KOO-kah), boiled; stekt (STAY-kaht), fried; äggröra (ehg-RURR-ah), scrambled; förlorade (fur-LOO-rah-der), poached; löskokt (LURS-kookt), soft; lagom (LAA-gom), medium; håardkokt (HOArD-kokt), hard cooked.

agi (aji). Spa. Red-hot pepper used in spicy dishes.

aging (AJ-ing). *USA*. A method of maturing a food, such as wine, cheese, game, beef to improve its flavor.

agiter (azh-ee-tay). Fre. To stir.

agliota (AH-ly-o-toa). *Ita*. A sauce consisting of garlic slices, bread crumbs, and vinegar.

aglio (AH-ly-oa). Ita. Garlic.

agneau (ahn-yoh). Fre. Lamb.

agnello (ahn-NYEHL-loa). Ita. Lamb.

agnolotti (ahn-nyoa-LOT-tee). *Ita*. Squares of pasta stuffed with meat filling, such as ravioli, tortelli, tortellini.

agresto (ah-GREHZ-toa). *Ita*. The juice of unripe grapes, used occasionally in some sauces instead of vinegar.

agrimony (ah-GRIM-o-nee). *Bri*. An herb whose dark green, downy leaves used in tea blends and wines have a flavor reminiscent of apricot. The plant yields a golden yellow dye.

agrio (AH-greeh-oh). Mex. Sour.

agriões (a-gree-AWNGSH). Por. Watercress.

agrodolce (ah-roh-DOAL-chay). *Ita*. Sharp and sweet, pertains to the flavoring of a dish.

agua (AH-gwah). Spa. Water.

água (AH-gwa). Por. Water.

aguacate (ah-gwah-KAH-tay). Spa. Avocado.

água gelo (AH-gwa ZHAY-loo). Por. Ice water.

àgua mineral (AH-gwah mee-nay-RAHL). Por. Mineral water.

aguardiente (ah-wahr-DEHN-tay). Spa. A very strong Spanish liqueur.

aguglie (ah-GOO-ly-ay). Ita. Garfish.

agurk (ah-GOORK). Dan, Nor. Cucumber.

ahp sun (AHP sun). Chi. Dried duck gizzard.

ahtapot (okh-tu-BOOT). Ara. Octopus.

ahven (AHH-vayn). Fin. Perch; used in soup or served in lemon-butter.

aiglefin (ehg-ler-fang). Fre. Haddock.

aigre (ay-zhreh). Fre. Bitter, sour, possibly tart.

aïgroissade (ahee-grwah-sahd). *Fre.* Cooked vegetables mixed with a garlicky mayonnaise.

aiguillette (eh-gew-ee-ley). *Fre.* A very thin lengthwise-cut strip of meat or poultry.

ail (ahy). Fre. Garlic.

ailerons (ahy-rohn). Fre. Chicken wings.

aillade (ahy-lee-dah). *Fre.* Sauce of garlic, onion, chive, leek, herbs, spices, and oil.

aïoli (ahj-o-lee). *Fre*. A thick mayonnaise strongly flavored with garlic served with seafood.

aipo (IE-poh). Por. Celery.

airelle (ay-rehl). Fre. Bilberry, a variety of blueberry.

airelle rouge (ay-rehl roozh). Fre. Cranberry.

aisu kohi (ah-EES koh-hee). Jap. Iced coffee.

aisu ti (ah-EES tee). Jap. Iced tea.

ajam panggang (au-AUM PAH-yahng). *Dut.* Grilled chicken flavored with ginger, saffron, garlic, chili peppers.

aji (AH-jee). Jap. Horse mackerel.

aji (AH-khee). Spa. Chili peppers.

ajin (ah-JEEN). Ara. Dough.

ajo (AH-khoa). Spa. Garlic.

ajonjoli (ah-hohn-hoh-LEE). Mex. Sesame.

ajouter (ah-zju-tay). Fre. To add an ingredient.

ajwain (AHJ-wahne). *Ind.* Celery-seed size spice with flavor of anise, oregano, and black pepper.

ajwi (AHJ-wee). Ara. Dates.

akee (AH-kee). Afr. A West African fruit that is one of the most strikingly beautiful and delicious of fruits; however, unless it has ripened to the

point of voluntary opening, it is a deadly poison. All seeds must be removed as they are poison. When picked ripe, hulled and completely seeded, it may be eaten raw or cooked; parboiled it may be used hot or cold.

akni (ACK-nee). Ind. A delicate, aromatic broth used to poach or flavor certain foods.

akule (ah-KUHLE). *USA*. A Hawaiian food fish, usually salted and dried. Also known as bigeye scad.

akuri (ah-KUH-dree). Ind. Spiced scrambled eggs.

akvavit (ahk-vah-VEET). Dan. Aquavit.

ål (awl). Nor. Eel.

ål (oal). Swe. Eel.

à la (ah lah). Fre. In the style of.

à la broche (ah lah brosh). Fre. Roast in front of the fire on a spit or skewer.

à la carte (ah lah kahrt). Fre. According to a menu that prices items separately.

à la mode (ah lah mod). *USA*. "According to the fashion"; topped with ice cream. See beef à la mode, and tripe à la mode de Caen.

al burro (ahl BOOR-roa). *Ita*. A style of serving pasta; after the pasta has been cooked and drained, it is tossed in butter and served without a sauce.

al dente (ahl-DEN-tay). *Ita.* Pasta that is firm to the bite, chewy, slightly undercooked.

à l'étouffée (ah lay-too-fay). Fre. Smothered; food cooked very slowly in a lidded pot, condensing the food juices into a delicious residue, which when degreased if necessary, then deglazed, forms the sauce for the dish.

al forno (ahl FOR-noa). Ita. Baked; roasted.

al funghetto (ahl foon-GHEHT-toa). *Ita*. A method of cooking vegetables quickly over high heat and using an herb; so called after a method of cooking mushrooms. Vegetables usually cooked al funghetto are eggplant and zucchini.

al horno (ahl-HOR-noh). Mex. Baked or roasted in an oven.

al sangue (ahl SAHNG-goo-ay). *Ita*. Rare; describing the degree of cooking of meat.

alajú (ah-lah-KHOO). Spa. Pastry of sugar, nuts, and ginger.

alalunga (ahl-ah-LOON-gah). Ita. White tuna.

albedo (al-BED-o). *USA*. The white inner peel of oranges and other citrus fruit.

albicocca (ahl-bee-KOK-kah). Ita. Apricot.

albillos (AHL-bee-lious). Spa. White grapes.

albóndigas (ahl-BOHN-dee-gahs). *Spa.* Spicy meatballs of pork, beef; also a dumpling.

albuféra (ahl-bew-fay-rah). *Fre.* A suprême sauce with meat glaze and pimento butter.

albumen (ahl-BU-mehn). *USA*. The protein portion of egg white, also found in milk, some plants, and seeds.

alcachofa (ahl-cah-CHOH-fah). Spa. Artichoke.

alcaparras (ahl-kah-PAH-rrahs). Spa. Capers.

alcaravia (al-cah-RA-vjah). Por. Caraway.

alcohol (AL-co-hol). USA. A colorless, flammable liquid. Whiskey.

ale (ael). USA. Bittersweet malt beverage.

aletria (ah-le-TREE-ah). *Por.* Vermicelli, sometimes used as dessert in a pudding.

alewife (AAL-wif). *USA*. A food fish of the herring family, abundant on the Atlantic coast.

alewife caviar (AAL-wif CAH-vee-ahr). *USA*. An inexpensive caviar substitute made from the processed roe of herring.

alface (ahl-FAH-say). Por. Lettuce.

alfajores (ahl-fah-HOA-rehs). Spa. Sweet pastry made with corn and honey.

alfalfa (ahl-FAHL-fah). *USA*. A legume widely grown for hay and forage whose seeds are used as sprouts in salads.

alföldi marharostélyos (OL-furl-dee MOR-hor-rawsh-tay-yawsh). *Hun.* Steak Alföldi style, with a rich sauce and stewed vegetables.

alfostigo (al-fos-TEE-goo). Por. Pistachio nut.

algérienne (ahl-ger-een). *Fre.* Garnished with tomatoes braised in oil and sweet potato croquettes.

algin (AHL-gehn). *USA*. A thickening agent derived from seaweed, used mostly in processed foods.

alheira (al-EIH-rah). Por. Sausage of smoked ham, nuts, and garlic.

alho (AHL-yoh). Por. Garlic.

alho franceses (AL-yoosh fran-SES-esh). Por. Leeks.

alice (ahl-EE-chay). Ita. Anchovy.

alici (ahl-EE-chee). *Ita.* Anchovies in salt.

alicot (ah-lee-koht). Fre. Giblets.

aliñado (ah-lee-NAH-doh). Spa. Seasoned.

aliño (ahl-lee-NOH). Spa. Seasoning.

aliolo (ah-lee-OO-loa). *Spa.* A thick mayonnaise strongly flavored with garlic served with seafood.