

# Specialty Food Dictionary

## A

Achiote Seeds— See Annato seeds

Adobo— A seasoning of chilies, herbs and vinegar.

Use: Mexican, Philippine cooking (Lebanon aisle 4; Hanover aisle 6b)

Adobo Sauce— Sauce made from ground chilies, herbs and vinegars.

Use: Mexican cooking (Lebanon aisle 4; Hanover aisle 6b)

Adzuki Bean— A small red colored bean with a sweet flavor.

Use: Asian cooking (Lebanon aisle 2 (canned), bulk; Hanover aisle 3b (canned), bulk)

Agar Agar— Also known as ‘Japanese Gelatin’, this is a tasteless dried seaweed that acts as a setting agent.

Use: Asian cooking, substitute for gelatin (Lebanon aisle 4, bulk; Hanover aisle 6a, bulk)

Agave Nectar— Sweet syrup made from the agave plant, a succulent (plant with thick, water storing leaves and stem) indigenous to Southwestern U.S. and Mexico.

Use: As a sweetener (Lebanon aisle 3; Hanover aisle 4b)

Ajvar— A spread made from peppers, eggplant and garlic, predominantly popular in the Balkan regions and most likely of Hungarian origin.

Use: Appetizer (Lebanon aisle 1; Hanover aisle 2a)

Almond Milk— Beverage made from almonds.

Use: Beverage, dairy substitute and in recipes (Lebanon aisle 4; Hanover soymilk display)

Alphabets— See “Pasta”

Amaretti Cookies— Macaroons made of almonds and egg whites.

Use: desserts (Lebanon aisle 5; Hanover aisle 5b)

Ancho Chile— Also called “Dried Poblano.” A mild chili that can be found whole or ground.

Use: Spice, Mexican cooking (Lebanon aisle 4 (canned), bulk; Hanover aisle 6b (canned), bulk)

Anchovies— Small, slender fish found in the Mediterranean and Black Seas, and Atlantic and Pacific Oceans. Seldom found fresh outside of the Mediterranean, anchovies are mostly sold in jars or tins preserved in oil or salt.

Use: Whole anchovies can be grilled and sliced anchovies are popular on pizza (Lebanon aisle 2; Hanover aisle 2a)

Anchovy Paste — Anchovy paste is a combination of crushed anchovies, vinegar, spice and water.

Use: Asian cooking (Lebanon aisle 2; Hanover aisle 2a)

Angostura Bitters— A liquid flavoring made from the distillation of aromatic herbs, roots and plants. Generally having a high alcohol content, they are bitter to the taste.

Use: Flavoring for cocktails (Beverage dept. both stores)

Annato Seeds— Also called Achiote seeds. These are the slightly musky-flavored seed of the annatto tree. Buy whole seeds when they're a rusty red color; brown seeds are old and flavorless.

Use: Indian, Latin American cooking (Lebanon aisle 4; Hanover aisle 6b)

Antipasto— Italian equivalent to Hors d' Oeuvres

Use: Appetizer

Asafoetida— A pungent spice, it is the dried resin from the thick stems and roots of the *Ferula asafoetida* plant, which is indigenous to Iran, Afghanistan and Northern India.

Use: Used widely in vegetarian Indian cooking

## **B**

Baba Ghanoush— A Middle Eastern condiment of eggplant, tahini, olive oil, and lemon juice and garlic.

Use: As a spread or dip for pita or Middle Eastern flat bread. (Dairy dept. both stores)

Balsamic Vinegar— very popular vinegar made from unfermented grape juice, called must, and aged in wooden barrels. The highest quality balsamic vinegars are only made in the Emilia-Romagna provinces Modena and Reggio-Emilia. (Lebanon 1, sampling station; Hanover aisle 2b, sampling station)

Commercial grade balsamic vinegars, those that are relatively inexpensive, are usually made with a mixture of must and wine vinegar. These are generally aged anywhere from months to a couple of years and are good everyday vinegars; salads, marinades and dressings.

Artisan-grade balsamic vinegars are of the highest quality. Strict laws and guidelines limit which vinegars are certified *Tradizionale Aceto Balsamico*. All certified *Tradizionale* vinegars are made from only grape must, aged a minimum of 12 years, bottled in a specific bottle and are labeled based on their province and age.

Use: Cooking, dressings, marinades, sprinkled over fruit

**Barley Malt**— A slightly sweet powder made from sprouted, kiln-dried barley.

Use: Baking, sweetener and sugar substitute (Lebanon aisle 3; Hanover 5b)

**Bean Sprouts**— The crisp sprouts germinated from various beans and seeds. These may be stir-fried, as called for in various recipes, but shouldn't be cooked for more than 30 seconds to keep the sprouts from wilting.

Use: Asian cooking; sandwiches and salads (Lebanon aisle 4 (canned), produce; Hanover aisle 6a (canned), produce)

**Besan**— See Chickpea flour

**Biscotti**— An Italian cookie, twice-baked for crispness

Use: Often dipped in coffee or sweet dessert wine. Note: The Co-op carries a variety of commercial and locally produced biscotti. (Lebanon aisle 5, bakery; Hanover aisle 5b, bakery)

**Borscht**— Originally from Eastern and Central Europe, Borscht is a soup made with fresh beets. Some recipes call for cabbage and optionally potatoes.

Use: Popular during Passover (Lebanon aisle 4; Hanover aisle 6b)

**Boston Brown Bread**— A steamed bread made with wheat and rye flour, cornmeal and molasses.

Use: Traditionally accompanies Boston baked beans. (Lebanon aisle 4; Hanover aisle 3b)

**Boursin Cheese**— A white, smooth triple crème cheese.

Use: Flavored with herbs, garlic or pepper; paired with dry white and fruity red wine (Dairy and Cheese dept. both stores)

**Brown Rice Syrup**— A grain syrup made from brown rice. Grain syrups tend to be easier to digest, entering the bloodstream slower than refined sugars. Brown rice syrup is less sweet than sugar.

Use: Sweetener; sugar substitution (Lebanon aisle 3; Hanover aisle 5b)

**Bruschetta**— A sauce made from tomatoes, garlic and spices. Bread topped with this sauce may also be called bruschetta.

Use: To top slices of bread or pizza; as an appetizer (Lebanon aisle 1, dairy; Hanover aisle 2a, dairy)

## C

**Cacao (Cocoa) Nibs**— Crushed, dried cacao beans. 100% cacao.

Use: Cooking and desserts (Lebanon aisle 3; Hanover aisle 4b)

**Candied Citron**— This large semi-tropical fruit (6-9in. long) is not suitable for eating, but instead is grown for its thick peel, which is candied and used in baking. Citron is very popular around Christmas.

Use: Baking (both stores seasonally in produce)

**Cane Syrup**— A thick, extremely sweet syrup made from sugar cane.

Use: Sweetener; Caribbean and Creole cooking (Lebanon aisle 3; Hanover aisle 5b)

**Cannoli Shells**— Tubular pastry shells. Use: Filled with cheese, cream or chocolate to make cannoli. (Lebanon aisle 5; Hanover aisle 5b)

**Canola Oil**— Oil pressed from the seeds of rape (a mustard) plants. Canola is the most healthful of oils to cook with. The name comes from “Canadian oil.”

Use: General use; light flavored cooking, dressing oil (Lebanon aisle 1, bulk; Hanover aisle 2b, bulk)

**Capelli d’angelo**— See “Pasta”

**Capers**— Buds of the Mediterranean caper bush. Capers are preserved in salted wine vinegar, brine or oil and have a sour, salty flavor.

Use: Flavor or garnish for salads, pasta dishes and sauces. (Lebanon aisle 1; Hanover aisle 2b)

**Caponata**— Appetizer made with eggplant.

Use: As a spread, antipasto and as a side to meat dishes. (Lebanon aisle 1; Hanover aisle 2a)

**Carob**— Caffeine free alternative to chocolate from a Mediterranean tree. Carob looks and tastes similar to unsweetened cacao.

Use: Chocolate alternative (Lebanon aisle 3, bulk; Hanover aisle 4b, bulk)

**Caviar**— Made from lightly cured roe (fish eggs). The most common types are from Sturgeon, which are the more expensive types, salmon and lumpfish.

Use: Appetizer, garnish (Lebanon aisle 1; Hanover aisle 2a)

**Cellophane noodles**— See “Noodles”

**Chai**— A spiced Indian tea. There is no specific recipe for Chai, but all have four basic components; tea (usually a strong black), sweetener, milk (or other such creamer) and spice.

Use: Hot beverage (Lebanon aisle 3; Hanover soymilk set)

**Chapatti Flour**— A form of whole-wheat flour.

Use: Indian cooking, most notably in making Chapatti, an unleavened, pancake like bread.

(Lebanon aisle 4; Hanover aisle 6b)

**Chestnut**— Tree nut, mostly imported from Spain and France. Chestnuts are most popular before Christmas.

Use: Roasted at the holidays or used as a nut or nut meal. (Lebanon aisle 3 [jarred and canned], produce seasonally; Hanover aisle 4b [jarred and canned], produce seasonally)

**Chevre**— French for “goat,” chevre is a tart flavored, pure goat milk cheese. Its texture varies from moist and creamy to dry and semi-firm.

Use: Appetizer, spread and paired with wine. (Cheese dept. both stores)

**Chickpea**— Also known as “garbanzo beans,” chickpeas require lengthy cooking and are used in many Mediterranean and Middle Eastern recipes.

Use: Main ingredient in Falafel and Hummus. Ground into “Gram” flour for Indian cooking. (Lebanon aisle 2 (canned), bulk: Hanover aisle 3b (canned), bulk)

**Chickpea flour**— A very fine Indian flour made from chickpeas, also known as “Gram” (not to be confused with “Graham” flour), “Besan” and “Garbanzo” flour.

Use: Indian and some Mediterranean cooking (Lebanon aisle 4; Hanover aisle 6b)

**Chili Sauce or Paste**— Sauce made from chili peppers. Chili sauces vary depending on their origin; Chinese chili sauce tends to be hot and spicy with a hint of fruitiness, while Thai chili sauce uses both hot and sweet chilies with ginger and spices.

Use: Asian cooking (Lebanon aisle 4; Hanover aisle 6b)

**Chipotle**— A smoked, dried jalapeño pepper. Full flavored, hot and smoky.

Use: Spice; cooking (Lebanon aisle 4 [canned], bulk [spice]; Hanover aisle 6b [canned], bulk [spice])

**Chorizo**— A coarsely textured spicy, air cured red pork sausage. Seasoned with garlic, chili powder and pimento, Chorizo is closely related to Portugal’s Linguica sausage.

Use: Mexican and Spanish cooking (Meat dept. both stores)

**Chutney**— Fruit flavored condiment from India.

Use: Used to top meat dishes, sandwiches, as a dip, dressing and with curries (Lebanon aisle 4; Hanover aisle 6b)

**Clarified Butter**— Made by slowly melting butter, skimming off the milk solids that rise to the top, and pouring the melted fat off the sediment left in the pan.

Use: Cooking. Because it contains no milk solids, can be cooked to a higher temperature. Excellent for making a butter sauce.

**Clotted Cream**— Also called “Devonshire” cream, this is a thick cream made by heating milk,

then while it cools, skimming it of its thick creamy crust.

Use: Desserts, baking (Dairy dept. both stores)

**Cocoa Butter**— The natural cream-colored vegetable fat extracted from cacao beans during the process of making chocolate.

**Cocoa Powder**— Ground unsweetened cocoa. Dried cacao nibs (see Cacao nibs) are ground to extract 75% of their cocoa butter, leaving a dark paste, called cocoa liquor, which is what chocolate is made from. After drying the cocoa liquor again, the hardened mass becomes unsweetened cocoa.

Use: Baking (Lebanon aisle 3, bulk; Hanover aisle 4b, bulk)

**Coconut Milk**— Canned, pressed coconut meat blended with water. Coconut milk can be high in saturated fat, but low fat varieties are available.

Use: Asian soups, curries, sauces, desserts and beverages (Lebanon aisle 4; Hanover aisle 6a)

**Common Crackers**— Hard, round crackers made by the Vermont Country Store.

Use: Served with soup and stew and as an ingredient in stuffing (Lebanon aisle 5; Hanover aisle 4b)

**Conserve**— See Jams, Jellies, and Preserves

**Consommé**— A clarified meat or fish sauce that can be served hot or cold.

Use: Soup or sauce base (Lebanon aisle 4; Hanover aisle 2a)

**Cooking Wine or Sherry**— Wine that is rendered undrinkable by adding salt.

Use: Enhances flavor in cooking (Lebanon aisle 1; Hanover aisle 2b)

**Conchiglie**— See “Pasta”

**Cornichon**— Small, sour pickles, means “gherkin” in French.

Use: Appetizer or side dish (Lebanon aisle 1, cheese dept.; Hanover aisle 2b, cheese dept.)

**Crème Brule**— Literally translated to mean “burnt cream.” A chilled, stirred custard that, just before serving, is sprinkled with brown or crystallized sugar and caramelized.

Use: Rich dessert

**Crème Fraiche**— An aged, thickened cream with a slightly tangy, nutty flavor and rich texture. It’s thickness ranges from that of sour cream to a semi solid.

Use: Like sour cream; in desserts (Dairy dept. both stores)

**Crepe**— Means “pancake” in French. A light, paper—thin cake made from a variety of batters.

Use: Topped with a spread or jam as a dessert or filled with meat, cheese or vegetables as a

savory dish. (Lebanon aisle 3 [mix]; Hanover aisle 5b [mix])

Crostini— Small, cracker like pieces of toasted bread.

Use: With olive oil, spreads or toppings for appetizers (Lebanon aisle 5; Hanover aisle 4b)

Croustades— Small, cup shaped pastry shells.

Use: Filled with food as an appetizer (Lebanon aisle 5; Hanover aisle 4b)

Crumpet— Small yeast raised breads from the British Isles. The unsweetened batter is poured into a “crumpet ring” and baked until the bottom is smooth and brown and the top is filled with tiny holes.

Use: Like an English muffin, except toasted whole. (Can be found with English muffins in both stores)

Crystallized Ginger— Ginger root preserved in sugar.

Use: Eaten like candy or as an ingredient in desserts. (Bulk dept. both stores)

Curd (Cheese)— Semi solid portion of coagulated milk. Cheese is made from curd. (Dairy dept. both stores)

Curd (Fruit)— A creamy mixture made from juice (usually lemon, lime or orange), sugar, butter and egg yolks. The ingredients are cooked together until they become thick, and when cooled becomes thick enough to spread.

Use: In place of jam; baking (Lebanon aisle 1; Hanover aisle 5a)

Currant— There are two VERY different fruits called currants.

1. A tiny berry related to the gooseberry, black, red, or white in color.

Use: Black currants are used for preserves, syrups and liquors. Red and white currants are eaten out of hand or for making juice. (Lebanon aisle 1 [preserve], aisle 2 [juice]; Hanover aisle 5a [preserve], aisle 3a [juice])

2. The dried Zante grape; a tiny dark raisin is.

Use: Mainly in baking, like raisins. (Bulk dept. both stores)

Curry Paste— Thai and Indian mixture of spices. Indian curries tend to be a mixture of many spices, available in mild to hot varieties, while Thai curries tend to be based on fresh red or green chilies, with a blend of spices.

Use: Indian and Asian cooking (Lebanon aisle 4; Hanover aisle 6a)

## **D**

Dal (recipe)— A spicy Indian dish made with lentils, tomatoes, onions and seasonings.

Dal— Indian term for a variety of peas, lentils and beans.

Use: Indian and Asian cooking (Lebanon aisle 4; Hanover aisle 6b)

Danish Butter— See Lactic Butter

Demi-Glace— A concentrated brown stock that has been reduced until it forms a deep, meaty flavored glaze.

Use: A base for sauces and soups (Lebanon aisle 4; Hanover aisle 2a)

Dijon Mustard— Prepared with black and brown mustard seeds, the husks of the seeds are removed resulting in a pale, blond—colored mustard. Traditional Dijon mustards are made with white wine or Verjuice (juice from unfermented grapes), salt and spices, and are prepared in the Dijon region of France.

Use: Condiment (Lebanon aisle 1; Hanover aisle 2b)

## **E**

Earl Grey Tea— A black tea blend of Indian and Chinese teas scented with bergamot, which gives it its characteristic flavor.

Use: Hot beverage (Lebanon aisle 3, bulk; Hanover aisle 5a, bulk)

Edamame— The Japanese name for fresh soybeans.

Use: Asian cooking (Frozen dept. and seasonally in produce, both stores)

Escargot— The French word for “snail.”

Espresso— A dark, strong coffee made by forcing steam through finely ground coffee.

Use: Hot beverage (Lebanon aisle 3; Hanover aisle 5a)

Evaporated Milk— This canned, unsweetened milk is fresh homogenized milk in which 60% of its water has been removed. When an equal amount of water is added, it may be substituted for fresh milk in cooking.

Use: Baking (Lebanon aisle 3; Hanover aisle 5a)

Extracts— Concentrated flavorings made from various foods and plants through evaporation or distillation. Extracts come in different forms, from solid (bouillon), to liquid (like vanilla extract), to jelly (demi-glace). They offer a powerful flavoring to foods without changing their concentration.

Use: Cooking and baking (Lebanon aisle 3; Hanover aisle 4b)

## **F**

Falafel— A spicy Middle Eastern side dish made from chickpeas, garlic and onions.

Use: Pan fried or boiled (Lebanon aisle 4 (mix); Hanover aisle 6b (mix))

Famous Wafers— A thin, chocolate covered wafer made by Nabisco.  
Use: Popular for several dessert dishes (Lebanon aisle 5; Hanover aisle 4a)

Farfalle— See “Pasta”

Farina— A bland tasting flour or meal made from cereal grains that when boiled is made into a hot cereal. (Lebanon aisle 3; Hanover aisle 5b)

Fava Beans— A flat, tan bean that cannot be eaten unless very young.  
Use: Mediterranean and Middle Eastern cooking (Seasonally in produce, both stores)

Fedelini— See “Pasta”

Fenugreek— An aromatic plant indigenous to Asia and Southern Europe, its seeds can be found whole or ground.  
Use: Spice, most notably used in curry (Bulk dept. both stores)

Fettuccine— See “Pasta”

Fish Sauce— An Asian sauce made from salted fermented fish or shrimp.  
Use: Asian cooking, specifically Vietnamese and Thai (Lebanon aisle 4; Hanover aisle 6a)

Flan— A Spanish style custard coated with caramel. Also known as Crème Caramel.  
Use: Dessert (Lebanon aisle 3; Hanover aisle 4b)

Flax Seed— A mild, nutty flavored seed that is the source of essential fatty acids. Because of its high fat content, flax seeds and oils should be kept refrigerated.  
Use: Whole, ground into meal or pressed into oil (Haba [refrigerated], bulk both stores)

Foie Gras— Means “fat liver” in French. Generally speaking, *foie gras* usually refers to an enlarged, by way of force feeding, goose or duck liver.  
Use: Cooked, a French delicacy

Fondue— From the French word “to melt,” fondue has several meanings.

1. Fondue au Fromage— A Swiss dish made by melting cheese (usually Gruyere and Emmentaler), wine and depending on which region, Kirsch. Pieces of bread are dipped into the melted mixture.
2. Fondue Bourguignonne— A variation in which chunks of raw meat are cooked in a pot of hot oil and dipped into savory sauces
3. Chocolate Fondue— A variety in which chocolate is melted with cream and sometimes liquor, after which pieces of fruit or cake are dipped into

Free-Range— Poultry or animals allowed to roam and feed without confinement, as opposed to most commercially bred animals.

Fresh Pasta— See “Pasta”

Frijoles— The Mexican word for “beans.”

Fructose— An extremely sweet by-product of fruits and honey. When heated, granulated fructose loses some of its sweetening power.

Use: Like sugar (Lebanon aisle 3; Hanover aisle 4b)

Fusilli— See “Pasta.”

## G

Garam Masala: A blend of ground, dry roasted spices. “Garam” means “warm” or “hot” in Indian, and this blend is usually added to dishes at the end of cooking or sprinkled on upon serving.

Use: Indian cooking (Lebanon aisle 4; Hanover aisle 6b)

Garbanzo Flour— See Chickpea Flour

Garlic Paste: Pureed garlic, usually found in a tube or jar. As a general rule, 1 tbs.=1 medium size clove.

Use: Anyplace garlic is called for (Lebanon aisle 4; Hanover aisle 6a)

Gazpacho— A refreshing, cold summertime soup from the Andalusia region of Spain.

Uncooked, gazpacho is usually made from an uncooked mixture of pureed fresh tomatoes, sweet bell peppers, onions, celery, cucumber, bread crumbs, garlic, olive oil, vinegar and sometimes lemon juice.

Use: Summer soup, served cold (Lebanon aisle 4; Hanover aisle 2a)

Gefilte Fish— A Kosher, jarred fresh water fish.

Use: As an entrée, popular during Passover (Lebanon aisle 4; Hanover aisle 6b)

Gelato— The Italian word for “ice cream,” gelato is denser than American ice creams.

Use: Dessert (Frozen dept. both stores)

Ghee— This type of clarified butter originated in India and has a more caramelized flavor than clarified butter because it is heated for a longer period during the clarifying process.

Use: Indian cooking (Lebanon aisle 4; Hanover aisle 6b)

Giardinera— A spicy Italian condiment made with a variety of vegetables.

Use: Like a relish or as an appetizer (Lebanon aisle 1; Hanover aisle 2a)

Gluten— Made from a mixture of wheat flour, salt, and water, with all of the starch washed out.  
Use: Asian cooking as a source of vegetarian protein. (Lebanon aisle 4 (canned); Hanover aisle 6a (canned))

Gluten-Free— This describes product that doesn't contain any wheat, rye, barley or oat product or by products. People who have celiac disease or intolerance to wheat use gluten-free products.

NOTE: The Service Desk has a variety of materials pertaining to gluten-free and celiac disease.

Gnocchi— Means 'dumpling' in Italian. Can be made from potatoes, flour or farina (see Farina).  
Eggs, cheese and spinach can be added to the dough.

Use: Generally as a pasta side dish

Golden Syrup— A traditional British light golden syrup.

Use: Baking, sweetener (Lebanon aisle 3; Hanover aisle 5b)

Gomasio— Also called "Gomashio," this is a seasoning composed of sea salt and toasted sesame seeds. Gomasio is not a low-salt alternative to salt.

Use: Seasoning or used in place of salt. (Lebanon aisle 4; Hanover aisle 6a)

Gorp— Eaten as a snack, this dry mixture consists of a combination of foods, usually nuts, seeds, raisins or other dried fruit and oats.

Use: High energy snack (Bulk dept. both stores)

## **GRAINS**

Amaranth— Native to Mexico. Most commonly eaten as a grain, its tiny seeds have a peppery taste. Amaranth's leaves, which are similar to spinach, can also be eaten as a vegetable.

Use: Cereal, flour for unleavened bread. Gluten free (Lebanon bulk [seeds], aisle 3 [cereal]; Hanover bulk [seeds], aisle 5b [cereal])

Buckwheat— Buckwheat is thought of as a grain, but is actually an herb native to Russia. The seeds can be ground into flour, or the whole kernels can be crushed into groats, which are cooked in a similar manner as rice. Gluten free.

Use: As flour in baking; groats are used similar to rice. (Lebanon aisle 3 [flour], bulk [flour and groats]; Hanover aisle 4b [flour], bulk [flour and groats])

Kasha— This term refers to roasted buckwheat groats (see Buckwheat).

Use: Cooked cereal grain (Lebanon aisle 4, bulk; Hanover aisle 3b, bulk)

**Kamut**— Means “wheat” in Egyptian. Some consider kamut to be a great-grandfather to wheat, never hybridized, and with kernels 2-3 times the size of wheat.

Use: Mostly found in cereals, pastas or crackers (Lebanon aisle 3 [cereal and flour]; Hanover aisle 5b [cereal], 4b [flour])

**Pearl Barley**— Barley that has the bran removed, and has been steamed and polished.

Use: Soups and stews (Lebanon aisle 4, bulk; Hanover aisle 2a, bulk)

**Quinoa**— Pronounced “KEEN—wah.”. Quinoa is a South American grain that is relatively new to the American market. Considered a “complete grain,” one that contains all eight essential amino acids, quinoa cooks in about half the time as regular rice.

Use: In place of rice (Lebanon aisle 4, bulk; Hanover aisle 6b, bulk)

**Rye**— Rye is the most popular grain for bread making in Northern and Eastern Europe and Russia. It produces a dark, dense and dry loaf that keeps well. Pumpernickel is a whole-meal variety of rye.

Use: Flour, bread and other grain products

**Spelt**— A cereal grain native to Northern Europe that is easily digested and can be tolerated by those suffering from wheat allergies. (Lebanon aisle 3 [cereal], bulk [flour]; Hanover aisle 5b [cereal], bulk [flour])

## Wheat

The largest and most cultivated grain crop in the world. As with other grains, the wheat kernel is made up of three parts: the bran, the germ and the endosperm. The bran is the outer husk and its source of fiber, while the germ is the nutritious seed from which the plant grows. The proteins in the kernel form gluten, to which some people are intolerant (see Gluten).

**Bulgur**— Steamed cracked wheat. Bulgur is quick to prepare since it is precooked.

Use: As a hot cereal; main ingredient in Tabouli salad (Bulk dept. both stores)

**Couscous**— made from Semolina or whole-wheat grain, couscous is a versatile Moroccan-style pasta.

Used: Like rice (Lebanon aisle 4, bulk; Hanover aisle 3b; bulk)

**Wheat Berries**— the whole-wheat grain with the husks removed. Wheat berries should be soaked overnight and boiled until tender.

Use: Added to breads, soups, stews, rice and other grains for a sweet nutty flavor. (Bulk dept. both stores)

**Wheat Germ**— The nutritious inner seed of wheat.

Use: Baking and added to breakfast cereals (Lebanon aisle 3, bulk; Hanover aisle 5b, bulk)

**Graham Flour**— A wheat flour that is slightly coarser than whole wheat. Named after the 19<sup>th</sup> century Connecticut cleric Reverend Sylvester Graham.

Use: Baking (Lebanon aisle 3; Hanover aisle 4b)

**Gram Flour**— See Chickpea Flour

**Grape Leaves**— These large green leaves, usually canned in brine, are used to wrap foods for cooking.

Use: Mediterranean, Middle Eastern cooking, garnishing (Lebanon aisle 1; Hanover aisle 2b)

**Grape Seed Oil**— An oil pressed from grape seeds.

Use: High heat cooking and dressings (Lebanon aisle 1, bulk; Hanover aisle 2b; bulk)

**Greek Yogurt**— Also called “strained yogurt.” A thick, creamy strained yogurt from cow or sheep milk. Greek yogurt has a high fat content, resulting in a mild flavor.

Use: Mainly eating, but used in some recipes (Dairy dept. both stores)

**Green Tea**— Tea leaves that have been steamed and dried, but not fermented. Gunpowder green tea is a popular variety that the leaves have been rolled into tiny balls, giving it a granular appearance.

Use: Hot beverage (Lebanon aisle 3, bulk; Hanover aisle 5a, bulk)

**Grenadine**— Sweet red syrup made from pomegranate seeds.

Use: Beverage flavoring (Beverage dept. both stores)

**Grits**— coarsely ground yellow or white corn most popular in the southern states.

Use: Boiled to make an oatmeal-like dish or in southern baking (Lebanon aisle 3; Hanover aisle 5b)

**Guar Gum**— A gummy substance obtained from legume-family plants.

Use: As a thickener and stabilizer in food processing (Bulk dept. both stores)

**Gumbo File**— Powdered sassafras leaves.

Use: Ingredient in Cajun Gumbo (Lebanon aisle 4; Hanover aisle 6b)

## **H**

**Halal**— Meaning ‘lawful or permitted’ in Arabic, Halal foods are foods that are processed according to Islamic law.

Use: Mostly Muslim cooking, but also popular in some Balkan, Mediterranean and Indian cooking.

**Halvah**— Kosher, sweet sesame “candy bar”.

Use: Dessert (Lebanon aisle 4; Hanover aisle 6b)

Harissa— A hot chili pure widely used as a condiment or diluted with stock, water or fresh tomato sauce as a flavoring to couscous, soups and stews.

Use: Middle Eastern and North African cooking (Lebanon aisle 4; Hanover aisle 6b)

Hoisin Sauce— A sweet soybean-based sauce of Chinese origin.

Use: Asian cooking, as a marinade or dipping sauce (Lebanon aisle 4; Hanover aisle 6a)

Hominy— Whole white or yellow corn kernels, with the hull and germ removed. When ground, hominy is called grits (see Grits).

Use: Cooking, most commonly ground into grits (Lebanon aisle 4; Hanover aisle 6b)

Hon-Dashi— Powdered Bonito fish.

Use: Soup stock (Lebanon aisle 4; Hanover aisle 6a)

Hummus— Middle Eastern dip made from chickpeas. Some hummus is also made with tahini (see Tahini).

Use: Dip or sauce (Dairy (prepared), bulk (mix) both stores)

Hydrogenated Oils— Oils that have been chemically transformed from their natural liquid state, by adding hydrogen, into a solid. By doing so the oil becomes a ‘trans fatty acid’, converting the oil into a saturated fat and destroying all beneficial qualities of the oil.

## I

Indian Pudding— This hearty, old-fashioned dessert originated in New England. It's a spicy cornmeal-molasses baked pudding that can sometimes include sliced apples

Use: Dessert (Lebanon aisle 3; Hanover aisle 4b)

Indian Rice— Another name for ‘wild rice’ (see Wild Rice).

Irish Oats— Steel cut oat groats that have been cut into 2-3 pieces and not rolled.

Use: Oatmeal, cooking (Lebanon aisle 3, bulk [as steel-cut]; Hanover aisle 5b, bulk [as steel-cut])

## J

### **JAMS, JELLIES and PRESERVES**

In general, the ratio of fruit to sweeteners helps define the difference between jams, jellies, fruit butters and preserves. These Standards of Identity have been created by the FDA to help consumers know what they are buying. (Lebanon aisle 1; Hanover aisle 5a)

Jelly— A clear, bright mixture made from fruit juice, sugar and often pectin or acid. A jelly must contain 45-47% fruit by weight.

Jam— A thick mixture of fruit and sugar and often pectin that is cooked until the pieces of fruit are soft and almost formless, like a thick puree. Like jelly, jams are made with a minimum of 45 pounds of fruit solids combined with 55 pounds of sugar.

Preserve— According to the Standards of Identity, a preserve must have at least 65% Brix, the unit of measurement of sugar solids that come from sweetener or fruit. Almost identical to a jam, a preserve contains large chunks of fruit or whole fruit.

Fruit Spread— Fruit spreads do not fall under the jelly or jam Standards of Identity and usually contain less than 65% Brix. Often, but not always, fruit spreads are made with fruit juice concentrates or low-calorie sweeteners replacing all or part of the sugar.

Fruit Butter— A spread that is made by cooking fresh fruit with spices until it becomes thick and smooth. Fruit butter must have a ration, by weight, of five parts fruit to each two parts sweetener.

Marmalade— Like a preserve but contains some amount of fruit rind, usually from a citrus fruit.

Conserve— Like a preserve but usually contains more than one kind of fruit and often nuts.

Jambalaya— A versatile dish that includes cooked rice, an assortment of vegetables and almost any kind of meat, fish or shellfish.

Use: Creole cooking (Lebanon aisle 4; Hanover aisle 3a)

Jasmine Rice— See “RICE”

Jerk Seasoning— Also known as “Jamaican Jerk” after the Caribbean island in which it originates. Most jerk seasonings are made with chilies, thyme, a blend of spices, (which can vary but usually includes cinnamon, ginger, allspice and clove) garlic and onions.

Use: As a rub on meat or mixed with liquid as a marinade (Marinade set in meat dept. both stores)

## **K**

Kefir— A fermented milk originating from the Caucasus mountain range, located between the Caspian and Black seas. Some kefirs contain as high as 2½ % alcohol is similar to a liquid yogurt.

Use: Beverage (Dairy dept. both stores)

**Kosher**— Food manufactured under rabbinical supervision. Most stores have a kosher foods section, but there are many products throughout that bear a kosher seal of approval.

Use: Purchased by Jewish and health-conscious consumers

**Kosher Salt**— An additive free, coarse-grained salt.

Use: Mostly in cooking (Lebanon aisle 3; Hanover aisle 4b)

**Kukicha**— “Twig Tea”. Made from the dried stems and leaves of the tea plant.

Use: Beverage (Lebanon aisle 3; Hanover aisle 5a)

## **L**

**Lactic Butter**— Also known as “Danish butter,” lactic butters are pasteurized, ripened and pasteurized again to halt the ripening process.

Use: As a spread, baking (Dairy dept. both stores)

**Lactose Free**— Term used to describe products that are free of lactose.

Use: By people who are lactose intolerant

**Lactose**— Naturally occurring sugar found in milk; the least sweet of all natural sugars.

Use: Found naturally in milk; ingredient in some baby formulas and candy

**Lady Finger**— A light sponge cake shaped like a large, fat finger.

Use: Desserts, baking (an important ingredient in Tiramisu) (Lebanon aisle 5, frozen; Hanover aisle 5b, frozen)

**Lager**—A light, bubbly, golden beer that is stored in its cask or vat until free of sediment and crystal clear.

**Lait**— French for “milk.”

**Laos**— Also called “Thai Ginger,” Laos is a root that is hot with a ginger-peppery flavor.

Use: Seasoning (Lebanon aisle 4; Hanover aisle 6a)

**Lasagna**— See “Pasta”

**Lassi**— A chilled, spiced yogurt drink made from yogurt, water/crushed ice (four parts yogurt to 1 part water), cumin, mint and salt, which is blended together and served cold.

Use: Popular Indian beverage

**Latke**— Traditionally served at Hanukah, latkes are potato pancakes, made from grated potatoes, eggs, onions and matzo meal (see Matzo).

Use: Fried, served hot as a side dish

Latte— A hot beverage made with espresso and steamed milk.

Lavhosh— A round, thin crisp bread that is also available in a soft version.

Use: Wraps, Middle Eastern cooking (Lebanon aisle 5 [cracker], bakery [wrap]; Hanover aisle 4b [cracker], bakery [wrap])

Lebkuchen— A specialty thick, cake like cookie from Germany that is sweetened with honey and made with almonds and spices

Lecithin— A fatty substance obtained from egg yolks and legumes.

Use: To preserve, emulsify and moisten foods (Haba dept. both stores [refrigerated])

Lekvar— A thick fruit and sugar spread from Hungary.

Use: Baking, as a fat replacement or fruit filling (Lebanon aisle 3; Hanover aisle 4b)

Lemon Grass— An herb with long, thin gray-green leaves and a scallion-like base.

Use: Asian cooking, especially Thai foods (Lebanon aisle 4; Hanover aisle 6a)

Lingonberry— Also called “Cowberry,” a member of the cranberry family, lingonberries, are tart red berries found in the mountainous regions of Scandinavia, Russia, Canada and Maine.

Use: Available fresh only in the regions where they are grown; commonly available in sauces and preserves. (Lebanon aisle 1 [preserve]; Hanover aisle 5a [preserve])

Linguíçia— A heavily flavored cured sausage from Portugal.

Use: Portuguese, Latin American cooking (Meat dept. both stores)

Linguine— See “Pasta”

Liquid Amino— A liquid made from soy and containing amino acids.

Use: Substitute for soy and tamari sauce (Lebanon aisle 4; Hanover aisle 6a)

Lumpfish Roe: Sometimes referred to as ‘mock caviar’, lumpfish roe are eggs from the Arctic lumpfish, usually dyed orange-red or black. The most widely available variety of caviar.

Use: Hors d’ oeuvres, appetizer (Lebanon aisle 1; Hanover aisle 2a)

Lupini Beans— Small, flat brown-colored seeds with a small hole in one end. Some species are toxic and bitter when fresh, but ones found in jars or cans have been parboiled, then boiled or roasted.

Use: Mediterranean, Middle Eastern cooking (Lebanon aisle 1; Hanover aisle 2b)

## M

Macaroons— A chewy cookie made with coconut.  
Use: As a cookie (Lebanon aisle 5, bakery; Hanover aisle 5b)

Maccheroni— See “Pasta”

Maize— The European word for “corn.”

Malt— See Barley Malt

Mango Pulp— Pureed mango.  
Use: Cooking (Lebanon aisle 1; Hanover aisle 5a)

Marin— A sweet cooking wine made from rice.  
Use: Japanese cooking (Lebanon aisle 4; Hanover aisle 6a)

Marmite— A savory spread made from yeast extract.  
Use: Spread on bread, toast; flavoring for soups and stews (Lebanon aisle 4; Hanover aisle 2a)

Marrons Glace— Marron means “chestnut” in French; *marrons glace* are chestnuts preserved in sweet syrup or candied.  
Use: Expensive, these are primarily sold as a specialty during the holiday season (Seasonally in holiday set both stores)

Marsala— An Italian dessert wine with a sherry flavor.  
Use: Cooking, dessert wine

Marzipan: Sweet dough made from almonds. Very popular before Christmas.  
Use: Baking, confections (Lebanon aisle 3; Hanover aisle 4b)

Masa Harina— Means “dough flour” in Spanish; cornmeal made from corn treated with lime.  
Use: To make corn tortillas (Lebanon aisle 4; Hanover aisle 6b)

Mascarpone— A rich double or triple-cream cheese from Italy, mascarpone is a very flavorful cheese that needs little embellishment.  
Use: Spread or filler used much like cream cheese (Cheese dept. both stores)

Matzos— Kosher, unleavened bread, matzos are very popular during Passover and Hanukah.  
Use: Like bread or crackers (Lebanon aisle 4; Hanover aisle 6b)

Miso— A fermented paste, most commonly made from soy or barley.  
Use: Japanese cooking, frequently soup (Produce dept. both stores)

Mochi— A dense cake made from sweet glutinous rice.

Use: Japanese cooking, most commonly used to make rice cakes (Produce dept. both stores)

Mochiko— A flour made from Mochi (see Mochi), a sweet short-grained glutinous rice.

Use: Asian cooking (Lebanon aisle 4; Hanover aisle 6a)

Molé— see “Salsa”

Morels— Morels are edible mushrooms, belonging to the same fungi family as truffles (see Truffles).

MSG— Monosodium glutamate.

Use: Flavor enhancer, most notably used in Asian recipes

Muesli— Means “mixture” in German. Muesli was developed by a Swiss doctor in the late 19<sup>th</sup> century as a health food and includes a mix of cereal grains, dried fruit, nuts, bran and germ, sugar and dried milk solids.

Use: Cereal, either hot or cold (Lebanon aisle 3, bulk; Hanover aisle 5b, bulk)

Muffaletta— A condiment made from chopped olives, oil and garlic.

Use: Appetizer, as a spread (Lebanon aisle 1; Hanover aisle 2a)

Mung Bean— A small dried bean with yellow flesh. Mung beans are commonly used to grow bean sprouts (see Bean Sprouts).

Use: Asian cooking (Produce dept. both stores)

## N

Naan— An East Indian slightly leavened flat bread made from white flour. (Lebanon aisle 4; Hanover aisle 6b)

Nasi Goreng— The Indonesian term for “fried rice.” The rice is cooked with various ingredients including shrimp or other shellfish, meat, chicken, eggs, onions, chilies, garlic, cucumber, peanuts and a wide array of seasonings.

Use: Asian cooking (Lebanon aisle 4; Hanover aisle 3b)

Natural— By the USDA standard, for a product to be labeled Natural, the product cannot contain any artificial ingredients or colors and is minimally processed (a process that does not fundamentally alter the raw product).

Noodles—A type of pasta made from flour, eggs and water, or just flour and water, and cut into flat strips of varying shapes and sizes. Asian noodles are made from a variety of flours, including wheat, rice, mung beans, buckwheat and corn.

Udon— A popular Japanese noodle, made from wheat flour and water. Udon noodles are long and narrow.

Somen— these thin white noodles are sold in bundles, held in place by a paper band.

Ramen— these are Japanese noodles made with egg and look similar to Vermicelli. They are usually sold dry in coils.

Soba— these are Japanese noodles made with buckwheat and wheat. Soba noodles are long and narrow, much like Udon noodles.

Cellophane noodles— also known as transparent noodles, these noodles are made from mung beans. The Japanese version may also be made with potato or rice flour. Cellophane noodles are almost tasteless unless cooked with other strongly flavored foods. These noodles are also used in Vietnamese spring rolls. They are only available dried.

Nopalitos— Sliced cactus.

Use: Mexican cooking (Lebanon aisle 4; Hanover aisle 6b)

Nori— Paper thin sheets of dried seaweed.

Use: Japanese cooking (Lebanon aisle 4; Hanover aisle 6a)

## O

Oolong Tea— Partially fermented tea; oolong is the grade in between green and black tea. (Lebanon aisle 3; Hanover aisle 5a)

Orechiette— See “Pasta”

Organic— The USDA has set up guidelines separating organic foods into four categories:

1. **100% Organic (or similar statement)**— In order to label a product 100% organic, the product must contain 100 percent organically produced ingredients, not counting added salt and water. The label must show an ingredient list when the product consists of more than one ingredient and must show the name of the handler (distributor, importer, packer etc) and the phrase “Certified organic by \_\_\_” or similar phrase followed by the name of the certifying agent. The USDA organic seal may also be displayed on the label.
2. **Organic**— For a product to be labeled “Organic” at least 95% of the ingredients must be organic, not counting added salt and water. Organic product must show an ingredient statement, the name of the handler and the statement “Certified organic by \_\_\_” or similar phrase followed by the name of the certifying agent. The label may also show a percentage of organic ingredients accompanied by the USDA organic seal.

3. **Made with Organic Ingredients**— Product claiming to contain at least 70% organic ingredients, not counting added salt and water, is labeled as “Made with Organic Ingredients”. The product may contain up to 30% non—organically produced agricultural ingredients. An ingredient statement must be present on the label, with the organic ingredients listed as “organic” when other organic labeling is shown.
4. **Contains some Organic Ingredients**— Products claiming to contain organic ingredients may contain less than 70% organic ingredients, not counting added water and salt, and over 30% of non—organically produced agricultural ingredients and other substances. The label must have an ingredients statement when the word organic is used and can show a percentage of organic ingredients when organically produced ingredients are identified in the ingredients statement. The USDA organic seal or the certifying agent seal may not be shown on the label.

Orzo— See “Pasta”

Oyster Sauce— A thick soy—based sauce flavored with oyster juice. Use: Asian cooking (Lebanon aisle 4; Hanover aisle 6a)

## P

Pad Thai— Thailand’s most well known noodle dish. There are several varieties, but most are a stir—fried combination of cooked rice noodles, tofu, crushed peanuts, bean sprouts, garlic and eggs.

Use: Thai cooking (Lebanon aisle 4; Hanover aisle 6a)

Paella— A Spanish dish of saffron rice, made with a variety of meats and shellfish, such as lobster, shrimp, chicken, ham or chorizo. (Lebanon aisle 4; Hanover aisle 3a)

Palak Paneer— In Indian, palak means ‘spinach’. Paneer is an Indian fresh, unripe cheese. There are different varieties of palak paneer dishes, but all include spinach and paneer and a variety of spices.

Use: Indian cooking (Lebanon aisle 4; Hanover aisle 6b)

Panko— Japanese breadcrumb that is slightly coarser than those normally found in the U.S.

Use: Asian cooking, fried foods (Lebanon aisle 4; Hanover aisle 6a)

Pappadums— A very thin bread made from chickpeas and lentils.

Use: Indian cooking (Lebanon aisle 4; Hanover aisle 6b)

Pate: A paste made from meat products.

Use: Appetizer, may be served hot or cold (Cheese dept. both stores)

Pappardelle— See “Pasta”

## **PASTA**

The many hundreds of different types of dried and fresh pastas are divided into categories. Long, short and flat shapes are the most common, but there are also stuffed shapes, stuffing shapes, tiny shapes for soups, as well as lesser—known regional shapes and designer shapes.

(Lebanon aisle 4 [dried], produce [fresh]; Hanover aisle 6a [dried], produce [fresh])

### **Dried Pasta: Long**

Dried long pasta in the form of spaghetti is the best—known pasta of all time. Long pasta comes in a variety of lengths, but 12in is average. The strands of long pasta can be flat, hollow, round or square and some long pasta are coiled in nests. Most are available in plain durum wheat only, but some are made with egg.

Spaghetti— this popular type of pasta takes its name from the word *spago*, which means strings, so spaghetti means little strings. Originally from Naples, Italian spaghettis are graded by number according to thickness.

Capelli d’angelo— In Italian, the name of this pasta means angel’s hair. Italian varieties of angel hair are often found packed in nests. Packing angel hair in nests helps to protect the delicate pasta from breaking.

Tagliatelle— The most common type of ribbon pasta, tagliatelle are usually 1/3—1/2in wide and sold in nests. Traditionally from Bologna, it is made both with and without egg and with spinach.

Fettuccine— this flat ribbon pasta, like tagliatelle but narrower (usually 1/4in wide) are usually sold in coiled nests. Fettucelle is similar, but straight rather than coiled.

Linguine— In Italian linguine means *little tongues*, which describes the very thin spaghetti—like pasta with flattened edges. There are narrower versions of linguine, all of which are good served with olive oil—based and smooth tomato sauces.

Pappardelle— these broad ribbon noodles have wavy edges and are usually made with egg.

Fedelini— another long, thin pasta, whose name comes from *filo*, meaning thread or wire.

Vermicelli— Meaning *little worms*, they are essentially like spaghettini.

### **Dried Pasta: Short**

There are hundreds of different varieties of short pasta. Some people prefer short pasta because it

is easier to cook and eat than long pasta, and goes well with a wide variety of sauces.

Conchiglie— commonly known as shells, these shapes resemble small conch shells. Sizes vary, from tiny conchigliette for soups to conchiglione for stuffing.

Farfalle— The name of this pasta means butterflies, but this shape is commonly known as bow ties. Farfalle are available in a wide variety of colors and flavors, plain, with egg, and tricolor. Farfalle can be served with almost any sauce, but are particularly good with a cream and tomato sauces.

Fusilli— these spirals look like tight coils or springs. Fusilli is formed by winding fresh dough around a thin rod. The spirals open out, rather than remaining solid as it does with eliche, for which fusilli are often mistaken.

Maccheroni— often spelled macaroni, and called elbow macaroni, this used to be the most common form of short pasta exported outside of Italy.

Penne— Like maccheroni, penne is hollow, but with the ends cut diagonally like quills. Penne means feather or quill pen in Italian. Penne rigate is ridged, and egg varieties are becoming common.

Rigatoni— from the maccheroni family, rigatoni is ridged, hollow shapes. Mezzi and millerghe are two shorter types of rigatoni.

Rotelle— commonly called *wagon wheels*, this shape is popular with children, and the spokes of the wheels are good for holding heavy sauces.

Gnocchi— Means ‘dumpling’ in Italian. Can be made from potatoes, flour or farina (see Farina). Eggs, cheese and spinach can be added to the dough. This pasta is named after the gnocchi potato dumplings, but are smaller and look like shells. They are best served with meat and vegetable sauces and have a chewy texture

Orecchiette— The name of this small pasta means *little ears* in Italian. Orecchiette are always made with durum wheat and have a chewy texture that is best served with sauces made with vegetables.

Trofie— Small twists of pasta commonly called Gemelli. This is the preferred pasta for pesto in Italy.

Ziti— Ziti means *groom* in Italian, and this pasta is typically served as a first course at Italian weddings.

### **Flat Pasta**

Although there are many types of flat ribbon pastas, like fettuccine, there is only one broad, flat pasta used for baking in the oven.

Lasagna— Most lasagna is made flat, with or without crimped edges, but some varieties are wavy all over, which helps trap the sauce and look attractive. Brighter, more yellow looking sheets usually have egg added, and come in sheets like plain lasagna.

### **Dried Stuffed Pasta**

The most famous variety of dried stuffed pasta is tortellini, which means *little pies*. A specialty of Bologna, it is said to be modeled after the shape of Venus' navel. Tortellini are popular dried for use in soups, and are available with a choice of fillings—meat or cheese. The pasta is made with egg, and may be plain and yellow in color, or flavored with spinach or tomato.

### **Dried Pasta for Soups**

There are hundreds of varieties of tiny pasta called *pastina*. The smallest pastina is *pasta per minestre*, meaning pasta for soup, is like tiny grains. Other shapes look like rice, or barley, and some are shaped like letters and stars.

Another category of soup pasta consists of shapes that are smaller versions of short pasta shapes. Their names end in “ine” “ette” or “etti”: farfalline (small bowties), conchigliette (small shells) and orecchietti (small ears).

Alphabet— this small pasta is shaped like letters.

Orzo— Shaped like barley seeds, these are used for soups and salads.

### **Fresh Pasta**

Fresh pasta is made with egg, which shortens the shelf life, but increases the flavor and gives plain varieties a golden yellow color. Fresh pastas come in the same shapes and styles as dried, and unless you buy it direct from a *pastificio* or baker, fresh varieties are obviously not “just made,” although labeled fresh.

Ravioli— these are fresh stuffed pasta usually square with fluted edges. Along with tortellini, raviolis are the most widely made stuffed fresh pasta. Popularly stuffed with meat or cheese, raviolis are also stuffed with vegetables, and the dough may be either plain or flavored with spinach or cheese.

Peanut Sauce— A flavored sauce used with pastas, stir—fries or for dipping.  
Use: Asian cooking (Lebanon aisle 4; Hanover aisle 6a)

Pearl Barley— See “GRAINS”

Pekoe Tea— Because similar sized teas brew at the same speed, tea is graded and sorted by size. Pekoe describes medium sized teas; where as ‘Orange Pekoe’ describes the smallest leaves. Orange pekoe was named after the Dutch royal family, the House of Orange. (Lebanon aisle 3; Hanover aisle 5a)

Penne— See “Pasta”

Pesto— An Italian sauce made with basil, olive oil, and pignoli nuts.  
Use: As pasta sauce, topping or pizzas (Lebanon aisle 4, produce; Hanover aisle 6a, produce)

Petit Four— Any of various bite-size iced and elaborately decorated cakes. Petit fours can be made with any flavor cake, though white and chocolate are the most common varieties.  
Use: Dessert (Seasonal bakery, holiday product)

Petit Pain— Petit pain means “small bread” in French. Most often, petit pain is made with the same dough as baguettes.

Pfeffernüsse—German for "pepper nuts," very popular in many European countries. These tiny ball-shaped cookies are full of spices such as cinnamon, cardamom, ginger and the ingredient for which they're named — black pepper. (Seasonal holiday product)

Phyllo— Also spelled ‘filo’, this is literally translated to mean “leaf” in Greek. In baking, this refers to paper-thin layers of pastry dough  
Use: Greek and Middle Eastern baking (Dairy, frozen dept. both stores)

Piccalilli— A highly seasoned pickled vegetable relish. The vegetables used vary from recipe to recipe and can include tomatoes, sweet peppers, onions and zucchini.  
Use: Condiment (Lebanon aisle 4; Hanover aisle 2b)

Pickled Ginger— Ginger root preserved in sweet vinegar.  
Use: Asian cooking, condiment with sushi (Lebanon aisle 4; Hanover aisle 6a)

Pierogi— A Polish specialty, pierogi are half-moon-shaped noodle dumplings filled with a minced mixture, the most common being pork, onions, cottage cheese and seasonings. Mushrooms, cabbage, potatoes and rice are also used as filling ingredients.  
Use: Cooked in boiling water and, sometimes afterwards sautéed briefly in. They can be served as a first course or side dish. (Frozen dept. both stores)

Pignoli Nut— Commonly called “pine nuts” and sold raw and whole.  
Use: Cooking, added to salads and an important ingredient in pesto (Bulk dept. both stores)

Pilsner— originally this term referred to a very fine beer brewed in Pilsen, Czech Republic.  
Today, however, it more commonly refers to any pale, light lager beer.

Pin Head Oatmeal— The largest and most coarse oatmeal.  
Use: Served hot as an oatmeal

Pine Nuts— See Pignoli Nuts

Pita Bread— “pocket bread,” this Middle Eastern bread can be made of white or whole-wheat flour. Each pita round splits horizontally to form a pocket.  
Use: Variety of stuffed sandwiches, dipped in hummus or baba ghanoush.

Polenta— A staple of Northern Italy made from corn meal.  
Use: Eaten hot; cooled, cut into squares and fried (Lebanon aisle 4; Hanover aisle 6b)

Pot Stickers— Dumplings made with won ton skins and filled with meat or shellfish, scallions and spices.  
Use: As an appetizer (Frozen dept. both stores)

Potato Starch— Dried, powdered potatoes.  
Use: Can be used as a thickener for sauces and gravies, substitute for wheat flour or cornstarch.  
(Lebanon aisle 4; Hanover aisle 6b)

Praline— There are two very different items named praline:  
1. A brittle confection made of almonds and caramelized sugar.  
Use: Eaten as a candy or crushed to use on desserts

2. A special patty-shaped candy from Louisiana made with pecans and brown sugar.  
Use: Dessert, candy

## Q

Quark— A soft, unripened German cheese with a texture and flavor similar to sour cream.  
Use: Substitute for sour cream; cooking (Cheese dept. both stores)

Quiche— Originating in the Alsace-Lorraine region of Northeastern France, quiche is a dish consisting of a pastry shell filled with a savory custard made of eggs, cream, seasonings and various other ingredients such as onions, mushrooms, ham, shellfish or herbs

Quinoa— See “GRAINS”

## R

Ramen— See ‘Noodles’

Rapadura Sugar— See ”Sugar”

Rarebit— See Welsh Rarebit

Raw Honey— Honey as it exists in the beehive or as obtained by extraction, settling or straining without adding heat. Raw honey contains more beeswax and pollen than pasteurized honey.  
Use: Like regular honey (Lebanon aisle 3; Hanover aisle 5b)

## **RICE**

Rice is a grain that has been cultivated for over 5,000 years. There are five main categories of rice; long grain, medium grain, short grain, glutinous and wild. Furthermore, all rice can be divided into two groups, white and brown. All brown rice is complete with its bran, but with out its husk. White rice has been removed of the bran as well as the husk. (**Lebanon aisle 4, bulk; Hanover aisle 4, bulk**)

**Long grain**— Long grain rice is 3—5 times as long as it is wide.  
Common types: Basmati and Jasmine

Basmati Rice— Aromatic long grain rice that cooks very plump. Available in white and brown (like all types of rice, with the bran but without the husk).

Use: General purpose rice, Indian cooking (Lebanon aisle 4, bulk; Hanover aisle 3b, bulk)

Jasmine Rice— Also called “Thai Fragment” rice; this rice has a fragrant aroma that goes well with spicy dishes. Once cooked, jasmine rice has a sticky texture and is good for both sweet and savory dishes.

Use: Thai, Asian cooking (Lebanon aisle 4, bulk; Hanover aisle 3a, bulk)

**Medium grain**— This size is somewhere in between short and long grain.  
Common types: Italian Arborio and Carnaroli, Spanish Valencia

Arborio Rice— One of the best—known Italian risotto rice. A large plump grain named after a town in the Vermicelli region of Northwest Italy.

Use: Used to make risotto (Lebanon aisle 4, bulk; Hanover aisle 3b, bulk)

Carnaroli Rice— A premium Italian risotto rice made by crossing Vialone with Japanese rice. When cooked, the soft outer grain dissolves, leaving the inner grain, which has a firm bite.

Use: Italian cooking (Lebanon aisle 4; Hanover aisle 3b)

Spanish Valencia Rice— Rice grown in Spain, primarily in the swampy regions outside of

Valencia. The most common type of Spanish rice is a medium short grain that has a sticky consistency when cooked.

Use: Same as rice, Valencia rice is traditionally used in making the Spanish dish Paella (see Paella). (Lebanon aisle 4; Hanover aisle 6b)

**Short grain**— This size of rice is almost exclusively used for desserts.

Common types: Pudding, Carolina

**Glutinous**— This name is misleading as the grain contains no gluten, but is named so for the way that they stick when cooked.

Common types: Sushi

Sushi Rice— A type of glutinous rice.

Use: In making sushi (Lebanon aisle 4, bulk; Hanover aisle 3b, bulk)

**Wild**— These are not actually rice, but rather an aquatic grass that grows in the marshes around the Great Lakes. Wild rice needs to be soaked for several hours before cooking to the inner grain breaks through the husk.

Popular Types: Giant Canadian Wild

Rice Cooking Wine— A sweet, golden wine made from fermenting freshly steamed glutinous rice. Most rice wines are low in alcohol. The most well known Japanese rice cooking wine is Marin (see Marin).

Use: Asian cooking (Lebanon aisle 4; Hanover aisle 6a)

Rice Milk— Beverage made from rice.

Use: As a beverage and in recipes as a substitution for dairy. (Lebanon aisle 4; Hanover soymilk set)

Rice Vinegar— Vinegar brewed made from fermented rice.

Use: Asian cooking, dressings and marinades (Lebanon aisle 4; Hanover aisle 6a)

Rigatoni— See “Pasta”

Risotto— A labor-intensive Italian rice dish made by stirring hot stock into one of the Italian rice’s, most commonly Arborio. (Lebanon aisle 4; Hanover aisle 6b)

Roe— Fish eggs, most commonly sturgeon, salmon and lumpfish.

Use: Caviar (salted roe)

Rolled Oats— Steam and flattened oat groats, also called “Old Fashioned Oats.”

Use: Cooking, cereals such as Muesli (Lebanon aisle 3, bulk; Hanover aisle 5b, bulk)

Rose Hip— Though too tart to eat raw, the ripe reddish-orange fruit of the rose is often used to make jellies and jams, syrup, tea and even wine

Rose Water— a distillation of rose petals that have the intensely perfume flavor and fragrance of its source. Rose water has been a popular flavoring for centuries in the cuisines of the Middle East, India and China

Use: Middle Eastern, Asian and Indian cooking (Lebanon aisle 3; Hanover aisle 4b)

Rotelle— See “Pasta”

Rugalach— A Hanukkah tradition, rugalach are bite-size crescent-shaped cookies that can have any of several fillings including raisins (or other fruit) and nuts, poppyseed paste or jam. They're generally made with rich cream cheese dough.

Rusk— Known in France as “biscotti and in Germany as “zwieback,” a slice of yeast bread (thick or thin) that is baked until dry, crisp and golden brown.

Use: Dessert

Rye— See “GRAIN”

## S

Safflower Oil— Tasteless, colorless oil expressed from the seeds of the safflower plant.

Safflower oil has a very high ‘smoke point’, making this oil good for deep-frying.

Use: Deep-frying, cooking (Lebanon aisle 1; Hanover aisle 2b)

Saffron—the yellow-orange stigmas from a small purple crocus, the world's most expensive spice. Each flower provides only three stigmas, which must be carefully handpicked and then dried; an extremely labor-intensive process. It takes over 14,000 of these tiny stigmas for each ounce of saffron.

Use: Spice; to flavor and color food (Lebanon aisle 3, bulk; Hanover aisle 4b, bulk)

Sake— Japanese wine made from fermented rice. Sake doesn't require aging, and has a relatively low alcohol content of 12-16%.

Use: Served warm for drinking and in Japanese cooking

## SALSA

In Spanish, salsa can refer to any type of sauce, but in English it usually refers to the spicy, often tomato based sauces typical of Latin American cuisine, particularly uncooked sauces or dips.

Guacamole— Usually any sauce whose main ingredient is avocado.

Molé— Pronounced “MOE-lay,” a Mexican sauce made from chili peppers, a mixture of spices, unsweetened chocolate and peanuts. Mole is a rich, dark, reddish—brown sauce usually served with poultry. There are many variations of. Generally, mole is a smooth, cooked blend of onion, garlic, several varieties of chili, ground seeds (such as sesame seeds or pumpkin seeds) and a small amount of chocolate, its best-known ingredient

Use: Mexican cooking (Lebanon aisle 4; Hanover aisle 6b)

Salsa Brava— “wild sauce,” usually made with mayonnaise and Tabasco sauce, Served on top of potato wedges, it makes the dish *patatas bravas* typical of tapas bars in Spain.

Salsa Cruda— “raw sauce,” made with raw tomatoes, onions, peppers and other coarsely chopped raw vegetables.

Salsa Roja— “red sauce,” used as a condiment in Mexican and southwestern U.S. cuisine.

Salsa Verde— “green sauce,” made with tomatillos, usually cooked.

## **SALT**

One of the most widely used ingredients in the world, salt consists of two elements, sodium and chlorine. There are two main types of salt, mined salt and sea salt.

Iodized Salt— Table salt with the addition of sodium iodide, an essential mineral.

Kosher Salt— An additive free coarse-grained salt. This type is commonly used is Jewish cooking and in brining meat and poultry.

Mined Salt— Table, kosher, pickling and iodized salts are all produced from rock salt, formed over the millennia in underground deposits. Water is pumped into the salt caves and the brine is pumped to the surface where it is then boiled and allowed to crystallize. Rock salt generally describes larger crystals produced by this process. (Lebanon aisle 3; Hanover aisle 4b)

Pickling Salt— Used to make brines for pickles, this is similar to kosher salt.

Table Salt— Fine textured rock salt that is commonly present at the table and used in cooking

Sea Salt— This term refers to any salt that has been obtained from the evaporation of seawater, as opposed to mined salts. There are many varieties of sea salt, which is increasingly becoming popular for its flavor for cooking and table use. (Lebanon aisle

3, bulk; Hanover aisle 4b, bulk)

Fleur de Sel— "flower of the salt." A rare sea salt harvested by hand in Brittany, France and available only in limited quantities, Fleur de Sel is composed of the natural crystal formations found on the surface of a salt marsh. The crystals are only sun dried, thereby maintaining many of the nutrients not found in typical prepared salts. Fleur de Sel's unrefined nature lends itself to be served as a condiment, rather than a seasoning, adding both texture and flavor to a meal.

Maldon— Pyramid shaped, flaky crystals produced only in Essex, England.

Black Salt— Actually dark gray with a pink tinge when ground, black salt is used as a seasoning and spice in Indian cooking.

Sel Gris— Also called "Celtic Salt" sel gris literally means "gray salt" in French. Grey Salt is a "moist" unrefined sea salt usually found on the coastal areas of France. Its light gray, almost light purple color comes from the clay found in the salt flats.

Hawaiian Red — a traditional Hawaiian table salt used to season and preserve. A natural mineral called "Alaea" (volcanic baked red clay) is added to enrich the salt with iron oxide.

Italian— Italian sea salt is produced from the low waters of the Mediterranean Sea along the coast of Sicily. It is a natural salt rich in minerals such as iodine, fluorine, magnesium and potassium with a much lower percentage of sodium chloride than regular table salt.

Smoked Salt— A combination of sea salt and finely powdered smoked hickory.

Salt Cod— Salt dried fish that must be soaked for many hours before serving.

Sardines— A generic term applied broadly to any of various small, soft-boned, saltwater fish such as sprat, young pilchard and herring. In the United States, sardines are more commonly found salted, smoked or canned, either in oil, tomato sauce or mustard sauce, and it is commonly thought that the name came from pilchard caught off of the coast of Sardinia.

Sashimi— Sliced raw fish that is served with condiments such as daikon radish, gingerroot, wasabi and soy sauce. Because it's served raw, only the freshest and highest-quality fish should be used for sashimi. (Lebanon aisle 2; Hanover aisle 2a)

Sauerkraut— although sauerkraut, German for "sour cabbage," is thought of as a German invention, Chinese laborers building the Great Wall of China over 2,000 years ago ate it as

standard fare. Today's sauerkraut is made by combining shredded cabbage, salt and sometimes spices, and allowing the mixture to ferment. Chinese sauerkraut is made from shredded cabbage fermented in rice wine.

Use: As a condiment and important ingredient on the Rubeen sandwich. (Lebanon aisle 2 [canned], meat dept. [refrigerated]; Hanover aisle 3b [canned], meat [refrigerated])

Scampi— On U.S. restaurant menus, the term is often used to describe large shrimp that are split and brushed with garlic oil and butter and broiled.

Scotch Oats— Also known as “steel cut” or “Irish” oats. See Irish Oats (Lebanon aisle 3; Hanover aisle 5b)

Scrapple— The name of this Pennsylvania Dutch dish is derived from the finely chopped "scraps" of cooked pork that are mixed with fine-ground cornmeal, pork broth and seasonings before being cooked into a mush. The mush is packed into loaf pans and cooled. Slices of the scrapple are then cut from the loaves, fried in butter and served hot, usually for breakfast or brunch.

Sea Vegetables— These are varieties of seaweed.

Use: Asian cooking with rice, soups and sushi (Lebanon aisle 4; Hanover aisle 6a)

Seitan— Pronounced “say ten” this is a protein-rich food made from wheat gluten. Sometimes called “wheat meat” because of its chewy texture, seitan has a very mild, almost neutral flavor that allows it to absorb flavors of the food in which it’s being cooked.

Use: Vegetarian cooking (Produce dept. both stores)

Sesame Oil— Pressed sesame seeds, either plain or toasted.

Use: Cooking and dressings; toasted oil is used for flavoring (Lebanon aisle 4, bulk; Hanover aisle 6a, bulk)

Set Yogurt— This type of yogurt is allowed to mature or ‘set’ after it has been packaged, rather than being packaged after maturing like other styles.

Use: Same as other styles of yogurt (Dairy dept. both stores)

Sherry Vinegar— Vinegar originally made in Spain from fermented sherry.

Use: Same use as Balsamic Vinegar (Lebanon aisle 1; Hanover aisle 2b)

Shrimp Paste— Salted, fermented ground shrimp.

Use: Asian cooking (Lebanon aisle 4; Hanover aisle 6a)

Soba— See ‘Noodles’

Somen— See ‘Noodles’

Soy Milk— Beverage made from soy beans.

Use: Substitute for dairy (Lebanon aisle 3, bulk; Hanover aisle 5b, bulk)

Spaetzel— Translated from German, spaetzle means “little sparrow.” Spaetzle is a type of German dumpling that is made with flour, eggs, milk & salt. The dumplings are poached in salted water.

Use: served as a side dish, or added to soups. (Lebanon aisle 4; Hanover aisle 6b)

Spaghetti— See “Pasta”

Spanish Valencia Rice— See “RICE”

Spelt— See “GRAIN”

Star Anise— Dried, star shaped fruit of a southwestern Chinese evergreen tree. Star anise has a licorice-like flavor and is an important part of Chinese five-spice powder.

Use: Flavoring, spice (Lebanon aisle 3, bulk; Hanover aisle 4b, bulk)

Steel Cut Oats— Also known as “Scotch” or “Irish” oats. See Irish Oats

Strained yogurt— See Greek Yogurt

## **SUGAR**

### **Raw**

Demerara Sugar— Also known as ‘raw’ sugar, demerara is a partly refined sugar, but still containing a small amount of molasses, which gives it a pale, golden color. It has a coarse texture that is good for topping cookies and desserts. Cubed demerara is commonly served with coffee.

Use: Sweetener, baking and desserts (Lebanon aisle 3; Hanover aisle 4b)

Muscavado Sugar— An unrefined dark brown, moist with a strong molasses flavor. Also known as ‘molasses sugar’ or ‘Barbados sugar’. Use: Baking, substitute for brown sugar (Lebanon aisle 3; Hanover aisle 4b)

Rapadura Sugar— Unrefined, unbleached pure cane sugar.

Use: Baking (Lebanon aisle 3, bulk; Hanover aisle 4b, bulk)

Turbinado Sugar— Very similar to demerara sugar, Turbinado sugar is raw sugar that has been steam-cleaned. The coarse turbinado crystals are blond colored and have a delicate molasses flavor.

Use: Sweetener, baking (Lebanon aisle 3, bulk; Hanover aisle 4b, bulk)

### **Refined**

**Caster Sugar**— A super fine sugar, with finer crystals than refined sugar.

Use: Baking (Lebanon aisle 3; Hanover aisle 4b)

**Confectioners Sugar**— Very fine white sugar, made by grinding granulated sugar into a powder. Also known as “powdered sugar”.

Use: Baking, confectionary (Lebanon aisle 3; Hanover aisle 4b)

**Sun Dried Tomatoes**— Dried tomatoes, sold either dry or in oil. Dried varieties are best reconstituted by soaking.

Use: Cooking (Lebanon aisle 4; Hanover aisle 6b)

**Sushi Rice**— See “Rice”.

**Syrah**— A high quality red wine grape that gained its reputation in France’s Rhone region.

When young, Syrah wines are deep-colored and tannic, with spicy and peppery qualities.

Mature Syrah show characteristics of sweet blackberries, blackcurrants and plums. In Australia Syrah is called “Shiraz” and is its most widely planted red grape.

### **T**

**Tabouli**— Popular Middle Eastern dish made with bulgur wheat and vegetables.

Use: Middle Eastern side dish (Both stores dairy[(prepared)], bulk [mix])

**Tagliatelle**— See “Pasta”

**Tahini**— A thick Middle Eastern paste made from ground sesame seeds.

Use: In place of peanut butter; an important ingredient in hummus (Lebanon aisle 1; Hanover aisle 5a)

**Tamari**— A soy sauce with a high soy content.

Use Cooking (Lebanon aisle 4; Hanover aisle 6a)

**Tapenade**— A thick paste from the Provence in the south of France made with olives, artichokes and capers. Other ingredients may include garlic, mustard, aromatic herbs and even small pieces of tuna.

Use: Condiment (Lebanon aisle 1; Hanover aisle 2a)

**Tempeh**— A heavy cake made from fermented soybeans.

Use: Meat substitute (Produce dept. both stores)

Tofu— Made from soybean curd, tofu is high in protein and very versatile.  
Use: Meat substitute (Produce dept. both stores)

Tortilla— Flat breads, made either with masa harina (see masa harina), a type of cornmeal, or wheat.  
Use: Mexican cooking (Dairy dept. both stores)

Trofie— See “Pasta”

Truffle Oil— Oil pressed from flavorful mushrooms  
Use: Cooking (Lebanon aisle 1; Hanover aisle 2b)

Truffles— A type of mushroom, one of the most expensive and rare foods in the world that can only be located by highly trained dogs or pigs.  
Use: Cooking

Turbinado Sugar— See “SUGAR”

## U

Udon— See ‘Noodles’

UHT Milk— Ultra High Treatment Milk. Milk heated at a very high temperature to destroy bacteria. UHT milk has a burnt flavor, but can last a very long time unopened.  
Use: Same as milk (Lebanon aisle 3; Hanover aisle 5a)

Umeboshi Paste/Vinegar: Made from pickled Japanese plums.  
Use: Japanese cooking (Lebanon aisle 4; Hanover aisle 6a)

## V

Vermicelli— See “Pasta”

Vinaigrette— A dressing made with oil, vinegar, mustard and salt.  
Use: Dressing and marinade (Lebanon produce dept.; Hanover aisle 2b)

Vinegar— Made by acetic fermentation, the process of changing alcohol into acid. Most countries produce their own vinegars based on their most popular alcoholic drink; wine in France and Italy, sherry in Spain, rice wine in Asia. There are many varieties of vinegar, from Balsamic (see Balsamic Vinegar) and Sherry (see Sherry Vinegar) vinegars, which are highly prized for their flavor, to distilled and cider vinegars, which are commonly used

for pickling and household cleaners. (Lebanon aisle 1; Hanover aisle 2b)

## W

Wasabi— Japanese horseradish sold as a powder or prepared in a tube.

Use: Condiment for Japanese cooking (Lebanon aisle 4; Hanover aisle 6a)

Wheat Berries— See “GRAINS”

Wheat Free— See ‘Gluten Free’.

Wheat Germ— The nutritious inner seed of wheat.

Use: Baking and added to breakfast cereals (Lebanon aisle 3, bulk; Hanover aisle 5b, bulk)

Wheat— See “GRAIN”

Whey— The watery liquid that separates from the solids (curd; see Cheese Curd) in cheese making. Whey is sometimes further processed to make whey cheese and whey butter. (Bulk dept. (powdered) both stores)

White Chocolate— White chocolate does not contain any cocoa solids, the ingredient that makes plain chocolate. Essentially, white chocolate is cocoa butter, the ingredient extracted from the roasted bean in the chocolate process, mixed with sugar and flavoring, most commonly vanilla.

Wild Rice— See “Rice.”

## X

Xanthum Gum— Produced from the fermentation of corn sugar, xanthum gum is used in many products as a stabilizer, emulsifier and thickening agent. (Lebanon aisle 3; Hanover aisle 4b)

## Y

Yeast, Baking— Baking yeasts are live yeast cells in a granular form.

Use: Baking (Dairy dept. both stores)

Yeast, Brewers— A by-product of the brewing process, commonly used as a supplement. (Haba dept. both stores)

Yeast, Nutritional— a more palatable variety of brewers yeast, commonly used as a supplement.

(Haba dept. both stores)

## Z

Zante Grape— In the United States, where California is the major grower, this tiny (1/8 to 1/4 inch in diameter) purple grape is predominantly used to make the dried currant (see Currant).

Ziti— See “Pasta”

Zwieback— This German word translates to "twice baked" and refers to bread that is baked, cut into slices and then returned to the oven until very crisp and dry. Zwieback, which has a hint of sweetness to it, is popular for its digestibility and is often served to younger children. This is similar to a biscotti (see Biscotti) or a rusk (see Rusk). (Lebanon aisle 4; Hanover aisle 7a)

## Specialty Food Dictionary Index

### A

Achiote Seeds  
Adobo  
Adobo Sauce  
Adzuki Bean  
Agar Agar  
Agave Nectar  
Almond Milk  
Alphabet— See “Pasta”  
Amaranth— See “GRAINS”  
Amaretti Cookies  
Ancho Chile— Also called ‘Dried Poblano’  
Anchovies  
Anchovy Paste  
Angostura Bitters  
Annato Seeds  
Antipasto  
Arborio Rice  
Asafoetida

### B

Baba Ghanoush  
Balsamic Vinegar  
Barley Malt  
Basmati Rice  
Bean Sprouts  
Besan— See Chickpea flour  
Biscotti  
Black Salt  
Borscht  
Boston Brown Bread  
Boursin Cheese  
Brown Rice Syrup  
Bruschetta  
Buckwheat – See “GRAINS”  
Bulgur – See “GRAINS”

### C

Cacao (Cocoa) Nibs  
Candied Citron  
Cane Syrup  
Cannoli Shells  
Canola Oil  
Capelli d’angelo— See “Pasta”  
Capers  
Caponata  
Carnaroli Rice  
Carob  
Caster Sugar  
Caviar  
Cellophane Noodles— See “Noodles”  
Chai  
Chapatti Flour  
Chestnut  
Chevre  
Chickpea  
Chickpea Flour  
Chili Sauce or Paste  
Chipotle  
Chorizo  
Chutney  
Clarified Butter  
Clotted Cream— Also called “Devonshire”  
cream  
Cocoa Butter  
Cocoa Powder  
Coconut Milk  
Common Crackers  
Conchiglie— See “Pasta”  
Conchiglione  
Confectioners Sugar  
Conserve— See Jams, Jellies and Preserves  
Consommé  
Cooking Wine or Sherry  
Cornichon

Couscous  
Crème Brule  
Crème Fraiche  
Crepe  
Crostini  
Croustades  
Crumpet  
Crystallized Ginger  
Curd (Cheese)  
Curd (Fruit)  
Currant  
Curry Paste

## D

Dal  
Dal (recipe)  
Danish Butter— See Lactic Butter  
Demerara Sugar  
Demi—Glace  
Dijon Mustard  
Dried Pasta  
Dried Pasta for Soups  
Dried Stuffed Pasta

## E

Earl Grey Tea  
Edamame  
Eliche  
Escargot  
Espresso  
Evaporated Milk  
Extracts

## F

Falafel  
Famous Wafers  
Farfalle— See “Pasta”  
Farina  
Fava Beans  
Fedelini— See “Pasta”

Fenugreek  
Fettuccine— See “Pasta”  
Fish Sauce  
Flan  
Flat Pasta  
Flax Seed  
Fleur de Sel  
Foie Gras  
Fondue  
Free—Range  
Fresh Pasta— See “Pasta”  
Frijoles  
Fructose  
Fruit Butter  
Fruit Spread  
Fusilli— See “Pasta”

## G

Garam Masala  
Garbanzo Flour— See Chickpea Flour  
Garlic Paste  
Gazpacho  
Gefilte Fish  
Gelato  
Ghee  
Giardinera  
Gluten  
Gluten Free  
Glutinous  
Gnocchi  
Golden Syrup  
Gomasio  
Gorp  
Graham Flour  
Grains  
Gram Flour  
Grape Leaves  
Grape Seed Oil  
Greek Yogurt  
Green Tea  
Grenadine  
Grits

Groats  
Guacamole  
Guar Gum  
Gumbo File

## H

Halal  
Halvah  
Harissa  
Hawaiian  
Hoisin Sauce  
Hominy  
Hon—Dashi  
Hummus  
Hydrogenated Oils

## I

Indian Pudding  
Indian Rice  
Iodized Salt  
Irish Oats  
Italian Sea Salt

## J

Jam  
Jambalaya  
Jasmine Rice  
Jelly  
Jerk Seasoning

## K

Kamut  
Kasha – See Buckwheat  
Kefir  
Kosher  
Kosher Salt  
Kukicha

## L

Lactic Butter  
Lactose  
Lactose Free  
Lady Finger  
Lager  
Lait  
Laos  
Lasagna— See “Pasta”  
Lassi  
Latke  
Latte  
Lavhosh  
Lebkuchen  
Lecithin  
Lekvar  
Lemon Grass  
Lingonberry  
Linguiçia

Linguine— See “Pasta”  
Liquid Amino  
Long grain  
Long Pasta  
Lumpfish Roe  
Lupini Beans

## M

Macaroons  
Maccheroni— See “Pasta”  
Maize  
Maldon  
Malt— See Barley Malt  
Mango Pulp  
Marin  
Marmalade  
Marmite  
Marrons Glace  
Marsala  
Marzipan  
Masa Harina

Mascarpone  
Matzos  
Medium Grain Rice  
Mezzi  
Millerghe  
Mined Salt  
Miso  
Mochi  
Mochiko  
Molé— See “**SALSA**”  
Morels  
MSG  
Muesli  
Muffaletta  
Mung Bean  
Muscavado Sugar

## N

Naan  
Nasi Goreng  
Natural  
Noodles  
Nopalitos  
Nori

## O

Oolong Tea  
Orechiette— See “Pasta”  
Organic  
Orzo— See “Pasta”  
Oyster Sauce

## P

Pad Thai  
Paella  
Palak Paneer  
Panko  
Pappadums  
Pappardelle— See “Pasta”

Pasta  
Pastina  
Peanut Sauce  
Pearl Barley— See “GRAINS”  
Pekoe Tea  
Penne— See “Pasta”  
Pesto  
Petit Four  
Petit Pain  
Pfeffernüsse  
Phyllo  
Piccalilli  
Pickled Ginger  
Pickling Salt  
Pierogi  
Pignoli Nut  
Pilsner  
Pin Head Oatmeal  
Pine Nuts  
Pita Bread  
Polenta  
Pot Stickers  
Potato Starch  
Praline  
Preserve

## Q

Quark  
Quiche  
Quinoa— See “GRAINS”

## R

Ramen— See ‘Noodles’  
Rapadura Sugar  
Rarebit— See Welsh Rarebit  
Ravioli  
Raw Honey  
Raw Sugar  
Refined Sugar  
Rice  
Rice Cooking Wine

Rice Milk  
Rice Vinegar  
Rigatoni— See “Pasta”  
Risotto  
Roe  
Rolled Oats  
Rose Hip  
Rose Water  
Rotelle— See “Pasta”  
Rugalach  
Rusk  
Rye— See “GRAIN”

## S

Safflower Oil  
Saffron  
Sake  
Salsa  
Salsa Brava  
Salsa Cruda  
Salsa Roja  
Salsa Verde  
Salt  
Salt Cod  
Sardines  
Sashimi  
Sauerkraut  
Scampi  
Scotch Oats  
Scrapple  
Sea Salt  
Seitan  
Sel Gris  
Sesame Oil  
Set Yogurt  
Sherry Vinegar  
Short Grain Rice  
Short Pasta  
Shrimp Paste  
Smoked Salt  
Soba— See ‘Noodles’  
Somen— See ‘Noodles’

Soy Milk  
Spaetzel  
Spaghetti— See “Pasta”  
Spanish Valencia Rice  
Spelt— See “GRAIN”  
Star Anise  
Steel Cut Oats  
Strained Yogurt  
Sugar  
Sun Dried Tomatoes  
Sushi Rice  
Syrah

## T

Table Salt  
Tabouli  
Tagliatelle— See “Pasta”  
Tahini  
Tamari  
Tapenade  
Tempeh  
Tofu  
Tortellinis  
Tortilla  
Trofie— See “Pasta”  
Truffle Oil  
Truffles  
Turbinado Sugar

## U

Udon— See ‘Noodles’  
UHT Milk  
Umeboshi Paste/Vinegar

## V

Vermicelli— See “Pasta”  
Vinaigrette  
Vinegar

## W

Wagon Wheels

Wasabi

Wheat— See “GRAIN”

Wheat Berries— See “GRAINS”

Wheat Free— See ‘Gluten Free’.

Wheat Germ

Whey

White Chocolate

Wild Rice

## X

Xanthium Gum

## Y

Yeast, Baking

Yeast, Brewers

Yeast, Nutritional

## Z

Zante Grape

Ziti— See “Pasta”

Zwieback