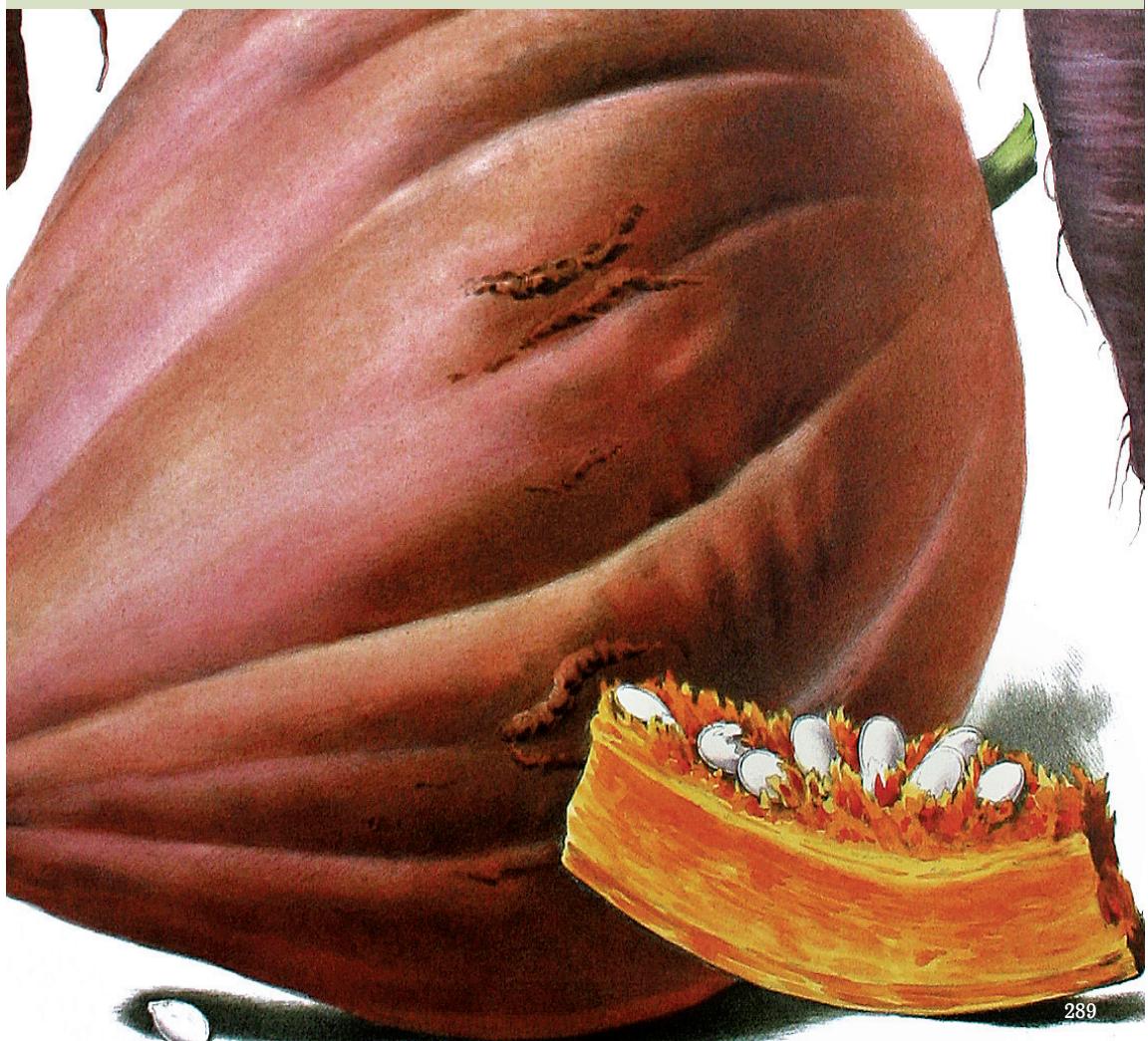




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A LA DIPLOMAT individual bread and butter pudding cooked in the oven in egg and milk with vine fruit soaked in milk and chopped glace cherries; served cold with a vanilla or fruit sauce such as raspberry. Diplomat sauce is a rich fish veloute with egg yolks and cream and finished with lobster butter, diced lobster and truffle slices as a garnish on top.

A CRU in culinary teams, food cooked a cru is cooked from raw, for example sauteed potatoes.

A LA BIARROTTE garnish of grilled crepes and potato cakes made from a Duchess base, from the French town of Biarritz.

A LA BOURGUIGNONNE Burgundy region style, incorporating full-bodied red wine, button mushrooms, petit onions and bacon lardoons, usually associated with the dish beef Bourguignonne.

A LA DAUBE method of braising meat which has been well marinated and seasoned with herbs, braised slowly in red wine and root vegetables with a covered top; often served with plain boiled potatoes or noodles.

A LA DIPLOMATE usually denotes a garnish of truffles and lobster or sauces with similar: sauce Diplomate is rich in lobster butter and is popular with turbot dishes; Diplomate pudding is a cold dessert made with rum-soaked sponge fingers and candied fruit set in a egg custard or Bavarian cream; bombe Diplomate is an ice cream with crystallised fruit.

A LA EPICURE fine food and quality or a person who is grateful for and appreciates fine food.

A LA FRANCAISE dishes which have a history behind them and are famous throughout over France, such as 1 roasted or braised meat is garnished with braised lettuce, spinach, asparagus and cauliflower topped with hollandaise
2 petit pois prepared with lettuce and petit onions in their cooking juice and thickened with butter and flour;
3 fish, usually fillets, passed through milk then flour and deep fried in hot oil, garnished with fried parsley and lemon wedges.

A LA GRECQUE method of cooking vegetables cut in chunks cooked in a liquor containing water, peppercorns,

bay leaves, olive oil, coriander seeds, lemon juice, thyme; the vegetables are cooked underdone and served cold, usually as an hors d' oeuvre.

A LA NAGE aromatic vegetable and herb flavoured court bouillon in which shellfish such as small lobsters, crayfish or langoustes are cooked; white wine is added to the mixture and is described as swimming in the liquor (a la nage)

A LA SMITANE sour cream sauce reduced with chopped sweated onion and white wine, well seasoned and finished with lemon juice, then strained as a sauce.

A LA TONNATO with flaked tuna fish or tuna fish in a sauce; a famous Italian veal dish consists of cold carved cooked veal covered with a mayonnaise containing flaked tuna fish and garnished with capers.

A LA WALEWSKA dish dating back to the time of Napoleon I, which consists of poached fish fillets glazed with Mornay sauce, topped with a garnish of sliced lobster meat and sliced truffles brushed with butter.

AI DENTE vegetables just cooked or slightly undercooked so they are crunchy and more flavoursome; too often vegetables are over-cooked and mushy; all vegetables should be cooked in boiling salted water.

AIOLI crushed garlic then pounded, mixed and beaten with egg yolks, salt added then oil, slowly to make a type of mayonnaise; served with cold fish, meats; goes well with buttered grilled snails.

ALLA PIZZAIOLA a rich tomato concasse sauce flavoured with oregano, chopped parsley, de-seeded fresh tomatoes and crushed garlic, served as a pizza topping or with chicken leg dishes cooked slowly in the oven in the sauce.

ALOYAU roasted sirloin on the bone with the fillet removed, the chin bone removed to stop hindrance to carving, served hot or cold but is received hot with appreciation with Yorkshire pudding and grated horseradish sauce

AMARETTI Italian macaroons containing whipped egg white and flavoured with ground almonds before cooking; can be served as a petit four or for garnishing; also popular served with wine sabayon as a dip.

AMUSE-GUEULE mouth pleasers, small one-bite appetisers served as a canapé before the meal but should not be too filling.

ANDALOUSE in the Andalusian style: a garnish of grilled red pepper halves stuffed with pilaf rice containing egg plant and fresh diced tomatoes served with joints of meat. Also a sauce using a veloute base flavoured with tomato puree and finished with cream and garnish with diced peppers precooked by boiling. Andalouse mayonnaise has tomato puree added with sliced red peppers and crushed garlic.

ANGELICA a plant found in Scandinavia, the stalks are mainly used candied to garnish desserts especially English trifle; is green in colour and parsley-like in appearance. Crushed roots and stems are used in the manufacture of liquor like gin and Vespetro.

ANNA the name of a popular potato dish in which the potatoes are sliced and laid interlocking and cooked in a handled casserole dish, coated with butter on the top layer then covered and baked in the oven on a high heat until golden brown.

ANNE BOLEYN MAID OF HONOUR tartlets made of flaky pastry filled with curd cheeses, clotted cream with jam, milk curds, egg yolk-based custards, some flavoured with nutmeg or cinnamon. Created for Anne Boleyn who was maid-of-honour as a lady-in-waiting to Catherine of Aragon.

AU DENTA vegetables just cooked or slightly undercooked so they are crunchy and more flavoursome; too often vegetables are over-cooked and mushy; all should be cooked in boiling salted water.

AU SEL GROS cooked in the style using cooking salt, such as jacket potatoes baked on a bed of salt or fish wrapped and cooked in a blanket of salt to be removed before serving.

AVRUGA fish eggs taken from the herring roe, salty and pop at every bite; try to imitate caviar.

BAIN MARIE tray or dish containing boiling or very hot water in which other dishes like soufflés and egg custards are placed so to cook gently; a

double saucepan where one fits inside the other, the bottom holding the water and the top used to melt chocolate or keep soups and sauces hot.

BALLOTINE stuffed or rolled piece of meat or poultry tied or wrapped in muslin cloth then poached, braised or roasted, e.g. boned, stuffed and rolled and tied leg of chicken roasted in the oven, the string removed before serving.

BANTAM type of chicken which lays small eggs, eggs sometimes mistaken for those of pullet, which is a young hen.

BARNESLEY a double lamb chop cut completely through the best end and grilled, popular on menus in the north of England; sometimes has the kidney incorporated in the chop; usually served with slices of parsley butter.

BARRAMUNDI edible Australian lungfish, often marinated and served grilled.

BASTILLA type of turnover using bread dough, puff pastry or warkha pastry (a type of flaky pastry) filled with savoury meat and often containing Swiss Chard or spinach; the top of the turnover is trellis or interleaved. Can be made as a dessert version using sweet filling, served with a milky sauce and flavoured with cinnamon, lime and almond essence

BAVAROIS smooth-textured egg custard-type cold mousse incorporating egg white and whipped cream and set with gelatine.

BAVETTE flank or skirt of beef used for braising or boiling, often used for the famous boiled beef and carrots along with suet dumplings, Savoy cabbage, turnips and boiled potatoes.

BEIGNET fritters and deep fried, or where the food is covered with batter and deep fried and all types of meat, fish and vegetables can be used as well as fruit; banana and apples beignet served with warm jam sauce is popular.

BERCY strong white wine cream sauce containing plenty of sautéed chopped shallots, parsley and, in the case of fish, a strong fish stock reduction; sometimes a sabayon is added and the fish glazed until brown. Bercy butter contains a shallot, parsley and white wine reduction served with grilled meat.

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BEURRE BLANC butter sauce made by beating butter over a low heat with a strained white wine, shallot and vinegar reduction until a smooth coating consistency is achieved; cream is sometimes added.

BEURRE D'ECHALOTES blanched strong shallot reduction squeezed and strained then pounded with butter and some chopped boiled shallots; served with grilled fish and meats.

BEURRE MANIE equal quantities of butter and flour kneaded together then added to soups and sauces in small knobs progressively until correct thickness is achieved.

BEURRE NOSIETTE melted butter cooked until hazel brown in colour, usually served on pan-fried fish cooked meuniere with lemon juice and sprinkled with chopped parsley.

BEURRE ROUGE cook the butter until light brown then flash with some red wine in the butter and sautéed shallots and serve; goes well with grilled fish and offal dishes

BHAJI Indian type of fritter, usually onion cohered with thick flour-based batter and flavoured with spice then deep fried

BILLINGATE the main fish market in London offering a wide variety of fish.

BISQUE heavy shell fish soup, usually crab, lobster or crayfish, made using a white meat stock and a peppered mirepoix; the shells are used in the making and are pounded before being strained; heavily-seasoned and rich in taste. Most bisque is finished with brandy and cream.

BITOKE small minced meat burgers using quality lean meat mixed with cooked diced onion and peppers, cohered with egg then moulded into round shapes and shallow-fried. Popular when served with a sharp paprika sauce; the meat can also be cooked in a bread crumb coating (paneed).

BITTO hard cooked curd Italian cheese which crumbles with age, used in dishes like semolina gnocchi and sauces to accompany pasta dishes; grated bitto is very strong in flavour due to its mature age.

BLANC white; part cooked without colour (e.g. onions); food cooked au blanc, as in the case of chicken or veal, is without colour in a white stock or consists of water, lemon juice, salt and flour mixed together, e.g. sweetbreads or poulet.

BLANC (LOBSTER) lobster is cooked in a rice court bouillon, removed from the shell and served with a beurre blanc white butter sauce made with a shallot and vinegar reduction to which butter is added.

BLINIS small (6-inch diameter) pancake made with buckwheat flour and made thick, served with sour cream and melted butter; popular in Russia when served with caviar. Type of raised blinis using yeast as a raising agent, served as an hors d'oeuvre or canapé with a smoked fish filling, usually smoked salmon.

BLINTZES Jewish small pancake folded into a turnover filled with sweetened cream cheese, the sides then sealed and shallow fried in butter, dusted with cinnamon-flavoured icing sugar before serving with sour cream.

BLOATERS whole herring with the guts intact slightly salted then cold-smoked until light brown in colour; served with salads as main course or as darns cut through the bone as an hors d'oeuvre with horseradish cream

BOBOTIE pre-cooked lamb or beef mince mixed with milk-soaked white bread, raisins, flaked almonds, chopped cooked onions, lemon juice, seasoned and herbed, covered with a savoury egg custard and baked to set.

BOIS BOUDIN white or black pudding or sausage, the blood from the pig or calf used in the making, along with cream, plenty of onions, fat fragments and seasoning.

BOK CHOY Chinese-type cabbage with succulent stem when young; have dark green loose outer leaves and often used in Chinese cuisine.

BOLETUS wild cep mushroom with distinct marking of spore-bearing tubes on the under surface.

BOMBAY ALOO Indian dish of potatoes cooked from scratch, cut in large cubes in a spicy curry sauce

BONNE FEMME denotes fish

poached in a white wine sauce containing shallots, sliced mushrooms and glazed under the grill, surrounded with sliced steamed potatoes. Term also means cooked in a simple or family way as chicken being casseroleed in the oven with bacon lardon and balls of potatoes, basting the meat through cooking until tender then served in the actual cooking dish

BORAGE perennial plant with intense blue leaves; has cucumber-like taste and can be used in cooking in stews and soups, while young leaves can be used in salads, as a herbal remedies or decoration with the leaves being crystallised; can also be blanched like spinach and stuffed.

BORDELAISE the most notable dish bordelaise is the demi-glace sauce reduced with thyme, bay leaf, red wine, crushed peppercorn and shallots then strained and garnish with beef marrow taken from the bone; beef tournedos with bordelaise is a classical dish

BORLOTTI Italian dried beans soaked before cooking. Fresh borlotti beans do not have to be shelled before cooking; they can be used in stews, side dishes, hors d'oeuvres and served in garlic virgin olive oil as a garnish

BORTSCH Russian or Eastern European soup dish whose chief characteristic is its beetroot colour; usually served with sour cream and diced meat. Fish bortsch is made with beetroot, while green bortsch is flavoured heavily with spinach and sorrel

BOUDIN black or white pudding or French sausages

BOUDIN BLANC DU PARIS a precooked sausage that has been poached in milk, cooled then either fried or grilled; the sausage content contains poultry breast, lean pork, back bacon fat, soft white breadcrumbs, eggs, cream and seasoned with quatre-épices of nutmeg, peppercorns, cinnamon, crushed gloves

BOUILLABAISSE fish stew dating back to the days when fishermen cooked their catch on the beach. There are many versions but the basis is the same: a saffron and herbed-flavoured fish stock with fish fillet chunks added and finished with shellfish like mussel, crab legs all cooked in the same pot. The fish and shell fish are added at different times so as not to overcook;

large croutons rubbed with garlic can accompany this dish

BOULANGERE food cooked in the oven in layers of interlocking sliced potatoes and onion in a rich stock; lamb cutlets or haddock are popular done this way then finished with a butter glaze

BOULE-DE-NEIGE ball-shaped Genoese sponge layered with a filling of thick pastry cream then completely covered in whipped cream; also done with ice cream when it is known as a snowball

BOUQUET GARNI bundle of herbs including thyme, bay leaves and sprigs of parsley wrapped, usually in muslin to stop dispersal during cooking; can also be wrapped in blanched leek leaves, slices of bacon or tied to celery stalks. It is used to flavour stocks and sauces and removed before serving

BOURDALOUE denotes poached fruit, usually apricots or pears, served in a vanilla cream frangipane, or poached fruit served with crushed macaroons glazed in the oven brushed with butter; can also mean creamed semolina or rice pudding topped with poached fruit

BOURDIN French word for sausage; can also mean white or black pudding

BOURGUIGNONNE rice red Burgundy wine sauce containing button mushroom, onions and bacon lardons; usually related to beef bourguignonne as a rich red wine stew with the above garnish.

BOURRIDE Provencale fish soup containing chunks of monkfish, mullet and whiting flavoured with herbs; the liquid is then strained and reduced, bounded in some thickening aioli (garlic mayonnaise), then poured over the fish before serving.

BRACE name given to pair of pheasants, one cock and one hen

BRANDADE DE MORUE salt cod which has been poached in milk then drained before being fried in very hot oil with garlic boudin until it becomes a puree type-paste; more milk can be added but should finish up as a smooth paste. Place the fish in dish and glaze or serve as it is with garlic rubbed croutons

BRAWN rendering down of pig's head

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with flavouring and meat stock with the meat removed and placed in a mould, the liquor reduced then strained, the fat removed placed on the meat and allowed to set. Also known as head cheese and the brains are removed before rendering

BRESAOLA air-dried salted beef which is dark and purple in colour. Is taken from lean cuts of beef leg and thoroughly de-fatted; usually takes 10 weeks to process before being ready to eat. The meat is very tender and can be eaten as an hors d' oeuvre

BROILED grilled; in the USA a broiler is a young chicken weighing just over 2 lbs

BROILING another word for grilling

BROTH a soup in which the meat or fish is cooked together with the vegetables, herbs and spices; pearl barley or such-like is usually added. In France broths are classified as Bouillons using un-clarified stocks

BRULEE most famous of the brulee dishes is crème brulee, which is really a real rich egg custard baked in a bain marie and glazed with burned sugar

BRUNOISE vegetables cut into small cubes, used for garnishes in soups and sauces

BRUSCHETTA Italian bread toasted thick, rubbed with garlic or lightly spread with crushed garlic then topped with ripe beef tomatoes, sprinkled with oil seasoned then eaten; Mozzarella cheese can also be melted on top. This type of bread is often eaten with tuna fish

BULGUR whole wheat grain which includes the wheat germ and used in the Middle East for salads; usually boiled and doubles in size then refreshed. Can be used as substitute for rice in dishes and also for stuffing

BURRITOS Mexican pancakes which can be filled with many different fillings, such as pork, ham, melted cheese, scrambled egg with smoked salmon, then glazed with cheese sauce or served with dips like sour cream or avocado guacamole flavoured with lime.

BUTTERFLY cut is a piece of meat or fish cut through until almost separated then flattened to form the rough shape of butterfly wings; chops, large prawns,

chicken breasts can be attractive done in this way

CACAO another word for coco

CAFÉ-AU-LAIT coffee made with hot milk. Food on menu describing café au colour denotes a light brown. Coffee-flavoured cream sauce has a light brown colour appearance.

CAFÉ DE PARIS BUTTER beaten butter mixed with diced onions and chopped parsley, shaped into a long tube in greaseproof paper and chilled hard, cut when needed in slices; goes well with fried or grilled fish and steaks

CAJUN spicy way of cooking similar to Creole cuisine; nearly always includes cumin and mustard seeds, paprika and cayenne, black cracked pepper, oregano and thyme. Okra, rice, pepper and crayfish also feature prominently

CANDIED pieces of fruit soaked in a thick sugar syrup until the water content is replaced with the syrup then dried so the surface becomes crystallised with a glazed appearance. Used to decorate or served as petit fours; citrus peel can also be prepared candied

CANNON when applied to lamb is where a double best end has been boned out, stuffed and tied together then roasted

CAPACCIO raw meat or fish batten down gently, usually tenderloin of beef then seared with olive oil and lemon juice topped with rocket salad and shaved parmesan and seasoned with cracked pepper and coarse salt

CAPE GOOSEBERRIES although the size and shape of gooseberries they are sour in taste and have a yellow flesh; used for garnishing and dipped in pink icing fondant; go well with petit fours

CAPON fattened and castrated cock bird which grows larger and has remarkable tender flesh; may weigh up to 12 lbs. When roasted is served with white milk-made bread sauce, fried bread crumbs and a strong rich flavoured gravy.

CAPONATA Sicilian speciality containing aubergines, celery and tomatoes, sautéed in olive oil, then completed in a tomato concasse and finished with black olives, capers and

anchovies; served cold and as an hors d' oeuvre

CAPPELLO hat-shaped -derived from conical hat worn by priests; meat pies can be capello, as can sponge dessert.

CAPPUCINO strong espresso coffee mixed with milk then frothed with steamed milk topped with cinnamon, nutmeg or mixed spice

CAPRICE fish cooked this way is dipped in melted butter then fresh white breadcrumbs, grilled gently on both sides, served with banana cut length-ways and shallow fried with mango chutney. Robert sauce should accompany this dish, which is a demi-glace containing a reduction of white wine, vinegar, sauteed colourless onions finished with mustard and pepper

CARDOONS related to the artichoke family with a stem resembling celery. The young stalks can be deep fried in batter, while the thicker stems can be cut in chunks then boiled until tender and marinated in vinaigrette. Worth trying a puree then moistened with béchamel

CARPACCIO an Italian dish in which fish or meat, usually beef, is sliced thinly and served raw with a creamy vinaigrette or plain with just olive oil

CARPET BAG originally from England, an oyster is placed in a pocket in the side of a fillet steak then grilled; usually served with a Hollandaise base sauce.

CASHEW BUTTER PARFAIT smooth frozen or iced dessert rich in cream and cooked egg custard, usually flavoured with puree of cashew nuts

CATALANA describes dishes inspired by Spanish cuisine; egg plant, olives, tomatoes, garlic and olive oil are used frequently

CAUL the thin lace-like membrane that encloses the stomach of animals; is used to cover joints of meat or to wrap around food like sausages and faggots to hold shape during cooking. In addition to being edible, can act as a basting fat; and be used to prepare stuffed cabbage. Caul can also be a fat or lard net.

CAVEACHED method of preserving fish by means of a spicy marinade intended to pickle cooked food like

sardines, mullet, trout fillets or mackerel

CAVOLO NERO a cross between cabbage and kale whose black colouring gives it an unusual appearance

CEPE an edible mushroom from the Boletaceae family, highly valued in gastronomy; usually have a large bulbous stalk which are fat stems, the inner surface of the top being spongy, while the underside has tiny pinholes. The best young cepes are eaten raw but have a wonderful flavour in cream sauces

CEVICHE raw fish dish from South America in which cubed white fish is marinated in crushed garlic, chopped coriander leaves, lemon and lime juice, thinly sliced onions served with salad and sliced blanched tomatoes. Goes well with soft avocado

CHANTERELLES funnel-shaped mushroom with swollen gills with a fragrant smell similar to apricots and dark yellow in colour. They have to be cooked slowly to avoid becoming tough; mainly used for garnishing

CHARLOTTE the old original charlotte was made by lining a flared round mould with buttered sliced bread then filled with thick flavoured fruit puree, like apples, then baked in the oven, turned out and served with cold custard. Alternative type involves a similar mould first lined with sponge fingers then filled with vanilla Bavarois, allowed to set then turn out from the mould to serve. Savoury charlotte can also be made in these moulds

CHARTREUSE secret composition of this herb liqueur created by the Carthusian monks. A way of cooking layers of coloured vegetables and meat pressed in a mould in a bain marie in the oven. A famous dish comprises layers of cooked coloured vegetables including braised cabbage placed in a dariole mould with a broken egg then cooked until set in a bain marie.

CHASSEUR popular sauce served with meat and poultry of minced or sliced mushrooms with shallots, cooked with a white wine reduction, moistened with demi-glace and finished with chopped parsley and knobs of butter. Chasseur is another way of interpreting various classical food preparations.

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CHAUD FROID precooked pieces of meat or fish covered with a white or brown sauce to coat the food containing gelatine or egg yolks; once set it is then glazed in aspic jelly and decorated. White sauces are usually béchamel or veloute and brown sauces from demi-glace.

CHEEKS the lower jaw flesh from the face of animal or fish which would take in the muscle and is classified as offal. Can be braised or boiled. Ox cheek is widely used for braising, while monkfish cheek is a delicacy requiring gentle handling.

CHERMOULE North African flavouring or marinade of finely chopped onions, parsley, coriander stems, red chillies, mixed with crushed garlic and paprika, cayenne, lemon juice, oil, vinegar and cumin powder. Coating meat with this mixture gives it a hot flavour.

CHIMICHANGAS wheat-flour Mexican taco which are petit pancakes filled with spicy minced beef, folded and sealed then deep fried, usually served on a bed of lemon flavoured, shredded lettuce with spring onions and radish.

CHINOIS professional kitchen strainer, conical in shape with a handle and a fine wire mesh; is used to strain thick sauces, soups, cream and syrups.

CHORIZO long dried sausage containing pork, beef, olive oil, red peppers and garlic; usually eaten sliced and cold, although it can be fried. In Spanish cuisine it is used in paella.

CHOUX PASTE pastry widely-used the preparation of desserts and which forms the tower to make the French wedding cake Croquembouche, profiteroles and Gateau Honore. Also used for cheese puffs and as the base for gnocchi and beignets. Is made by boiling water and butter together adding flour to cook slightly, allowed to cool then beating in whole eggs.

CHOWDER name generally given to fish soups made with a milk and stock base and containing potatoes, sweet corn and white vegetables. The soup is thickened with corn flour or beurre manie.

CICELY aniseed-flavoured sweet leaf perennial used in soups and stews; has black seeds, the unripe ones being used in salads, while the ripe ones are

crushed and used as a spice.

CITRONELLA lemon grass, a perennial grass which can be either fresh or dried and which, as the name implies, has a lemon flavour; is commonly used in Thai cooking.

CLAFOUTI dish consisting of pitted fresh black cherries baked in the oven in a thickish pancake batter and served dusted with icing sugar and a cream custard. This can, of course, be done with other fruits.

CLEOPATRE fish sauteed like river trout which then have sauteed soft herring roe placed on top with a garnish of shrimps and capers in nut brown butter. Poached fish are stuffed with forcemeat topped with strong white wine sauce containing julienne of truffle, then glazed under the grill.

CLOCHE tightly fitted domed glass or metal cover under which food can finish cooking and retain its flavour. Pheasant breast cooked by this method is started on the stove then placed under the cloche in a cream sauce with chestnuts before finishing in the oven in the sur cloche dome.

CLUB triple-layered toasted sandwich containing either cooked sliced chicken breast, fried bacon, lettuce, sliced tomatoes and mayonnaise or flatten beef steak served in toast spread with butter and mustard.

COEUR ET CRÈME dessert made from curd cream cheese shaped as a heart then decorated around periphery with a line of berries, stewed in white wine then dusted over with sieved icing sugar.

COLCANNON popular Irish dish comprising mashed potato mixed with green cabbage, spring onions, milk and butter and seasoned with nutmeg; goes well with grilled rashers of bacon.

COLLOPS small slice like an escalope; turkey breast and salmon is often cut into colllops.

COMPOTE preparation of fruit cooked by stewing either sliced or whole and usually flavoured with nutmeg or spices. This term also applies to the preparation of game or rabbit in a wine sauce, gently heated in the oven in a covered pot.

CONFIT usually duck, goose or pork cooked slowly in its own fat slowly

then preserved in a stoneware pot. Can also apply to fruit preserved in syrup and vegetables preserved in vinegar.

COQUILLE Scallops. Dishes cooked in the shell, usually poached separately before being returned to the cleaned and washed shell in a sauce; the edges can be piped and browned with Duchess potatoes.

CORAL ovaries and eggs from the female lobster, which, when cooked turn bright red and are used to enhance flavour and colour in the preparation of lobster sauce.

CORDON BLUE preparation of food to a very high standard. Cordon blue cookery schools teach to high classical French criteria. Escalope cordon blue are a flattened pieces of pork or veal filled with ham and gruyere cheese then folded over, dipped in flour, egg and breadcrumbs and shallow fried in butter.

COULIBIAC there are many versions of this fish pie but the main criteria is layers of fish fillets such as salmon or turbot completely wrapped in brioche pastry with sliced hard boiled eggs, chopped onions, mushrooms and a layer of cooked vesiga then baked in the oven with liquid butter inside the pie.

COURT BOUILLION cooking liquor used mainly with poached fish or shell fish to enable it to absorb the ingredients of white wine, vinegar, lemon juice, bouquet garni and peppercorns. Water is usually used as a base but white stocks can be used. Fish is allowed to cool in the liquor before serving.

COWSLIP wild primula, a yellow spring leaf flower which can be used in salads or flavouring for dessert, meat stuffing and pickles.

CRANACHAN dessert made by adding toasted almonds, baked rolled oats, lime juice to whipped cream and finishing with liquid honey and whiskey to taste; usually eaten in Scotland and Ireland

CRAPAUDINE method of preparing small fowl like Poussin or pigeon by splitting and flattening the whole bird then coating in breadcrumbs and gently cooking in the oven to retain the juices and served with a devilled sauce or juice and parsley butter. The meat should resemble a toad in shape; two

slices of boiled egg can be used with a small round of truffle or black olive to represent the eyes.

CRUBEENS pig trotters simmered for at least three hours in an aromatic and vegetable stock until tender: e.g. pig trotters à la vinaigrette.

CREPE SUZETTE classical pancake incorporating butter, sugar and filbert (type of fruit) powder like hazelnuts in the mixture; pancakes are cooked at the table in front of the customer and flambé with orange Curacao or grand marnier then squeezed with tangerine juice. Coupe Suzette is marrons glace with vanilla ice cream flavoured with maraschino with whipped cream containing Kirsch decorated with strawberry puree.

CROQUANT small crunchy petit four biscuit containing a mixture of almonds and hazel nuts

CROQUE AU SEL with salt or sprinkled with salt and nothing else, as when eating raw food like celery or artichokes à la croquet au sel

CROQUE-EN-BOUCHE tall cone or pyramid-shaped preparation of pastry cream-filled petit choux buns; smaller than a profiterole, glazed in caramel to cracking point. Traditional French wedding cake decorated with pulled fancy designed sugar and decorated with whole candied fruit.

CROQUETTES any mixture of pre-cooked minced or meat and fish cut small and combined with mashed potatoes, seasoned with herbs, salt and pepper and bound with egg yolks then shaped into rounds, cylinders or ovals then passed through flour, egg and breadcrumbs (paneed) before being deep-fried. The sweet croquettes are made with confectioner's custard made very thickly, allowed to set then passed through flour, egg and breadcrumbs before being deep fried.

CROUSTADE hollowed-out piece of bread deep fried then with the middle filled with a filling and usually bound with a sauce; can also be made with pastry, Duchess potatoes, rice or semolina. Croustades other than the pastry ones have to be cooked, shaped and deep fried then filled with a stuffing; are usually served as an hors d'oeuvre before a meal: poached quail's eggs presented on a mushroom and pâté duxelle with a Barquette of hollandaise

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CROUSTILLANT a method of presenting food cooked crunchy, crisp or crusty.

CROSTINI an Italian way of using good quality bread by rubbing it with olive oil and crushed garlic then toasting it on a griddle or charcoal, served with toppings such as sliced plum tomatoes, cheeses, smoked meat, anchovies, fresh herbs, capers etc; are eaten as an hors d' oeuvre or snack.

CRYSTAL SUGAR STICKS sticks of solid sugar used as a quality and colourful garnish in desserts and with coffee to sweeten

CUTTLE FISH This fish is oval in shape and lives in weedy coastal areas; it has two long tentacles and a fairly large head. The flesh has to be flattened to tenderise it as it is a toughest fish. It is cooked the same as squid and very often spicy or curried. The fish contain an ink sac which can be used in the cooking or accompanying sauce. It can also be found dried.

CYGNE swan-shaped pastry baked blind then filled with pastry or Chantilly cream.

DACQUOISE layered round meringue mixed with coarsely-ground almonds or hazelnuts then spread and sandwiched together with whipped cream. Fresh fruit like strawberries or raspberries may be added to the cream and served with a dusting of icing sugar over the meringue.

DAIKON a short version of mooli, which is a kind of radish; can be eaten raw, whole, sliced or grated and used in salads or garnishes. When cooked it can be pureed or used in soups. Widely used in Japanese cuisine.

DAME BLANCHE name applies to a white ice cream with whipped cream and chocolate sauce. Other dessert including a sponge base, slice of ice cream topped with poached fruit like pears, apricot or peaches then covered with a dame blanche sauce of lemon sauce containing whipped cream garnished with candied fruit or whirls of chocolate sauce.

DAMPERS rough bread cooked on the griddle or barbecue made of flour, salt and water.

DARIOLE name of a mould, shaped

like a bucket with the side sloping outwards, used for making individual mousses, cream caramel, rice pudding, small pastries and cakes.

DARNE thick slice of fish cut completely through the bone, including the back bone; the thin cut is called the dalle. Both can be poached, grilled or sautéed, fish like salmon, tuna or hake.

DASHI fish stock made from dried seaweed like kelp or kombu and used in Japanese cuisine.

DAUBE rich method of braising meat as a casserole made from previously marinated meat; usually cooked in red wine, well seasoned with herbs; cooked slowly in a covered pot and in the oven (daubiere is a cooking utensil special for this dish)

DAUPHINE pureed potatoes or vegetables mixed with choux paste then deep-fried in hot fat in uniform shapes. The mixture can be added to the fryer one spoonful at a time; will puff up and go golden brown served on dish paper with salt. Potatoes done in this method, flavoured with nutmeg and incorporating diced bacon are highly acceptable.

DAUPHINOISE a potato dish of sliced round potatoes cooked in the oven in milk and cream oven then topped au gratin with cheese. Garlic and butter can be rubbed over the potatoes before cooking.

DE BRESSE an area in France noted for careful breeding and strict selection of poultry. Capon and chicken from this area are famous, having reached perfection with corn-fed poultry; chicken cooked à la crème with black truffles and finished with crayfish butter is delicious. Bleu de Bresse blue cheese and cream cheese pastries known as Corniottes also come from this area.

DÉJÀ VU expression sometimes applied to dishes that have been seen before: 'not that again' or 'the same old classical dish.'

DELICE term slanting slice of fish or a long fillet tucked under at each end to form a type of parcel. Delice or délicieux can also mean fancy dessert or gateaux, such as lemon delice, a type of lemon cake made rich with butter, eggs, self raising flour and sugar; once cooked can be split into three and filled with lemon butter and cream.

DEMI-DEUIL literal translation 'half mourning.' Dishes made demi-deuil are incorporate black and white colours, the best-known being poached chicken stuffed with a fine force meat and slices of truffle tucked between the skin and flesh served with the cooking liquor strained or made into a supreme sauce.

DEMI-GLACE a brown sauce enriched by reducing an Espagnole sauce by half with white or blond stock. This sauce is used to form the basis of classical sauce dishes as Rossini, Piquante, Perigoux, Robert, Chasseur and Bordelaise. The espagnole is made using brown stock which is added to a brown roux with tomato puree and cooked for several hours with the sauce containing brown beef bones

DIABLE a reduction of shallots, white wine vinegar, cayenne pepper and crushed peppercorn which is simmered with demi-glace then strained. Food cooked Diable is lightly coated in mustard, dipped in beaten eggs then passed through breadcrumbs and grilled. Chicken, veal and fish can be done in this way.

DODINES boned-out piece of meat like duck or chicken using the leg, stuffed and braised in a wine sauce and served with the reduced cooking liquor. Guinea fowl cooked dodine is roasted then removed from the bone, the bones chopped and browned with onion, celery, mushrooms reduced with wine and spices then splashed with cream and strained over the carved meat.

DOLMADES vine leaves wrapped around food such as minced meat mixed with onions then poached in lemon stock or rice cohered with raw eggs, nuts and currants. Dishes are served cold as an hors d' oeuvre.

DOOR-STOP British term applied to a thick slice like bread, normally white and soft.

DORADE gilt head bream, a seawater fish which, as the name implies, is has a gold-tinged head and is similar to a sea bream.

DOSA Asian pancake which when made is partially fermented before shallow frying; made to a thick consistency from ground rice and often stuffed with both sweet and savoury filling.

DRESSED CRAB where cooked crab is removed from the shell, the brown meat is passed through a sieve and mixed with Worcester sauce and seasoned then put back in the shell. The white flaked meat is then put on top of the brown, before a layer of mayonnaise is spread over it and then garnished with lines of sieved egg yolks, egg whites with parsley arranged neatly across.

DUGLERE white wine fish cream sauce containing a tomato concasse cooked provencal.

DUXELLE where chopped or mashed mushrooms are cooked with onion until dry and then used to complement sauces, stuffing and garnishes.

ECCLEEFCHAN Scottish tart is made with a soft pastry and filled with dried vine fruits, walnuts and beaten butter cream; usually served individually.

ELIXIR a mixture of aromatic matter placed in alcohol. Many elixir plants are scented and sweet and are supposed to confer long life (a magical portion); some formulas have been devised by monks. The elixir of Garus is made of vanilla and saffron heavily steeped in alcohol and finished with a syrup of orange-flower water and maidenhair fern.

EMINCE thin slices of meat or slivers, very done with cooked meat cut emince then covered with a sauce and popped in the oven to reheat gently. Raw veal cut emince then sauteed in butter and finished a la crème with mushrooms is popular in Switzerland. Beef emince can be done with sauces like Chasseur, Madeira, Piquante or rich tomato provencal.

EN CHEMISE means to wrap, for example chicken wrapped in bacon or food left in its natural skin before cooking, caul wrapped around kidneys or stuffed cabbage. Also means coating such as batter, breadcrumbs or vine leaves, all with the purpose of enabling the main ingredient to hold its flavour.

EN COCOTTE small round or oval dishes with handles and a tight-fitting lid, usually made of cast iron or earthenware, used for slow cooking dishes such as those braised in the oven or casseroles. Another type of cocotte dish is round in shape and used for

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cooking eggs by placing it into boiling water then topping the egg with a garnish once cooked. Popular garnishes are ingredients in cream sauces or offal like diced liver in a Madeira sauce.

EN CROUTE method of cooking food wrapped and enclosed in pastry then baked in the oven, the best-known being Beef en croute. Other types of croute can be fried or toasted bread used a base on which to present dishes like tournedos or roasting game birds. Can act as a garnish in decorative shapes like hearts dipped in butter then chopped parsley.

EN MEURETTE dishes cooked in Burgundy red wine as a stew, the most popular being fish matelote of eels, carp and tench and meat like veal and chicken. It is traditional to add or garnish with button onions and thin strips of bacon. Calves brains cooked en meurette is a special dish.

EN PAPILLOTE method of cooking food, especially fish with a stuffing or garnish, wrapped in paper to hold in the flavours. While cooking the paper will swell and should be opened at the table before collapsing; meat is usually part-cooked before being wrapped. Salmon Delice sealed by sautéing then topped with thick tomato concasse with a little cream, white wine and herbs then wrapped en papillote and baked is delicious

EN TASSE served in a special cup, usually soups and especially clear soups like consommé.

ESCA BECHE refers to a cold spicy marinade, usually fish like sardines, mackerel, mullet and whiting with the heads removed then shallow fried and placed in the marinade. Chicken and some game can be done in this method, served with lemons and raw sliced onions. This type of cuisine is popular in Spain and South America. The marinade is made with sliced carrots, onions, crushed garlic, vinegar, water or stock, bouquet garni, thyme, paprika or cayenne pepper, coriander seeds, salt and pepper.

ESCALOPE thin slice of meat taken from a tender joint which is then flattened with a tenderiser hammer. Many dishes have the meat coated with breadcrumbs before shallow frying; veal is frequently used in the preparation of scaloppines (small ones) for piccata and saltimbocca. Paupiettes are prepared from escalopes; salmon

and turkey taken from the breast are particularly suitable.

ESCAROLE similar version of the chicory or curly endive but with broader leaves; usually used as a salad which is fairly crisp but can also be poached and used as a garnish. The leaves are white with yellow edges.

ESPAGNOLE basis brown sauce made from a brown roux to which is added brown stock and allowed to simmer gently for several hours; mirepoix of vegetables are added with mushroom stalks and tomato puree. The sauce must be skimmed at regular intervals then passed through a muslin skin at the end or a fine conical strainer. Extra stock may be added throughout cooking for flavour and consistency. Originally veal bone where used but beef has taken its place. This sauce is the basis of a number of derivative brown sauces e.g chasseur, Robert, poivrade, Marsala, Madeira and bordelaise.

ESTERHAZY thin slices of veal or beef, browned in lard then casserole in brown sauce with sliced carrots and onions; once cooked id then removed from the casserole and finished with capers, fried paprika, lemon juice, chopped parsley and sour cream. Garnished with julienne of carrots and chopped parsley

ETON MESS mashed or chopped strawberries marinated in kirsch or liquor added to whipped cream by folding in with broken meringue, then served without delay, garnished with mint leaves, strawberry slices and streams of raspberry coulis.

ETOUFFEE stewing or braising pot with a tight fitting lid? in which estouffade dishes are made: they are slow cooking stews in which beef is usually cooked in wine with sliced carrots and onions flavoured with thyme and bay leaf.

ETUVEE French term to describe braised in the oven. The word etuve describes Dutch cheeses that have taken as long a time to mature as Gouda or Edam.

EUCALYPTUS oil taken from the plant with very distinctive flavour and used in small quantities because of its over-powering taste; used in sauces and dessert flavourings.

FAGGOT mixed liver and pork,

minced coarsely with onions, breadcrumbs, herbs and a small amount of oatmeal, shaped into a ball and covered in caul fat then baked in the oven and served with a meat sauce and mashed potatoes. Can also mean a bouquet garni with celery and herbs tied with string.

FARCE to stuff.

FARINETTE sweet or savoury pancake made with beaten eggs folded into the flour; sometimes known as a 'floured omelette.'

FEATHERED a way of decorating, usually the tops of cake and gateaux with icing sugar of colours. Runny icing fondant is placed on the top then, using a different colour, lines are piped on, then by swiftly cutting the icing surface, both colours run into each other to form a feathered effect in an arrow-head shape.

FEATHER a cut of beef taken between the fore rib and neck; has a line of fat running down the middle not unlike a feather in shape; is oval and best used for braising.

FEUILLETE puff pastry cut into shapes filled with a stuffing, baked in the oven and served hot as an entree. They can be fingers or triangles with either meat, vegetarian filling or fish; those made with Roquefort or crab are particularly popular.

FEVES broad beans

FICELLE stick of French bread, thin and long.

FISH FOAM made by whisking reduced fish stock with cream hard together either by hand or hand-held electric machine until it foams and then placed over or around the presented food give it an unusual special effect.

FIVE SPICE mixture of five spices originally from China, a blend of star anise, cinnamon, ground cloves, fennel seeds and pepper used widely in seasoning and Chinese cuisine.

FLAGEOLETS small oval bean with skin removed; in a cream sauce they go well as a garnish with roast lamb and mutton or simply as a vegetable course.

FLAMICHE type of savoury tart made with bread dough and can be eaten on its own with unsalted butter or with a filling of cooked vegetables

with egg yolks other include soft cheese mixed with cream and cracked pepper.

FLEURONS small puff pastry shaped as a crescent, baked in the oven with egg wash then used as a garnish for fish dishes served with sauces.

FLOUNDERS flat fish found around coastal areas, similar to plaice but not so tasty. Normally cooked whole; colour is brownish with mottled skin. In Norway they are smoked and pickled to preserve them.

FOCACCIA Italian-type bread which has been yeast risen; often herbed flavoured and cooked with cheese. It comes in all shapes but usually square or sandwich size; also baked round with topping of coarse meat, cheese, red onions herb and finished with olive oil

FONDUE Swiss speciality of melted cheese with wine and flavourings to a creamy consistency placed in a special fondue pot which is placed over a flamed lamp on the serving table to keep hot. The diners impale cubes of bread on a two-pronged fondue folk dipped into the melted cheese and eaten them hot. Other types include Fondue Bourguignonne, where cube of prime steak as rump, fillet or sirloin are cooked at the table by the diners in hot fat then dipped into accompanying sauces like Hollandaise, béarnaise, devilled, creamed horseradish or types of mayonnaise and wine brown sauces.

FRANCAISE a la Francais - in the French way or style, e.g. Joints of roasted meats garnished with asparagus, cauliflower topped with Hollandaise sauce, braised lettuce hearts, domes of piped Duchess with buttered diced vegetables. Peas Francaise are cooked in a thickened juice with julienne of lettuce and petit onions. Fish fillets Francaise are dipped in milk, passed through flour then deep-fried, served with fried parsley, lemon wedges and sauce diable.

FRANGIPANE really a pastry cream of milk, sugar, flour, butter, cream flavoured with ground almond then cooked. The mixture can be used in pancakes as a filling, put into baked tartlets or as a tart topped with chopped pistachio nuts.

FRICASSEE a white stew and also a way of cooking chicken, veal or lamb with colour. The meat is cut into pieces, sauteed without colour and

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cooked in a white stock with aromatic garnish. The sauce is thickened with egg yolks and cream, which must not re-boil; the garnish is petit onions and button mushrooms.

FRITATA Italian omelette cooked on both side incorporating ingredients such as prosciutto meat, pasta shapes and cooked vegetables including onions and strong cheese.

FRITOT usually cooked food cut small and marinated, coated in batter and deep fried then arranged on dish paper with a sharp tomato sauce; served as a hors d'oeuvre. Mussels, frog legs and offal are usually done in this way.

FRITTERS name is given to food coated in thickish batter and deep fried, usually incorporating fruit such as apples, apricots, pineapples and bananas are served with cream custard. Other types are made with choux paste flavoured or mixed with cheese or diced meat; chopped anchovies are very nice done this way. Fritters should be cooked in plenty of fresh hot oil because they tend to sink at the start of cooking then rise; they should be turned over mid-way through cooking.

FRITTO MISTO MARE an assortment of fried food which could be done in batter or breadcrumbs; often offal such as liver, brains or sweetbreads, vegetables as artichokes, asparagus or a sea mixture of food from the ocean. Cooked meats are marinated before being cooked in batter. In Italy small veal escalopes are cooked and served in breadcrumbs to accompany other food.

FROLLA Italian shortbread pastry used to make pies, savoury dishes and sweet biscuits such as cookies.

GALANGAL spice from the ginger family and taken from the roots used in Far Eastern cuisine. There are a variety of flavours, some similar to saffron, peppery, ginger (of course), cardamom; some have a sour-type taste.

GALATINE served as hors d'oeuvres and always glazed in aspic. Lean white meat such as pork, chicken, turkey, veal, game are mixed with egg base forcemeat, flavoured with spices and herbs then shaped into a symmetrical or customary mould. Can also be shaped by wrapping in a cloth then tied cooked in stock. Galatine of chicken is by far the most popular although fish

can also be made into galatines.

GALETTE small round cake, either sweet or savoury. Popular galette are made with potato and buckwheat pancakes with sweet or savoury filling. Other types can be made with puff pastry (filled with jam and cream), shortbread biscuits with batter cooked in rounds on a griddle; candied fruits in a round set in crystallised sugar topped with chestnuts.

GARBUE unusually stew from the Bearn region of France with stale bread added at the end to soak up the stock and thicken it. Basic stew should include onions, garlic, herbs, thyme, parsley stalks, beans (haricot, broad beans or peas), thick slices of potatoes and shredded cabbage all cooked in water to make the stock. About 45 minutes before serving the preserved or pickled meat such as goose, duck, bacon should be added, then finished with peeled chestnuts and the stale bread.

GARGANELLI thick hollow paste tubes known as macaroni, home-made.

GAYETTE flat round sausage made from fresh pork, bacon fat and pig's liver, sometimes with the kidneys, flavoured with herbs, spices and garlic; can be wrapped in caul or just baked carefully in the oven with oil or lard; can be served hot or cold.

GAZPACHO Spanish chilled soup made by mincing or pounding onions, peppers, garlic, tomatoes, cucumber and peppers and allowing to marinate for a couple of days with crust, less white bread flavoured with vinegar, then passed through a strainer and thicken with mayonnaise. The soup must be smooth and pink in colour. The garnish for the soup, which should be served separately, is diced peppers, onions, cucumber and garlic-flavoured croutons. A fruit version can also be prepared.

GENOSE Italian light sponge made by creaming egg and sugar together over a warm bain marie, folding in sieved flour then finished by trickling in melted butter via the sides and baked in the oven. The sponge is layered with cream and fresh peaches or apricots and decorated with a fondant top and garnished with candied fruit and toasted nuts.

GIROLLES funnel-shaped mushrooms with a yellow to orange

colour; can be eaten raw in salads or sauteed as a garnish and go well with creamed scrambled eggs or in omelettes. They are fragile and are known in French as Chantelle. These mushrooms cooked and marinated are regarded as a delicacy.

GIZZARD digestive pouch and muscular organ used by birds (ducks for culinary purposes) to grind up their food. to grind food which is the digestive pouch found in birds. In cooking can be used for mincing as part stuffing, roasted or poached until tender. Is not often used but is regarded as a delicacy to be served with other food. very often used in conjunction with other products.

GIZZARD SHAD oily fish belonging to the herring family, white in colour, which can be grilled, fried or baked in the oven but best marinated before cooking.

GLEANIES another word for guinea fowl, a bird which originally came from Africa's Guinea coast. In England is cooked like pheasant or partridge.

GNOCHI popular dish in France and Italy which can be prepared one of three ways using semolina, potato or choux paste as a base; can be poached or baked in the oven. Gnocchi a la romaine is made with semolina, gnocchini a la parisienne is made with choux paste, while gnocchini a la Piemontaise is made with potato. Many of the dishes finish up with cream sauces and glazed with cheese.

GOUGELHOPT large choux pastry shaped as balls or rounds baked in the oven then filled with whipped double cream or sometimes made as a soft sponge cake. Gougere are similar, made in rounds or rings flavoured with cheese and served as a warm entrée dish.

GRAND-VENEUR strong sauce poivrade (demi-glace finished with vinegar, marinade, bay leaves, thyme, parsley stalks and vegetable mirepoix) made with game stock and flavoured with red currant jelly, finished with game blood and cream then strained. Goes well with all game but especially hare and venison.

GRANITA sugar flavoured syrup with white wine and partially frozen in the form of ice crystal; served as a dessert in a chilled coupe or as an in-between course as a mouth freshener.

GRAPPE the residue of grapes after pressing, is a clear alcohol or marc brandy and should be stored in wooden barrels to mature and refine the taste. Used in Italy to flavour meats but potent is drunk neat.

GRECQUE method of cooking vegetables a la grecque in a marinade flavoured with white wine, olive oil, crushed garlic, shredded peppers, thyme, bay leaf, sprig of fennel, parsley, lemon juice and a spoonful of tomato puree. Vegetables like mushrooms, artichokes, fennel, celery hearts, leek stems and cauliflower ends cooked in this liquor and allowed to marinate for a couple of days are very nice. Fish a la Grecque is poached and served in a creamed white wine sauce with celery, fennel and coriander seeds.

GREENGAGE an under-used plum, usually with a green skin, although colours vary from yellow purple and red. Delicious when eaten fresh and ripe; make good jam and open green gage tarts.

GREMOLATA an Italian way of finishing dishes using a mixture of crushed garlic, chopped parsley and lemon zest.

GRENAUDIN slice of veal fillet which is larded then braised in a rich wine sauce; can also be prepared like a lamb noisette with a ring of fat encircling the eye of the meat, which is then shallow-fried.

GRENADE sweet red syrup made from pomegranate juice and used as a flavouring or in cocktails to give a pink tinge. Raspberries, blackberries and redcurrant are now used to produce grenadine.

GRIBICHE cold sauce of mayonnaise mixed with chopped hard-boiled egg yolks, mustard and oil mixed with chopped gherkins, capers, tarragon, chervil, parsley, finished with julienne of cooked egg whites. Provides a good companion to fish dishes.

GROOVED where a long channel has been made on the surface to give the food a decorative touch. Courgette is an example.

GUACAMOLE Mexican speciality of pureed ripe avocado flavoured with seedless chilli, lemon juice, chopped parsley and diced blanched tomato. Used as dips and fillings for tacos and

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tortillas.

GUDGEON small fresh water fish, which can be fried, grilled, coated in breadcrumbs or deep fried in batter. The method is to gut them, wipe clean and pass through milk then flour and shallow fry them in hot oil until crisp and golden.

GURNARD round fish which have finger-shaped pectoral spiny fins and a large, wide head; also known in England as sea robin. Colours vary from red mottled with green to brownish-grey and red. Can be rather taste-less, is usually poached or oven-baked but best used in soup and fish stews like bouillabaisse.

HALOUMI Greek soft or semi hard cheese produced from goat and sheep milk, heated to boiling point, drained and preserved in salted water to mature. Good in salads, cut into dice or grilled and served with lemon tossed salad or with sweet and sour pickles; can also be fried in oil and butter. Traditionally they are shaped in straw containers.

HARISSA hot chilli sauce made with red chilli, garlic, tomato puree, caraway seeds, cumin seeds, vinegar, roasted red peppers, ground coriander and smoked paprika.

HAUNCH top part of the leg with part of the loin and usually roasted as a whole joint. Known in French as the cuissot, which would describe a game joint like venison.

HOCK the lower part of a pig's front legs, which needs prolonged cooking for tender results and is ideal for flavourings in stews and soups. Can also be obtained smoked. A hock placed for flavouring in a pureed Saint Germain soup while cooking is excellent for strong flavouring.

HOG'S PUDDING made from finely-chopped pork meat, fat seasoned with herbs and spices including nutmeg, then cohered with boiled groats and cooked by boiling in a hog's cast.

HOISIN SAUCE a Chinese sauce made from fermented Soya beans with spices, sugar or sweetener, garlic, chilli and vinegar, which is dark in colour and thick. Is used in basting roasts, in pork and poultry dishes, as a base from barbecue Chinese sauces and great in a stir fry.

HONGOISE describes dishes containing paprika. Sauce Hongoise is flavoured with paprika, diced onions, white wine, tomato puree and a thin veloute sauce base finished with sour cream. Stews or casseroles cooked hongoise have a heavy tomato and paprika base.

HOPS vigorous climbing plant with long twining stems bearing flower clusters. The female flowers are mainly used for the flavour given to bitter beer while brewing. Hops shoots a la crème can act as a bed to poached eggs, while the male plants can be cooked and served as asparagus or cooked in butter or poached in cream in a covered pan. The stem poached and served with Hollandaise sauce accompanying poached sole fillet makes a classical combination.

HOT POT stew or casserole cooked in the oven and finished with sliced potatoes arranged on top overlapping and glazed in butter until golden brown and crisp. Can finish with a lard base pastry and also known as Lancashire hotpot.

HOTCHE POT mixture of meats cooked together in a pot, but the bases are pigs' ears, tails, oxtail, breast of beef, shoulder of mutton, salt bacon and a variety of pot vegetables such as onion, leeks, cabbage and potatoes. This is a way of using all the unpopular meat cut with a creative and flavoursome dish. Oxtail is now only cooked with pig's trotters and ears with carrots, cabbage, onions, finished with turnips and chestnuts.

HAUILE VIERGE the first pressing of oil, berries, grapes and seeds.

HUMUS usually made into a dip from pureed cooked chick peas. Once pureed it can be flavoured with garlic, lemon juice, oil and finely-chopped parsley. Particularly popular when spread on warm pitta bread or filled petit pitta bread mixed with sliced black olives.

HURE head of pig or boar, which is often used and decorated for buffet tables or in the making of brawn.

INK fluid from bag situated near the heart of squid or cuttlefish, which is used in their cooking; can also be used to flavour pasta dishes.

JACK FRUIT large fruit with a green to yellow skin, the middle of which has

a white to yellow pulp with large seeds which can be dried, roasted or ground and used in stews, curries, soups or as a vegetable; can be blanched then sautéed or cooked to be pureed. The banana-like pulp has a fruity but soft and delicious flavour. The flowers and young leaves can be used in salads but the rotten onion smell of the fruit can be off-putting.

JACK-BY-THE-HEDGE cruciferous plant with white flowers and a garlic mustard flavour.

JAGGERY a lump or cube of brown sugar, crude or at the first stage of processing, which is taken from the sap of the coco nut palm tree. Obviously un-refined is found in Indian cuisine in round cakes which can vary from soft or crumbly to nearly rock hard.

JERKED method of cooking used in the Caribbean and dating back to the Carib-Arawak Indians in which pork or chicken carcass was jerked with holes using a sharp object and the holes stuffed with a variety of spices. The holes enabled the heat to escape without moisture loss to give the meat a superbly spicy taste and make it extra tender.

JUNKET sweetened and flavoured curd which is set with rennet and comes from un-weaned calf. Is added at blood heat but once added must not be disturbed or it will become curds and whey.

KIPPERS herring fish split open, gutted and smoked or salted and dried in the open air. They are good to eat grilled or oven-baked and served with parsley butter.

KISSEL Russian dessert made of seasonal red fruit berries, pureed by cooking with white wine then thickened with arrowroot or flour and served with thick double cream, either chilled or hot. Can be shaped in a mould then turned out for presentation and cream garnished.

KUMMEL liqueur flavoured with caraway seed, which has limited uses but is incorporated in old-fashion seed cake as flavouring; considered a must in the Rothschild soufflé; also known as a Dutch cheese.

KUMQUAT orange-like fruit with a sweet rind and an acid flesh which can be eaten fresh or used as a preserve and

make good marmalade. Other uses are used in stuffing in poultry especial Poussin, in cake making or just poached and served as a garnish. Similar in size to a quail's egg but round.

LADY CURZON applied to chicken, is stuffed with pilaf rice containing truffles and foie gras then poached, served with an Italian sauce (mushroom sauce with chopped ham, parsley, chervil and tarragon), flavoured with curry and a garnish of barrel-shaped cucumber; cooked a la cream. Consommé soup is served with a curried cream.

LAITANCE soft roe; herring roe is used mainly as a garnish for fish dishes cooked meuniere in flour and butter; can also be served on toast as a savoury sprinkled with cayenne pepper.

LAKSA fish or meat using chicken, pork stew cooked in a spicy, curried stock and sauce using coconut milk. These stews can be made with vegetables or shrimps and are a speciality of the far Eastern countries.

LAME in French kitchens, a slice of black truffle to garnish dishes.

LARDED way of adding fat to cuts of meat or fish by threading small strips of fat or bacon fat through the lean part by means of a larding needle to make them moist and tender and to keep the product succulent. Strips of ham or tongue may also be used.

LAVER seaweed found off the Irish and Welsh coasts which has to be well soaked and cleaned; is boiled then pureed in the same way as spinach.

LAVERBREAD Cooked chopped laver shallow fried in bacon fat or lard then mixed with porridge oats. Usually served at breakfast time. The laver sauce is made by blending this bread with orange juice meat stock and a little cream

LE CREUSET A brand name for a set of pots and pans made in France, many dishes are cooked and served in these dishes

LE POTEÉ This is a type of hochepot which is cooked and sometimes served in a earthen dish. It's a meal on its own which containing cabbage and potatoes as well as a mixture of meat which usually includes pork the dish comes in a strong stock base.

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LENTILLES VERTES DU PUY

Lentils are a pulse borne in pairs in a pod, they are very high in protein and must be soaked in cold water before cooking. They are a excellent base for soups and very often cooked with pork or poultry in the oven with stock. The green puy lentil comes from France in the Velay district grown in the volcanic soil which produces a excellent flavour. Pureed lentils in gravy or a la crème or mixed with crushed potatoes can accompany or garnish dishes.

LIAISON can mean several types of agent used for binding and thickening soups, sauces and stews, e g cornflower, butter and flour kneaded together (beurre manie), flour roux and the most common, egg yolks and cream.

LINGUE member of the cod family which is smaller and shorter although also used in fillets. Is particularly tasty when smoked or salted.

LINGUINE NERO flat pieces of pasta incorporating fish ink such as that from squid to give flavour and colour.

LIQUORICE cultivated shrub the root of which can be chewed and juice extracted to be processed and purified for use in confectionery. Popular for use in children's sweets.

LIVOURNAISE the garnish for this dish is sautéed shallots, blanched tomatoes and sliced truffle, which goes well with baked or poached fish.

LOVAGE leaves and seeds from this aromatic perennial herb can be eaten in salads, soups and stews, while the roots can be cooked or eaten raw. Taste is similar to celery. The seeds can be sprinkled on pastries and bread while being cooked as a topping.

LYONNAISE any dish incorporating onions. Potatoes lyonnaise are cooked together with fried onions or baked in the oven in milk or stock with onions. To make sauce lyonnaise sliced onions are cooked in butter with a wine and vinegar reduction with demi-glace added.

MACADAMIA fruit of an Australian tree found in Queensland which is like a large walnut with a hard brown shell. In Asia it is used in stews and curries but the nuts can be dipped in a sweet coating like chocolate and eaten individually. The white kernels and

taste something like coconut.

MACEODOINE vegetables or fruit cut or diced the same size. Soups are often made with vegetables cut macedoine or they can be cooked separately then bound with butter and used as a garnish. The residue of roasted meats are simmered with cream and herbs with a macedoine added and served with the meat. Fruit cut in this way is served in syrup with liquor.

MALAKOFF name given to some classical cakes. One of the most popular incorporates two thick rounds of nut meringue spread with coffee mousse and dusted with icing sugar, the sides being coated with toasted flaked almonds. Another popular variant is a round sponge soaked in dark rum and spread with a butter cream holding whipped double cream flavoured with ground almonds and coffee essence.

MALDON SALT sea salt from the town of Maldon, Essex on England's east coast and noted for its strong sea flavour.

MALLARD small wild duck also known as the green head. Roasted in a hot oven, the flesh is succulent and should be rested before being served, usually served with a sauce such as orange, berry sauce, orange and lemon (bigarade), port sauce, white milk breadcrumb sauce. The mallard shooting season lasts from September to February and once killed the birds should hang for two to three days.

MARMITE flat bottomed earthenware pot with a lid which is used for long and slow cooking. Petit marmite is a clear meat soup containing lean meats with an array of vegetables including cabbage with beef marrow added at the last minute or placed on toasted croutons. A fish marmite can be made with turbot, sole and mullet cooked in a white fish stock containing celery, leek, onions and fennel finished with mussels and prawns with double cream stirred into it.

MATELOTE term usually applied to fresh water fish stews cooked in red or white wine and containing aromatic flavourings. Sea version can be made but all must be garnished with button onions, mushrooms and bacon rashers. Eel matelote is by far the best-known.

MATZO Jewish bread eaten during Passover, which consists of a wafer of

unleavened bread. Crushed matzo is often used as a substitute to flour and is similar to breadcrumbs.

MENAGE A TROIS three of a kind, e.g. three different filet steaks such as beef, lamb and lamb.

MEUNIERE fish cooked meuniere is passed through sieved flour then fried in butter, served with nut brown butter, squeezed lemon juice and sprinkled with chopped parsley.

MILANAISE food prepared in this way is generally passed through flour, egg and breadcrumbs, mixed with grated parmesan then fried in oil and butter. Macaroni in a rich tomato sauce containing julienne of ham, tongue, mushrooms and truffles is topped with grated cheese.

MILLE-FEUILLE several layers of puff pastry on top of one another spread with cream or pastry cream, which can include sliced fruit like strawberries or jams; usually presented in individual squares or oblongs. The top is covered with fondant icing sugar or meringue and sprinkled with candied fruit or sultanas, pistachio nuts and currants.

MINEOLAS cross between a tangerine and an orange with a loose-fitting skin.

MINESTRONE Italian soup with uniformly-cut seasonal vegetables such as onions, leek, celery, carrots, turnips, cabbage and blanched diced tomatoes, cooked together in white stock flavoured and containing chopped streaky bacon. Peas and diced French bean and garlic are added finally as can be pasta and white haricot beans.

MINESTRONE (FRUIT) fruit cut small in brunoise size and used in dessert, garnishes, cold soups or cocktail drinks.

MIREPOIX mixture of rough cut vegetables with thyme sprig, bay leaf and in some cases belly pork or ham which is added to sauces, stocks and meat, pot roasted or braised to enhance the flavour. Vegetables include onions, carrots and celery. Also used as a bed for roasting joints and used in the preparation of sauces and gravy.

MIZUNA Japanese herb in the form of a bitter leaf, which is also known as Kyona, Japanese mustard or greens although it originated in China. Can be

used to make a green salad, in stir fry and in the preparation of soups and sauces.

MOELLE bone marrow used in sauces and garnishes. Sauce Bordelaise contains moelle and is popular garnish to consommé.

MONT-BLANC when on the menu denotes chestnut puree topped with whipped Chantilly cream.

MONTE AU BEURRE to add butter either in knobs to a sauce at the completion of cooking to enrich it, or add gloss in the case of nut brown or black butter over fish or meat cooked meuniere.

MOOLI member of the radish family also known as the white radish, which are long white tubes frequently used in Japanese cuisine where they are eaten raw, cooked, grated or pickled.

MOREL rare and highly-prized wild fungus mushroom which are rare and highly prized, which have to be cleaned with caution because of their conical and globular structure and honey comb-like head. Available canned and also dried for use in cream sauces to provide exceptionally strong flavour. Morels braised in butter with Marsala wine then finished with fresh cream make a splendid hors d' oeuvre.

MOSAIC decorative way of garnishing meats in shapes like squares, circles and stars in gelatine or in patisserie a rich Genoese garnished with apricots and black currants.

MOUCLADE mussel stew cooked in white wine and cream with shallots and parsley then enriched and thickened at the end with egg yolks and cream.

MOUSSELINE hollandaise sauce in which whipped cream is folded in just before serving; used to accompany poached fish as well as vegetables like asparagus and broccoli. Sauce mayonnaise can also be done like this but individual sweet or savoury mousses always have whipped cream folded in to them.

MOUSSERONS white or beige coloured French mushroom the most famous of which are the Saint George, although there are several types. Noted for delicate flavour and strong smell.

MOUTARDE EN GRAINES whole

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grain mustard which is normally mild; some types include husks.

MUESLI dried cereal mix perfected in Switzerland which contains dried fruit which is mixed with milk and served at breakfast. Usually a combination of oats, wheat germ, rye, barley, dry fruit and chopped nuts; can also be used in dessert and added to toffee and fudge.

MURET dish of fish is cut into strips, floured, sautéed in butter then mixed with diced potatoes and quarter cut globe artichoke, garnished on top with sliced sautéed tomatoes, sprinkle with chopped parsley, nut brown butter and lemon juice.

MUSCOVADO soft and tacky refined cane sugar of which the darkest is used in cooking.

MUSTARD seeds from the mustard plant which are used to make the condiment mustard. Of the many varieties the main one is white mustard which has a yellowish seed. Another is a herbaceous plant the stems of which when in season can be cooked like spinach and the leaves used in salads. Until processed the mustard plant has no smell.

NAGE aromatic white wine court bouillon to which cooked shell fish is added together with mixed herbs and sometimes cream; can be served hot or cold. In cooking a la nage means literally swimming

NANTUA a garnish of crayfish tails or crayfish meat from the French town of Bugey; can also be made into crayfish butter as slices, mousses and purees. Sauce Nantua is béchamel containing cream and finished with crayfish tails and butter.

NAPE indicates that food such as fish or meat is covered with a sauce.

NEAPS word is used in Scotland to indicate turnips, especially when Haggis is on the menu

NEIGE egg whites whisked to form stiff peaks in preparation of soufflés and meringues, served as a side garnish for consommé; used in the famous dish of Oeufs a la Neige, literally 'snow' as floating islands. Also Oeufs a la Neige.

NICOISE dishes in the style of Nice, France, have either a garnish or incorporate olives, garlic, anchovies, French beans and anchovy butter.

Sauce Nicoise symbolises a vinaigrette with chopped olives, capers, shallots, parsley and mustard.

NISHIKI NORI type of edible seaweed which when formed in sheets is used to wrap around petit portions of rice and raw fish in preparation for Japanese dishes. Can be used in condiments or shredded and deep fried; may also be found compressed and powdered.

NOISETTE small round piece of meat, usually lamb, taken from the loin, surrounded with a thin strip of fat and tied to cook. Beef fillet can be used as can veal, known as grenadine. Usual the method of cooking is pan fried in butter.

OCIETRA quality caviar taken from sturgeon in the Caspian Sea.

OLIVES in the context of beef olives or meat olives, means a thin slice of meat rolled with a savoury stuffing, such as sausage meat tied with string and braised in a wine sauce until tender.

ONGLET French word meaning a thick flank of beef.

OSO BUZO Italian dish from Milan, which incorporates a cut completely through the knuckle or shin of veal then braised in a tomato concasse sauce. Can also be used with tail ends of fish such as cod or monk fish.

OXALIS white, yellow or pink flower leaves which have to be cooked gently and delicately to remove oxalates.

PAILLETTES AUX CUMIN thin rings or slivers of food such as onions, carrots, potatoes, which are flavoured with cumin seeds.

PAIN D' EPICES gingerbread that has been well-spiced

PAIN PERDU stale bread dipped in egg and milk, fried in clarified butter until golden brown (French toast). Vanilla can be added to the milk to make a dessert which is served with custard.

PALOISE sauce Hollandaise with fresh chopped mint added at the reduction stage.

PALMIERS small puff pastry square sprinkled with sugar then folded in from each end to form a scroll, brushed

with egg wash dusted with icing sugar cut in slices and baked.

PANADA 1 paste of stale bread or flour mixed with water, used for binding or thickening for forcemeat and quenelles. 2 basic mixture used in the preparation for choux paste without eggs. 3 double thick béchamel used as base for hot soufflés.

PANCETTA raw thin slices of preserved cured belly pork salty and spiced; can be gently sautéed in thicker slices.

PANNA-COTTA Italian dessert made with vanilla-flavoured milk rich in cream and set with gelatine in individual pot, i.e. dariole, moulds; served with fruit coulis.

PANSOTTI filled paste ravioli with meat, cheese or fish, shaped in triangles and poached to cook.

PAPPARDELLE egg noodle cut wide and with a wrinkled edge.

PARFAIT smooth frozen or iced dessert rich in cream and cooked egg custard, usually flavoured with coffee or praline. Smooth liver pate is made into parfait by incorporating cream.

PARISIENNE potatoes are shaped into balls using a parisienne cutter, which is also used to shape melon and vegetables into balls.

PARIS-BREAST named after a bicycle race from Paris to Breast in 1891 which gave a pastry chef the idea to create a ring-shaped choux pastry cake in layers and filled with praline-flavoured pastry cream, the top dusted with icing sugar and sprinkled with toasted flaked almonds.

PARKIN speciality from Yorkshire consisting of a ginger cake using cracked de-husked oats (oatmeal) with black treacle added to darken and sweeten the cake, which is left for a few days to mature.

PARTAN BREE Scottish soup containing crab and rice, which is made into a puree and sometimes finished with cream.

PASKHA mixture of curd cheese, sour cream, dried and candied fruit, butter and walnuts pressed and weighted in a mould with small hole at the bottom to drain. Removed from the mould, the contents are garnished with candied

fruit. Traditionally served at Easter in Russia.

PASSE L'AN popular hard French cheese made from cow's milk; not unlike parmesan but a little less mellow.

PATE DE FRUIT layers of pureed fruit placed in a oblong mould and allowed to set with jelly or gelatine in each layer. Once chilled is turned out from the mould, sliced and eaten cold as an hors d' oeuvre or dessert.

PATTIES puff or flaky pastry cases or small oval parcels filled with extra-spicy meat - usually beef - then baked until golden brown. Popular as small bites or snacks in the Caribbean.

PAUNCHED removal of intestines, lungs and heart of rabbit, hare or similar animal, then stuffed, tied and roasted whole.

PAUPIETTE means stuffed and rolled and then cooked as with fillets of fish poached; can also apply to meat such as beef and veal. Once rolled the fish or meat can be tied with string or held together with cocktail sticks to secure.

PAVE thickish slab or block in different shapes commonly used to describe gingerbread, mousses or cake such as Genoese sponge in slabs. Grilled steak is also referred to as a pave.

PAVLOVA shallow meringue basket named after a Russian ballerina and filled with layers of whipped cream with fresh and dried fruit, topped with a colourful fruit decoration using kiwi, paw-paw and mango.

PAYSANNE mixture of vegetables including potatoes, cabbage, carrot, onions and turnips cut into round slices, squares and triangles; used in soups such as Potage Paysanne. Potato dish is simmered in mixed herbed stock until soft.

PECORINO hard Italian cheese made of ewe's milk, which has a yellow crust and is hard-pressed in the making. Takes at least eight months to mature and has a strong flavour.

PEPPERED usually means meat coated in crushed peppercorns before cooking, such as peppered steak. Unripe green pepper corns are preserved in vinegar until needed.

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PERIGOURDINE rich base sauce made from demi-glace (which is half sauce Espagnole and half brown stock then reduced by half) enhanced with a strong liver pate or foie gras and finished with chopped truffle. Goes well with pheasant breast or beef fillet tournedos.

PESTO(S) general flavouring used in sauces and vinaigrettes, with paste dishes and garnishes, which is made by pounding parsley, basil, pine kernels, little garlic with olive oil. Grated parmesan is added to the mixture when using for paste dishes.

PHYSALIS dried dwarf cape gooseberry which, when dipped in royal icing, goes well as a petit four.

PICCATA Italian name for small veal scaloppinis, which are cut and battenner thin and served with sour cream and lemon juice. Can also be dipped in beaten egg and parmesan cheese before frying.

PIGS FRY pieces of offal cooked together, tender pre-boiled pigs liver, sweetbreads and heart cut in chunks then fried in seasoned flour with rubbed sage and butter.

PILCHARDS member of the herring family and another name for sardines in south-west England, where pilchard dishes are often served with tomato sauce.

PILLOWS shaped and folded like a pillow, e.g. crème fraîche folded in a large square then tucked under.

PIROSHKIS small savoury Russian semi-circular pastries filled with cabbage, potatoes and minced meat. Pastry can be either choux or puff and baked or deep fried.

PIPERADE garnish to grilled ham or Bayonne ham consisting of lightly scrambled egg containing finely-chopped plum tomatoes, sweet red peppers, garlic, onions and herbs, cooked in duck or goose fat. Can also be served in a bowl as an hors d'oeuvre with deep fried bread cut into triangular-shaped slices.

PIQUANT sauce piquant is a demi-glace flavoured with vinegar to give a sharp taste, finished with a garnish containing chopped gherkins, chervil, shallots, parsley and tarragon. Often served with sautéed liver dishes or

lamb cutlets fried in breadcrumbs.

PIRI PIRI sauces made piri piri are always chilli-based, hot in taste and often made with sweet red peppers and lemon juice cooked together. Can be used in infused oil, which is then used to cook to flavour meat or cheese.

PISTOU condiment popular in Provence which consists of crushed garlic, basil and olive oil; used to season pasta, soups and cheese; sometimes added like parmesan.

PITHIVIERS light puff pastry tart filled with a rich almond cream paste from the French town of Pithiviers. The edges of the tart are fluted and the top baked with a golden egg wash.

PLEUROTE oyster mushrooms, grey or greyish brown in colour, which are found in clusters; the younger ones are tender while the stalks of the older ones tend to be tougher.

POELE method of cooking - usually meat - in the oven with a lid to retain the flavour but has to be basted throughout. The difference between poele and braising is that in the latter the meat is mainly immersed in the sauce during cooking.

POIVRADE means with pepper as a table condiment or food covered with pepper such as crushed peppered steak or crushed or green peppercorns in sauces and vinaigrettes. A small French artichoke is known as a poivrade.

POLENTA corn meal or maize flour is used in a type of porridge, which is popular in Italian dishes such as Gnocchi; covered with cream cheese sauces and glazed. Yellow in colour, is similar to semolina. Can also be sweetened and used as a dessert with warm jam sauces.

POLONAISE in the Polish style, when used as a garnish to vegetables as cauliflower or asparagus a mixture of chopped boiled eggs, parsley and breadcrumbs are fried together and placed over the vegetables. Other garnishes include sliced beetroot or braised cabbage with sour cream.

POMMES ANNA sliced dried potatoes cooked in the oven in a mould, seasoned and moistened with clarified butter cooked until brown.

POMMES GAUFRETTE deep-fried potatoes sliced thinly on a trellised

cutter and served as a potato dish or as a garnish to roasted game dishes such as pheasant or partridge.

POMMES PAILLES potatoes cut in julienne and deep fried, literally as a thin chip or straw potatoes.

POMMES POCHÉE potatoes, which can be diced or sliced, cooked by poaching gently in stock or milk and served with the cooking liquor like Boulangere.

POMMES PONT-NEUF deep-fried potatoes cut extra thick, twice the size of chips, then presented on dish paper built up horizontally on top of one another. Potatoes are extra special when cooked in goose fat.

PONT-NEUF thick-cut batons of potato or parsnip built up horizontally on top of one another and are deep fried.

PONZU Japanese dipping sauce, which is also used as a condiment and as a macerate over night.

POPPADUMS pancake or thin bread made with lentil flour which is deep-fried in hot oil. Served in Indian restaurants as an appetiser with spicy dips and chutneys or as a garnish to curry dishes.

PORCINI Italian cep which is more tender when young and often eaten raw with salads. Gives quality flavours to cream sauces and also used in paste dishes.

POSSET rich egg custard with a lemon and sherry flavour sprinkled with toasted flaked almonds. Also a Welsh liquid of hot milk curdled with wine and slightly sweetened, and a type of mousse thickened with the acid from lemons which is added to boiled cream.

POTAGE French word meaning soup. Also soups which are fairly light and often containing potato and finished with cream.

POT-AU-FEU classical French stew of lean slices of meat placed in cold water brought to the boil, skimmed then with vegetables like carrots, celery, leek, studded onions, bouquet garni and turnips added and cooked together until tender. Potatoes and cabbage can be added at the end or cooked separately and can be regarded as a complete meal.

POT-AU-FEU DE POISSONS fish version of pot-au feu, but is a delicate dish which has to be prepared with caution to avoid overcooking. Fish stock and white vegetables also used.

POTTED originally an English speciality involving fish – often shrimps – and meat, poached in herbed stock then pureed and sealed in a pot to mature with clarified butter.

POULE-AU-POT chicken stew using a boiling fowl and cooked in a covered pot with a good mixture of vegetables; once cooked the liquor is reduced with white wine to strengthen the liquor.

POULET DE BRESSE corn-fed free-range chicken and capons which when made into haute cuisine dishes have cream added before serving. A famous dish from the Doube valley in France involves a slice of crayfish butter added at the moment of serving to melt in the sauce.

POULETTE SAUCE rich fish cream with egg yolks whisked in at the end and finished with lemon juice. Mussels pre-cooked and removed from the shell and served in a poulette sauce topped with chopped parsley is a special dish.

PRALINE nut brittle of almond and or hazelnuts lightly roasted, mixed with sugar then caramelised until golden brown and finished with coco butter, allowed to cool then broken down into very small pieces or coarse residue. Used to garnish desserts or mixed with whipped cream.

PROSCIUTTO air-cured preserved raw ham cut thinly and used mainly for hors d' oeuvre dishes; prosciutto wrapped around chicken and pan fried is a popular dish served with a creamy sauce.

PULLET young hen bird which lay small eggs.

QUAKING New England egg custard set in a mould, turned out from the mould and garnished with whipped egg whites browned under grill.

QUARK German soft, slightly sour curd cream with different flavours such as herbs or fruit puree; can be eaten as an hors d' oeuvre or a dessert. Often eaten on black bread or pumpernickel slices.

QUENELLE type of dumpling, finely-minced or processed fish, meat or

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poultry dried then bound with eggs, panada or fat then moulded, usually by using two spoons to form oval or egg shapes, then poached and the cooking liquor used to prepare the basis of a sauce. Quenelles made with Pike are exquisite with a lobster sauce.

QUINCE unusual Asian fruit, which when cooked it gives off a fragrant or distinct scent but cannot be eaten raw. Can be used in desserts like open flans, purees, coulis or used in chicken dishes. Goes well baked with honey.

QUINOA South America golden seeds cooked by boiling then used in salads or as a meat garnish.

RAGOUT stew made from meat, poultry or vegetables, which is always cooked in a liquor or thickened liquid. Usually cooked without colour and is heavily seasoned or herbed flavoured. Should be gently cooked in a covered pot.

RAMEKINS round straight-sided ovenproof dish made in glass or white porcelain, the most popular size for individual portions being 3 to 4" in diameter. Used for custards, creams, mousses, hot soufflés, eggs cooked en cocotte or en jelly to set and pates. Dishes like crème Brulee are made in ramakins.

RAREBIT thick white sauce made from a white roux with ale, Worcester sauce, mild mustard and grated cheddar cheese added then allowed to cool. When spread on toast and glazed is served as a savoury is known as Welsh rarebit, or Buck rarebit with added poached egg.

RATAFIA home-made liqueur made by macerating fruit and nuts such as peaches, walnuts, kernels, cherries and oranges in a sweetened spirit; needs time to mature and once made is filtered and stored in bottles for home consumption or use in flavouring.

RATAOUILLE stew of vegetable chunks like onion, peppers courgettes, aubergines, cauliflower and crushed garlic, cooked together in a tomato concasse sauce and flavoured with oregano or majoram; black and green olives sometimes added and the dish can be served hot or cold. Popular with vegetarians as an hors d' oeuvre served hot.

RAVIGOTE vinaigrette sauce containing chopped capers, parsley,

chervil, chives, tarragon and shallots. A veloute sauce flavoured with white wine vinegar containing chopped shallots, mixed herbs as chervil, chives and tarragon. Can also be made into ravigote butter by pounding with the garnish of chervil, chives, shallots, parsley and shallots.

REFOGADO Portuguese sauce containing tomato and chopped onion.

REFORME demi-glace and pepper sauce combined with a garnish of julienne of boiled egg whites, gherkins, mushrooms, truffle and tongue added. Best-known served with pan-fried breaded lamb cutlets.

REMOULADE mayonnaise base added to a garnish of chopped gherkins, capers, shallots, chervil and tarragon then finished with anchovy essence. Goes well with grilled or fish deep-fried in batter or breadcrumbs.

RENEDEZ-VOUS

RENNET an enzyme extracted from the stomach and used in junket to curdle the milk as well as in early stages of making some cheeses.

RESIDUE in cooking terms, the goodness or remains of roasted meat found in the bottom of the cooking tray and used as a base for sauce or gravy to accompany the meat.

REUBEN known in America as a sandwich spread with mayonnaise and a filling of corned beef and Swiss cheese; the sandwich is grilled then topped with sauerkraut.

RILLETTTE pork or goose cooked slowly in the oven in its own fat then pounded into a smooth paste, placed into individual pots then sealed with butter or fat and allowed to mature for a few days. Flavoured with herbs and wine or liquor.

RISSOLES thickish but flat minced meat bound with mashed potatoes and shaped round then shallow fried as it is or coated with breadcrumbs. In France they are savoury pastry turnovers filled with meat or fish then deep fried. Oysters or prawns bound with a sauce are delicious done in this fashion. Puff pastry is commonly used for the turnovers.

ROMANOFF cut and sliced strawberries soaked in curacao and topped with thick whipped double

cream. Romanoff garnish served with roasted joints consists of stuffed cucumber, piped Duchesse potato topped with celeriac and sliced mushrooms cohered with creamed horseradish.

ROMESCO spicy Spanish sauce containing a multitude of ingredients including tomatoes as a base, plus garlic, wine vinegar, red peppers, oven blistered chilli, cayenne pepper, parsley, roasted almonds and hazelnuts and olive oil.

RONDELLE thin round cuts of vegetable, meat or fruit, e.g. parsnip, lime, salami, lemon and carrots.

ROSTI speciality from Switzerland of par-cooked potatoes by steaming or boiling, allowed to dry overnight then grated and fried to form a pancake shape. Accompanies dishes like veal à la crème or grilled bratwurst sausages. Bacon or diced onions can be added to the potatoes.

ROUILLE pounded mixture of chillies, bread soaked in water or milk then squeezed, mixed with salt, garlic and blended with olive oil flavoured with paprika, cayenne pepper and lemon. Served with fish soups, bouillabaisse and poached fish spread on bread or in pots.

RUBENS fish stock reduction with white wine and fine diced aromatic vegetables, which is then strained and thickened with a liaison of egg yolks and cream finished with crayfish butter, anchovy essence and flavoured with Madeira wine, to produce a classy rich sauce served with fish and shellfish.

SABAYON the cooking of egg yolks over a bain marie to the ribbon stage with added liquor such as sherry, Marsala, Madeira or rum and finished with cream. Many uses but mainly served with dessert or pudding or added to sauces so they can be browned under the grill to glaze. In Italy it is known as zabaglione.

SABLE sandy crumble cookie biscuit made with flour, sugar, egg yolks and a high content of sugar, kneaded to form a paste then shaped into a roll, chilled the cut into rounds and baked. Can be flavoured with lemon or raisins and flaked almonds can be added.

SAG A LOO found on Indian menus as a spinach dish in the form of a spicy sauce, the spinach sometimes pureed

with nut kernels added.

SAINT GERMAIN cream soup consisting of green peas cooked with onions, bouquet garni, leek and a white stock; a ham bone is often added during cooking, then it is liquidised and finished with butter, cream or a béchamel. Pureed soups are made with soaked dried peas. Filleted fish cooked in this way is dipped in melted butter, coated in breadcrumbs and grilled gently on both sides to be served with sauce béarnaise.

SALAMBO choux pastry oblong cake filled with pastry cream, flavoured with Kirsch, dipped in icing and sprinkled at one end with vermicelli or chopped pistachio nuts.

SALSA usually has chillies included. Most salsa sauces contain tomato, garlic and herbs like basil or oregano, spices like cinnamon and crushed cloves. Tequila is added in Mexico.

SALTIMBOCCA Italian dish consisting of thin slices of veal topped with parme ham and sage, then carefully shallow fried in flour and butter and braised to soften in a white wine sauce.

SAMPHIRE perennial herb rich in iodine and principally used to flavour soups, sauces and salads. Young stems can be cooked like asparagus. An unusual flavour results from wrapping game breasts in samphire leaves, then bacon and pot roasting. The leaves are found on cliff tops, in cracks or dry stony ground.

SANKAYA

SAUCE RUBENS reduction of white wine and fish stock which is added to egg yolks and finished like hollandaise with melted butter and crayfish butter.

SAUCE SAXOVKA

SCALLIONS another word for spring onion, which is a long white stem onion often used in Chinese cooking. The top green part is used in salads and goes well in mashed potatoes.

SCALLOPED food cooked or served in a scallop shell. Often the shell has piped duchess potatoes around the edge with the middle filled with a shellfish dish then glazed under the grill.

SCRAG scrag end is known as the

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neck extending towards the ribs and is used for stewing, especially in mutton stew or mutton broth. The scrag end of veal can be used to make tasty stews but the meat is usually removed from the bone to cook.

SCRUMPY rough cider made in the English West Country from apple and is slightly sweet. Cider reduction boosts sauces and goes well with pork dishes.

SEARED to quickly brown or seal food by frying or grilling in little or no fat. Food like tuna can be seared first before being eaten raw.

SEVRUGA caviar from the small of the sturgeon, dark grey in colour and of good quality

SHAD fish belonging to the herring family. There are several types which are best cooked by grilling or baking in the oven. Also used in sushi dishes.

SHANK the bottom part of the leg of any animal and the part used to make the dish osso buco. The shank end of the leg of lamb is popular when braised in rich wine sauces.

SIPPETS triangles of sliced bread shallow fried and used as garnishes, especially for soups (served in sauce boats), roast meats and fish dishes with sauces.

SLIPPER small lobster with a slipper shaped tail which is also known as a flat-tailed lobster.

SNIPE small game bird similar to the woodcock but smaller. A migratory bird found in England, is best eaten in August. Two birds are usually served as a portion.

SOUBISE white onion sauce using béchamel as a base and containing onion puree without colour which is served with fish and roasts. Also means minced onion and rice moistened with white stock.

SOY oil and soy sauce are all products of the soya bean. The oil is extracted and used as cooking oil and in the manufacture of margarine. Soya sauce is produced from long fermentation of soya beans.

SOPA ESTILO PUEBLEA

SOUFFLE hot air risen sweet or savoury preparation cooked in a bain marie in the oven in straight-sided

moulds. Savoury soufflés are made with thick béchamel (panada) and the sweet with a rich thick crème patisserie. Whisked egg whites are used in the preparation to help them rise above the rim of the mould. Different types of cold soufflés can be made using whipped cream, gelatine and egg yolks in the setting with a varieties of flavours.

SOUSED pickling of food like herring fillets or mackerel in vinegar or brine.

SOUVAROFF casserole, usually of game or poultry but preferably pheasant in a brandy sauce with foie gras and diced truffles; the lid of the casserole dish is then sealed with pastry to complete.

SPATCHCOCK young chicken split in half and flattened, bending the breast forward towards the neck end and snapping the backbone. Should resemble toad-shape when completed; normally cooked slowly by roasting brushed with oil.

SPATZLE German dish like Gnocchi which consists of flour and beaten eggs made into a soft dough and cooked like large droplets in boiling salted water, served with melted butter and flavoured with nutmeg. Accompanies several national German dishes and can vary in shape like small quenelles.

SPETZLI small lengths of cooked paste the same width as noodles which are browned in butter on the stove or in the oven.

SPRATS member of the herring family but smaller and round-bodied; best grilled or shallow fried. North sea sprats are very flavoursome.

SQUASH vegetable from north America, which vary in sizes and shape and is yellow and orange in colour. Can be blanched then sautéed, mashed and roasted in the oven. Good when baked in the oven with sugar and maple syrup; can also be stuffed. They are slightly sweet and floury.

SUBRIC small croquettes fried in butter and often made with left-over meat and vegetables, bound with eggs or a thick béchamel but never coated in breadcrumbs. Sweet subric are made with semolina and rice and served with warm jam sauces.

SUCCOTASH American dish served on thanksgiving day which is made of

cooked sweet corn kernels and lima bean served together in cream sauce.

SUR CLOCHE thick glass base dish to hold a part-cooked dish like pheasant breast in a cream sauce with brandy and grapes then covered with a tight-fitting glass dome top. Allowed to finish cooking in a warm oven, the top is removed at the table in front of the diner.

SUZETTE pancake or crepe Suzette, small pancakes rich in butter, flavoured with Curacao and Tangerine and prepared at the table in front of the diner. Can also be flamed at the table with brandy.

SYALLABUB dish dating back to Elizabeth I and made of lemon and sugar syrup with reduced white wine, whipped cream and finished with sherry.

SYMPHONISE DE PETIT LEGUMES array of dwarf fresh vegetables in decorative form served with the main course.

TABBOULEH Lebanese speciality consisting of crushed cooked bulgar wheat mixed with tomatoes, onions, chopped herbs, mint, parsley, red sweet peppers and lemon juice. Traditionally wrapped in cos lettuce and eaten with the hands.

TAGINE North African slow-cooking stew using meat and fish with vegetables, which is cooked in a special pot and it a type of dish that any food variety goes.

TAMARILLO cross between a tomato and kiwi fruit which is egg-shaped and been developed in New Zealand and more class as a fruit. Makes excellent chutney and sauces and can be poached and served with ice cream or just cream

TAPENADE finely-chopped or pounded puree condiment of capers, black olives, desalted anchovies mixed with olive oil and lemon juice. Can accompany grilled dishes, spread on toast as a savoury, to garnish hard boiled eggs or used as a crust, especially on fish cooked meuniere

TARO starchy tuberous perennial from south-east Asia, which grows up to 15 ", has white flesh and high calorific value. Peeled then boiled, fried or roasted, can also be used in sweet desserts.

TARTARE steak tartare is finely-chopped beef fillet steak, hand mixed with seasoning, cayenne and Worcestershire sauce, shaped into a round thick cake with the middle hollowed and filled with a raw egg; garnished around the meat with chopped shallots, parsley, capers and olive oil. Sauce tartare is mayonnaise containing chopped capers, onions and gherkins, served with deep fried fish; can also be made with cooked mashed egg yolks instead of raw egg and garnished with chopped chives and spring onions.

TARTE TATIN upside-down fruit pie or fruit cooked under the lid of pastry, usually using sliced apples and made by caramelising the apples in butter in a baking dish, covered with pastry, baked in the oven then turned out of the serving dish to show the fruit on top.

TATTIES Scottish term for potatoes and often seen on menus offering haggis.

TATIN name given to an apple tart established by the Tatin sisters in Lamotte-Beuvron. Apples line the base with pastry on top and baked until caramelised and golden. Should be made with rich pastry with added butter and sugar on the apples. The tart is served by turning upside down so presenting the apples on top.

TATTY finished with a scruffy or shabby top or edge.

TATWS LLAETH Welsh dish of cooked new potatoes peeled and served in a bowl of buttermilk.

TAYBERRIES soft berry fruit, purple in colour and conical-shaped conical which resembles raspberries and blackberries and is rich in flavour.

TEAL small wild duck which is cooked like all wild duck: served roasted with blood showing, served with white milk bread sauce, fried bread crumbs and rich gravy.

TEMPURA food cooked in a Japanese style with tempura batter which is made by adding beaten egg with iced water to sifted flour by stirring in gently until smooth. Fish and vegetables should be cooked fast and crisp.

TERIYAKI marinade made from a

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soya sauce base which is used to flavour meats and fish. The sauce can be simmered and done to a glaze to cover the meat; also used in dips for hors d'oeuvres.

TERRINE cooked or made in deep, long straight-sided dishes with a tight-fitting lids. Preparations are numerous and vary greatly in content: meat and fish tend to be coarsely cut or minced, often with liver, pork or bacon; usually cooked in a bain marie in the oven, allowed to mature for a couple of days before being de-moulded and served.

TIAN shallow square or rectangular ovenproof dish which has a slightly raised edge and is used for grilling baking. Potato tian comprises layers of the vegetable with sliced onions and tomatoes, flavoured with thyme, seasoned, topped with cheese and olive oil then baked in a pleasant dish.

TILSITER German semi-hard cow's milk cheese made from cooked curd, which is holed, delicate in taste, mild and with a yellow creamy look. Is a good slicing cheese.

TIMBALE round cup-shaped mould used to set mousse or hold filling to be turn out before serving. A timbale pastry case is shell cooked blind then filled with creams, fruit or even ice cream.

TO PARCH to dry roast without fat cooked until slightly brown.

TORTELLINI small paste parcels rolled thinly, filled with meat or cheese stuffing, folded and shaped into rings. The paste can be plain or coloured and flavoured with tomato or spinach. Normally poached in plain water and brushed with oil or covered with a rich sauce. Tortellini poached in consommé and finished with a cream sauce and topped with parmesan is exceptionally

TORTILLA Spanish flat cake pancake fried on both sides, made with cornmeal flour and served with filling of salt cod, onions and potatoes. Also Mexican thin pancakes shaped by hand, fried then rolled with filling, usually savoury. Main dishes are called tacos, whereas tortillas rolled around filling are called enchiladas.

TORTINO Italian-like pie baked in the oven or could fish cake but made flat like a Spanish omelette. Dandelion or peas make an unusual tortino.

TOURNEDOE individual small round steak usually taken from the heart of the fillet, which before cooking is tied to preserve its shape. Tournedos Rossini is by far the most famous: shallow fried in clarified butter, placed on a croute the same size then topped with Madeira sauce and finished with a slice of foie gras and a slice of black truffle

TRANCHE a slice which can be large as a portion small like a garnish; can also mean a rasher of bacon. The French word trancher means to slice.

TROMPETTE DE MORTS black trumpet mushroom which is a member of the Cantharellus family, has a somewhat unattractive appearance but an excellent taste. Makes a striking contrast when garnished against white or light backgrounds but best picked and eaten in the summer months.

TRONCON cut of fish taken completely through the back bone and cooked on the bone. Fish such as turbot are first cut downwards through the spine then across and troncon are the pieces taken from the middle cut but care has to be taken when cooking because of the presence of the bone.

TRUCKLE small farmhouse cheddars, a portion size.

TUILLES small thin round biscuits made with butter, castor sugar, eggs and sieved flour, then piped on a baking tray to cook. Can be covered with flaked almonds, used to garnish or serve as petit fours.

TURBAN presentation of food which has been cooked in a ring mould. Also long fillet of, say, cod which has been shaped into a turban-shaped coil, secured or tied then deep fried or baked in the oven. The mould can be lined with fillet then filled with a forcemeat, folded over with the tails then baked in the oven.

TURNED a way of presenting vegetables or potatoes in attractive barrel shapes. Also a way of cutting into mushroom tops to produce intentions.

VELOUTE white sauce made by using a blond roux and adding a white stock which could be veal, chicken or fish. Can form the basis of numerous other sauces such as Aurore, supreme, caper and shrimp. Also made with a blond roux but finished with a liaison of egg

yolks and cream once strained or liquidised.

VENITIENNE a white wine sauce containing a tarragon vinegar reduction with chopped shallots and chervil, which is then strained and finished with a compounded green butter of tarragon and chervil. Often the sauce coats the food before slices of green butter are placed on top to melt as it is being served.

VENTRECHE strip of meat and fat taken from the belly pork almost like bacon, which is then rolled and cured. Can be cured by salting which takes approximately 10 days or by smoking but should be considered raw and in need of cooking.

VERBENA plant from the genus verbena, which grows fragrant-smelling flower clusters. Can be used to infuse and some a lemon flavour. Dry powdered verbena can be added to force meats and stuffing. As a bi-product it can be used a drink to calm the nerves.

VERJUICE juice extract from large un-ripened grapes which is used in sauces and as a substitute for vinegar. In England it is taken from crab apples. Soft herring roe sautéed then served with a verjuice sauce containing diced apples, capers, mushrooms splash of cream and verjuice juice is very nice; also makes sweet and sour jellies.

VESIGA dried spinal cord of the sturgeon which first has to be soaked for around four hours then boiled for five to six hours. Swells up o five times its original size and is used in the salmon dish Coulbiac, which is a rolled out brioche paste spread with successive layers of salmon collops, chopped hardboiled egg, pilaff rice, mushrooms and parsley. The edges are moisten then joined with more pastry, covering with a split top filled with melted butter when serving. This dish can also be prepared as an individual turnover using puff pastry.

VIANDE French for meat.

VICHYSSOISE leek and potato soup invented by a French chef working at New York's Ritz-Carlton, which is thickened with double cream and normally served cold with a garnish of chopped chives.

VICTORIAN most dishes of the Victorian era are dedicated to Queen

Victoria and noted for their elegant presentation or for fine rich food. Many fish dishes consisted of lobster salpicon or sliced truffles in the garnish and were coated with Nantua shrimp sauce. The Victoria sponge is famous for complementing afternoon tea.

VIERGE butter beaten hard on a beating machine until frothy, then seasoned well and flavoured with lemon juice. The whipped butter is served to dress boiled vegetables and poached asparagus.

VITELLO TONNATO Italian veal dish consisting of roasted or boiled meat sliced then topped with a thin mayonnaise sauce containing flaked tuna fish and lemon juice, processed to a smooth mixture and then garnished with capers and lemon wedges.

WAFFLE golden brown pancakes made with a thick batter cooked between two metal waffle irons hinged together and having matching designs so that when cooked both sides correspond. Can be served warm with butter, maple or golden syrups, thick cream or ice cream.

WASABI Japanese edible root plant which has a flavour similar to horseradish and can be served grated or used in the preparation of sushi paste. Can also be dried into a powder.

WATERZOOI Belgian dish of chicken which has been jointed then cooked in a boiled chicken stock with white wine, strips of vegetables, herbs, bouquet garni, and served in the cooking liquor, sometimes with cream. Can also be made with fish started in butter in a covered pan then top to finish cooking with a white wine flavoured fish stock.

WEE SMA' HOURS Scottish phrase which refers to eating kedgeree just after midnight.

WELLINGTON beef Wellington is a fillet tossed in butter, larded, covered in mushroom duxelle, wrapped in fat then in puff pastry and baked in the oven until golden brown. It is served with a demi glace containing chopped truffles. Chicken supreme can also be prepared in this way.

WELSH RAREBIT toast topped with a rarebit mixture, which is a thick béchamel cooked and flavoured with Worcester sauce, mustard, grated cheddar cheese and beer then browned under the grill. Thinned down the

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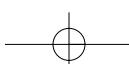
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mixture can also be used as a warm dip.

WIDGEON small duck normally roasted fast and served with white milk bread sauce, rich gravy of port wine and red currant jelly, flavoured with watercress bunches and fried breadcrumbs. The birds should hang for a couple of days before cooking.

ZABAIONE light fluffy warm dessert or coating sauce made by whisking egg yolks over a bain marie with sugar and marsala wine (other wine can be used) and cooked gently. Served in a glass with sponge finger to dip; can also be flavoured with lemon and lime.

ZEN-ZEN derives from the root of the ginseng plant which is used in Chinese cooking and is classified as a herb. Can also be used for medical purposes.



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