How to Use This Glossary

- Content vocabulary terms in this glossary are words that relate to this book’s content. They are highlighted yellow in your text.
- Words in this glossary that have an asterisk (*) are academic vocabulary terms. They help you understand your school subjects and are used on tests. They are boldfaced blue in your text.
- Some of the vocabulary words in this book include pronunciation symbols to help you sound out the words. Use the pronunciation key to help you pronounce the words.

Pronunciation Key

| a . . . . at | ò . . . . fork, all | η . . . . sing |
| a . . . . ape | ο . . . . boeuf | th . . . . thin |
| ä . . . . father | oo . . . wood, put | th . . . . this |
| e . . . . end | oo . . . fool | zh . . . . treasure |
| ê . . . . me | oi . . . oil | a . . . . ago, taken, pencil, lemon, |
| i . . . . it | ou . . . out |  | circus |
| ĭ . . . . ice | u . . . . up |  . . . indicates primary stress |
| o . . . . hot | ū . . . . use | (symbol in front of and above letter) |
| ō . . . . hope | ũ . . . . rule | r . . . . indicates secondary stress |
| ó . . . . saw | y . . . . pull | (symbol in front of and below letter) |

à la carte (ä-la-ka’art) menu  A menu that offers each food and beverage item priced and served separately. (p. 310)

abrasion  A scrape or minor cut. (p. 11)
*abundant  Plentiful. (p. 406)
*acceptable  Of good quality. (p. 572)
*accessible  Available. (p. 663)
accident report log  Shows the details of any accident that happens in a business. (p. 201)
accompaniment  An item that comes with an entree, such as a choice of potato, rice, or pasta and a choice of vegetable. (p. 312)
*accompaniment  Something that goes well with another thing. (p. 416)
*accurate  Correct and updated. (p. 78)
*achieve  To do. (p. 619)
avtive listening  The skill of paying attention and interacting with the speaker. (p. 85)
*adapting  Positively changing. (p. 206)

à la cart menu–American-style ice cream

additive  Substance added to a food to improve it in some way. (p. 287)
*a*dequate  Enough. (p. 190)
*a*adhere  Follow. (p. 172)
*advertising  A paid form of promotion that persuades and informs the public about what a business has to offer. (p. 191)
*a*affect  Act upon. (p. 38)
*affirmative action  Programs to locate, hire, train, and promote women and minorities. (p. 205)
*a*aftertaste  A secondary flavor that comes after the main flavor has subsided. (p. 742)
*al dente  “To the bite,” meaning that the pasta is tender, but still firm. (p. 620)
albumin (al’byü-man)  The clear white of an egg. (p. 433)
*a*alter  To change. (p. 337)
*a*alternative  Substitute. (p. 435); Option. (p. 771)
American-style ice cream  Ice cream that has no eggs, is uncooked, and is made with milk, cream, sugar, and flavorings. (p. 771)
amino acid  Small units that can be combined in certain ways to produce complete proteins. (p. 281)
*analyze  Study all the components of. (p. 68)
angel food cake  A type of foam cake that is made with egg whites, but not egg yolks. (p. 756)
*anticipate  To predict. (p. 135)
antipasto (ˌan-tēˈpäsˌtō)  Italian for before the meal. A typical antipasto tray includes cold meats, such as Genoa salami and various hams, assorted cheeses, olives, marinated vegetables, and sometimes fruits. (p. 481)
AP weight  The weight of a product before trimming. (p. 351)
*appeal  Attraction. (p. 314)
appeitizer  A small portion of hot or cold food meant to stimulate the appetite that is served as the first course of a meal. (p. 133)
apprentice  One who works under the guidance of a skilled worker to learn a particular trade or art. (p. 65)
*appropriate  Correct. (p. 461)
aroma  Distinctive pleasing smell. (p. 410)
*array  A wide selection. (p. 58)
*artistic  Creative. (p. 456)
*aspect  Part of a problem or challenge. (p. 349)
aspic (ˈas-pik)  A savory jelly made from meat or vegetable stock and gelatin. (p. 480)
as-purchased (AP) price  The bulk price. (p. 349)
as-served (AS) portion  The actual weight of the food product that is served to customers. (p. 350)
*atmosphere  Overall mood. (p. 71)
au jus (ōˈzhəs)  Accompanied by the juices obtained from roasting meat. (p. 499)
autocratic  A management style in which information and policies move from the top down. (p. 172)
average check method  Prices items near an average check that you would like each customer to spend. (p. 322)
avulsion (ˌa-vəl-shən)  An injury in which a portion of the skin is partially or completely torn off. (p. 11)

baker’s percentage  In a formula, includes the percentage of each ingredient in relation to the weight of flour in the final baked product. (p. 333)
baking blind  To prepare pie shells in advance. (p. 767)
baking cup  A paper liner that keeps muffins from sticking to the muffin pan. (p. 738)
baking powder  A leavening agent made up of baking soda, an acid such as cream of tartar, and a moisture absorber such as cornstarch. (p. 694)
baking soda  A chemical leavening agent that must be used with acid to give off CO2 gas. (p. 694)
balance  Dividing space to meet customer and preparation staff needs. (p. 182)
balance scale  A scale with two platforms. One platform holds the item being weighed. The other platform holds weights. These weights are added or removed until the two platforms are balanced. (p. 335)
banquette (バン・ケット)  A type of seating arrangement in which customers are seated facing the server with their backs against the wall. (p. 146)
bar code  A series of bars, spaces, and sometimes numbers that contain coded information and are designed to be scanned into a computer system. (p. 365)
barding  Wrapping a lean meat with fat, such as bacon, before roasting. A few minutes before doneness, you remove the meat from the oven, unwrap the fat, put the meat back in the oven, and allow the surface of the meat to brown. (p. 588)
barley  A hardy, adaptable grain that can grow in both warm and cold climates. (p. 626)
barndacle  (ˈbær-ni-kəl)  A crustacean that attaches itself to rocks, boats, or other sea life. (p. 552)
barquette (ˈbær-ket)  Dough formed into a small boat-shaped shell. (p. 502)
base  A stock that is purchased in a powdered or concentrated form. (p. 510)
basic pie dough  Sometimes called 3-2-1 dough. This ratio refers to the weight of three parts flour, two parts fat, and one part water. (p. 765)
baste  A process in which fat drippings are spooned over a large bird every 15–20 minutes. (p. 577)
basting  Moistening foods with melted fats, pan drippings, or another liquid during cooking. (p. 383)
batch cooking  The process of preparing small amounts of food several times throughout a food-service period. (p. 300)
batonnet (ˈbä-to,-nā)  Matchstick-shaped cuts that are ¼-inch thick. (p. 259)
batter  A semiliquid mixture that contains ingredients such as flour, milk, eggs, and seasonings. (p. 384)
**Bavarian** A dessert made of whipped cream, gelatin, and a flavored custard sauce. (p. 773)
**beat** Agitate ingredients vigorously to add air or develop gluten. (p. 699)
**bécarnel** A basic French white sauce made with milk and a thickener. (p. 517)
**bench box** A covered container in which dough can be placed before shaping. (p. 718)
**bench rest** A time when rounded portions of dough are placed in bench boxes or left covered on the work bench. (p. 718)
**beneficial** Helpful. (p. 472)
**benefits** Services or payments provided by an employer in addition to wages. (p. 110)
**bid** A price quote. (p. 359)
**biscuit** A small, round quick bread. (p. 445)
**biscuit method** Requires cutting or rubbing the fat into the dry ingredients. This is done until the fat and dry ingredients resemble cornmeal. Then, the liquid ingredients are added. (p. 731)
**bisque (ˈbɪsk)** Specialty soup that is usually made from shellfish and contain cream. (p. 531)
**bivalve (ˈbɪ-,ˈvalv)** A mollusk that has two shells that are hinged together. (p. 550)
**blanching** Using the boiling method to partially cook food. (p. 390)
**blend** A combination of herbs, spices, and seeds. (p. 404)
**blending** Mixing or folding two or more ingredients together until they are evenly combined. (p. 699)
**blending method** Combines the liquid, sugar, liquid fat, and eggs at the same time in baking. Then, the dry ingredients are added to the mixture. (p. 731)
**blind taste test** A food test in which food samples are not labeled so that the testers will not know which product they are tasting. (p. 762)
**boiling** A moist cooking technique in which you bring a liquid, such as water or stock, to the boiling point and keep it at that temperature while food cooks. (p. 389)
**boiling point** Temperature at which a liquid boils. (p. 389)
**bouquetière (ˌbu-kə-ˈtyĕr)** Bouquet of three or more vegetables. (p. 658)
**braising** A long, slow cooking process; meat is first seared and the pan deglazed before the moist cooking technique is used. (p. 392)
**bread flour** Flour that has a high gluten-forming protein content to allow bread to rise fully. (p. 688)
**breading** A coating made of eggs and crumbs. (p. 384)
**break even** When costs equal income. (p. 175)
**breakfast meats** Meats such as ham, bacon, Canadian bacon, sausage, hash, and steak. (p. 432)
**brochette (brô-ˈshet)** A combination of meat, poultry, fish, and vegetables served on a small skewer. (p. 502)
**broiling** To cook food directly under a primary heat source. (p. 387)
**broth** A liquid made from simmered meat and vegetables. (p. 527)
**brown rice** Rice with a tan color, a chewy texture, and a slightly nutty taste. (p. 625)
**brown stock** A stock that is made from either beef, veal, chicken, or game. It gets its color from roasting the ingredients without water, in a hot oven. (p. 511)
**brunoise (brʌn-ˈwāz) **1/8-inch thick cubes. (p. 259)
**buffet** A style of service in which all the food is attractively displayed on a table for the customers to see. (p. 148)
**bulk** Large quantities of a single food product. (p. 349)
**business plan** A document that describes a new business and a strategy to launch that business. (p. 76)
**busser** A foodservice worker who helps maintain an inviting table and keeps the service station stocked with supplies. (p. 118)
**butler service** The server carries the prepared food on a silver tray to standing or seated customers. Customers then serve themselves. (p. 148)
**butterflied** When a fish is dressed, then cut so the two sides lie open, yet are attached by skin. (p. 545)
**bypassing** When people or materials must walk or be moved past unrelated stations during foodservice. (p. 183)
**by-products** Usable leftover parts of food after prepreparation. (p. 351)

**cafeteria** A restaurant where customers serve themselves, or order at a counter. (p. 71)
**cake flour** Flour that is lower in protein than bread flour and pastry flour and produces a softer and more tender product than bread flour. (p. 688)
**calamari** The Italian name for squid. (p. 556)
calculate  To work with numbers. (p. 84)
calibrate (*ka-lə-brät)  To adjust (as a 
thermometer) for accuracy. (p. 35)

California menu  All three meals are available all 
day; some restaurants list them on the same menu. 
(p. 310)

Canadian bacon  A breakfast meat from boneless 
pork loin. It is smoked and brined, with a thin 
layer of fat on its surface. (p. 432)
canapé (*ka-nə-,pä)  An appetizer that is served 
on a small piece of bread or toast. (p. 26)
casserole  A mixed food dish baked and served in a 
casserole dish. (p. 619)
cerals  An Indian whole-wheat 
flatbread. (p. 489)

*characteristic  Feature. (p. 528)
charcuterie  The name of a guild that prepared and 
sold cooked items made from pigs. (p. 458)

chemical dough conditioners  Substances that 
are added to hard lean doughs to strengthen the 
gluten that give hard lean dough products their 
dense structure. (p. 708)

cheesy cookie  A cookie with a high ratio of eggs, 
sugar, and liquid, but a low amount of fat. (p. 748)

chiffon (shi-*fən) cake  A variation of a genoise 
cake made by using whipped egg whites to lighten 
the batter. (p. 756)

chiffonade (shi-*fən-*dəd)  To finely slice or shred 
leafy vegetables or herbs. (p. 255)

cholesterol (ka-*les-tə-*rōl)  A fatlike substance 
that is found in all body cells and in all animal 
foods. (p. 282)

chowder  A specialty soup made from fish, seafood, 
or vegetables. (p. 531)

chutney  A condiment made of fruit, vinegar, sugar, 
and spices. (p. 642)

clarified butter  Purified butterfat. This means that 
the butter is melted with the water and milk solids 
are removed. (p. 521)

clarify  To remove particles as they float to the top 
of a liquid. (p. 528)

*clarity (*kler-ə-tē)  How clear something is. (p. 518)

classical French service  The most elegant and 
elaborate style of service; involves presenting or 
preparing some foods tableside. (p. 146)

*classify  To sort. (p. 542)

clearing  Removing food and other soil from a 
surface. (p. 18)

clear soup  Made from clear stock or broth. Clear 
soups are not thickened. (p. 527)

clientele  The people who will be a business’s main 
customers. (p. 189)
clip-on  A special list that is fastened directly to the menu.  (p. 318)

club sandwich  A triple-decker sandwich that features cold, sliced cooked turkey and ham, or bacon.  (p. 499)

coagulate  When proteins change from a liquid or semifluid state to a drier, solid state.  (p. 378)

cobbler  A deep-dish fruit dessert.  (p. 644)

colander  A container with small holes in the bottom for rinsing and draining food.  (p. 621)

cold soup  A specialty soup that may be cooked or uncooked and then chilled.  (p. 531)

cold-pack cheese  Also known as club cheese; made from one or more varieties of cheese, finely ground and mixed until it is spreadable.  (p. 474)

collagen  Soft, white tissue that breaks down into gelatin and water during slow, moist cooking processes.  (p. 588)

*collapsing  Falling.  (p. 756)

combination cooking  Uses both moist and dry cooking techniques.  (p. 376)

commercial operation  An operation that earns more than enough to cover daily expenses.  (p. 70)

commitment  The dedication that you show to doing something.  (p. 89)

*compensate  Make up for the lack of something.  (p. 92)

compensatory time  Paid time off to reimburse workers for overtime.  (p. 106)

competitor  Business that offers similar products or services to the ones you offer.  (p. 189)

competitors’ pricing method  Charges approximately what the competition charges for similar menu items.  (p. 322)

*complement  To go together well with another thing.  (p. 416)

complete protein  A protein source that provides all of the amino acids.  (p. 281)

*complex  Involved and possibly difficult.  (p. 309)

*composed  Made up of.  (p. 588)

compote  Fresh or dried fruits that have been cooked in a sugar syrup.  (p. 642)

compotier (kám-pót-tḛ-yâ)  A deep, stemmed dish used to serve compotes, candies, and nuts.  (p. 645)

compound butter  Softened butter with seasonings added to it.  (p. 521)

condiment  Mustard, pickle relish, and ketchup, etc., traditionally served as an accompaniment to food.  (p. 152); Something served as an accompaniment.  (p. 416)

conduction  Heats food by direct contact between a hot surface and the food.  (p. 234)

*confirm  To make sure.  (p. 361)

connective tissue  Tissue that holds muscle fiber together.  (p. 571)

*consistency  Texture.  (p. 731)

*consistent  Free from variations.  (p. 330)

consommé (kán(t)-sa̰-mä)  A concentrated, clear soup made from a rich broth.  (p. 528)

contaminated  Unfit to be eaten.  (p. 14)

*content  Amount.  (p. 605)

continental menu  A breakfast menu that provides mostly a selection of juices, beverages, and baked goods.  (p. 311)

continuous breading  Also called commercial breading; mixing and kneading are done in a spiral mixer.  (p. 715)

*contrast  As a comparison.  (p. 765)

*contribution  Role.  (p. 691)

contribution margin method  A pricing method that uses a general contribution of customers to costs besides food for running a kitchen. You would add the average contribution margin per guest to the item’s standard food cost.  (p. 322)

convection  A process in which the liquid closest to the bottom of the pan is heated and rises to the top.  (p. 234, 389)

convection oven  An oven that has a fan that circulates the oven’s heated air.  (p. 682)

conversion factor  The number that comes from dividing the yield you want by the existing yield in a recipe.  (p. 338)

convert  To adjust ingredient quantities in a standardized recipe.  (p. 335)

cooking line  The arrangement of kitchen equipment.  (p. 221)

cookware  Pots, pans, and baking dishes.  (p. 262)

corn  A grain that can be eaten fresh or as a dried grain.  (p. 627)

corporation  A business formed when a state grants an individual or a group of people a charter with legal rights to form a business.  (p. 77)

*correspond  To compare closely to.  (p. 714)

cost per portion  The cost of a portion that you would serve to an individual customer.  (p. 353)

cottage fries  French fried potatoes that are cut into ½-inch thick circles, usually served during breakfast.  (p. 443)

couli (kù-lë)  A sauce made from a fruit or vegetable purée.  (p. 518)

count  The number of individual items used in a recipe.  (p. 337)

counter scale  A scale with a platform small enough to be placed on a counter.  (p. 225)

counter service  Customers sitting at a counter, rather than a booth, banquet or table.  (p. 143)

course  A part of a meal that is served at one time.  (p. 118)
couscous (ˈkūs-,kūs) A wheat product made from semolina that is milled from wheat. (p. 627)
cover An individual place setting that includes utensils, glasses, and dishes. (p. 127)
covers Individual meals served in a restaurant. (p. 322)
crisp cookie A cookie with very little moisture in the batter. It also has a high ratio of sugar. (p. 748)
critical Necessary. (p. 714)
critical control point A step in the flow of food where contamination can be prevented or eliminated. (p. 32)
croissant A flaky, crescent-shaped roll. (p. 488)
cross-contamination The movement of harmful microorganisms from one place to another. (p. 14)
crosshatch Grill mark set at a 90-degree angle. (p. 579)
cross-train Giving employees work experience in many different tasks. (p. 59)
croutons (ˈkru-tənz) Small pieces of bread that have been grilled, toasted, or fried and sometimes seasoned, used as a garnish for salads. (p. 463)
crudité (ˈkrū-diˈtā) Raw sliced vegetables served with dips. (p. 479)
crumb The internal texture of a baked product. (p. 688)
crust The outer surface of a bread or roll. (p. 708)
crustacean (ˈkras-tä-shəns) A shellfish with a hard outer shell and a jointed skeleton. (p. 553)
cuisine A style of cooking. (p. 69)
culinary scientist Sets new standards in food technology by creating new food products and cooking methods. (p. 60)
curdle (ˈkərd-dəl) To separate, as in egg yolks and whites that have been cooked at too high of a temperature. (p. 437)
curing Preserving pork with salt, sugar, spices, flavoring, and nitrates. (p. 597)
custard Dessert made of eggs, milk or cream, flavorings, and sweeteners. (p. 771)
custard-style ice cream Ice cream made with cooked vanilla custard that consists of cream, milk, eggs, sugar, and flavorings. (p. 771)
cut in To mix solid fat with dry ingredients until lumps of the desired size remain. (p. 699)
cycle menu A menu that is used for a set period of time, such as a week, a month, or even longer. At the end of this time period, the menu repeats daily dishes in the same order. (p. 310)

Daily Production Report Shows how much food was used, sold, and left over each day. (p. 364)
daily value The amount of a nutrient that a person needs every day, based on a 2,000-calorie diet. (p. 290)
Danish pastry dough Dough that is sweeter and richer than croissant dough. (p. 711)
dark meat Parts of a bird that have more muscle and connective tissue. (p. 571)
deal Amount. (p. 751)
debone To remove bones from meat, poultry, or fish. (p. 350)
deduction The money withheld from your gross pay for taxes, insurance, and other fees. (p. 109)
dee-fry To cook foods by completely submerging them in heated fat or oil. (p. 385)
deflate Cause dough to lose volume. (p. 734)
deglaze To use a small amount of liquid or fat to remove any leftover scraps of food from sautéing or searing from the pan. (p. 392)
dehydration (ˌˌdē-ˌhi-ˌdrāt-əd) Water has been removed. (p. 434)
dehydration (ˌˌdē-ˌhi-ˌdrā-ˈshən) A serious fluid imbalance in the body. (p. 293)
delegate To give responsibility to another person. (p. 172)
delicate Fragile. (p. 384)
demi-glace (ˌˌde-mē-ˌglas) A sauce that is half espagnole sauce and half brown stock that has been reduced by half. (p. 519)
demitasse (ˌˌde-mi-ˌtas) A half-size cup for espresso. (p. 124)
democratic A management style in which everyone is involved in the decision-making process. (p. 172)
design How the dining room, kitchen, and storage areas are laid out. (p. 182)
designate To be a sign of. (p. 433)
desire Wanted. (p. 739)
deteriorate To go down in quality; to become worse in value. (p. 363, 740)
determine To find out. (p. 207)
devein (ˌˌde-ˈvān) To remove a shrimp's intestinal tract, located along the back. (p. 553)
device An item that serves a specific purpose. (p. 148)
**diabetes** An illness that affects the body’s ability to convert blood sugar into energy. (p. 294)

**diagonal** A cut that results in an oval or elongated slice of a cylindrical fruit or vegetable. (p. 255)

**dictate** To determine through necessity. (p. 309)

**Dietary Guidelines for Americans** Information on proper eating habits for healthy Americans ages two years and older. (p. 290)

**digestible** The nutrients, such as protein, are more accessible to the body. (p. 663)

**diminish** To decrease. (p. 638)

**dining room supervisor** Coordinates and assigns duties to the hosts, servers, and bussers. (p. 60)

**direct contamination** Raw foods, or the plants or animals from which they come, are exposed to toxins. (p. 14)

**direct labor cost** Wages paid to employees. (p. 173)

**direct marketing** A form of advertising in which materials, such as letters and advertisements, are mailed directly to customers. (p. 192)

**disability** A physical or mental impairment that substantially limits one or more major life activities. (p. 206)

**discard** To throw away. (p. 559)

**discrimination** Unfair treatment based on age, gender, race, ethnicity, religion, physical appearance, disability, or other factors. (p. 106)

**disposable income** Money that people have left over for extras after paying bills. (p. 321)

**disposal point** The point at which food remaining after being eaten is disposed of properly. (p. 44)

**distinct** Separate. (p. 401)

**distraction** Something that turns your attention to something else. (p. 85)

**docking** Process of making small holes in the surface of an item before baking. (p. 722)

**document** To write down the details of what happened. (p. 12)

**dolly** A small wheeled cart. (p. 225)

**double pan** A sheet pan placed inside a second pan of the same size. (p. 753)

**double-entry bookkeeping** Record-keeping in which transactions are recorded in at least two places so that records are balanced. (p. 173)

**dough** Combination of dry and liquid ingredients for a baked product; contains less liquid than a batter. (p. 698)

**doughnut** A sweetened, deep-fried pastry that often is ring-shaped. (p. 445)

**drained weight** The weight of a food product without the packing medium. (p. 652)

**drawn** Fish that have had their gills and entrails removed. (p. 544)

**dredging** Coating foods with flour; coating poultry parts with seasoned flour. (p. 384, 579)

**dressed** Drawn fish that have had their fins, scales, and sometimes their head removed. (p. 546)

**dressing** A sauce that is added to salads to give them flavor and to help hold the ingredients together. (p. 468)

**dried milk solids** Milk product used in baked goods. (p. 689)

**drip loss** The loss of moisture that occurs as a fish thaws. (p. 546)

**drop batter** Batter thick enough it needs to be dropped from a portion scoop. (p. 731)

**drop cookie** A cookie with soft batter or dough that uses the creaming process. (p. 751)

**drupe** A fruit that has soft flesh, thin skin, and one pit, or stone. (p. 638)

**dry cooking technique** Cooking technique that uses oil, fat, the radiation of hot air, or metal to transfer heat. (p. 376)

**dry cure** Food is coated in salt, sweeteners, and flavorings, and then wrapped in paper or cheesecloth. (p. 457)

**du jour menu** A menu that lists dishes that are available on a particular day. (p. 310)

**duration** The amount of time something lasts. (p. 292)

**dust** To sprinkle very lightly with flour. (p. 766)

**edible** (*e-da-bal*) portion (EP) After preparation, the consumable food product that remains. (p. 350)

**effect** Result. (p. 382)

**efficient** Productive. (p. 222)

**egg substitutes** Substitutes for people with dietary concerns such as high cholesterol. (p. 434)

**elaborate** Detailed. (p. 463)

**elastic** Stretchy and flexible. (p. 739)

**elastin** A hard, yellow tissue that does not break down during cooking. Also referred to as gristle. (p. 588)

**electronic scale** A scale that has a spring that depresses when an item is placed on its platform. The weight is displayed on a digital readout. (p. 336)

**elements** Parts. (p. 151)

**emergency** A potentially life-threatening situation that usually occurs suddenly and unexpectedly. (p. 9)

**empathy** The skill of thinking about what it would be like in another’s place. (p. 107)

**emphasize** Point out. (p. 502)
employee recruiter Helps businesses find the right employees. (p. 76)

employment agency A business that put employers in touch with potential employees. (p. 96)

emulsified shortening A type of fat that helps create a smooth consistency throughout the mixture. (p. 756)

emulsifier An additive, such as egg yolk, that allows unmixable liquids, such as oil and water, to combine uniformly. (p. 474)

en papillote (an ,pä-pé-'yô) A method of steaming that involves wrapping fish or shellfish in parchment paper with vegetables, herbs, and sauces or butters. (p. 559)

*enforce Carry out. (p. 198)

English muffin Made from bread dough that is cut into rounds and then toasted. (p. 446)

*enhance Increase the quality of. (p. 379)

enriched rice Rice that has a vitamin and mineral coating added to the grain. (p. 625)

*entice Attract. (p. 317)

entrée (ˈän-trä) Main dish. (p. 309)

entrepreneur (ˌän-trə-prə-ˌn(y)ər) A self-motivated person who creates and runs a business. (p. 74)

entry-level Jobs for which you do not need training or experience. (p. 64)

environmental impact statement Describes the impact of the proposed facility and any negative effects it might have on environment. (p. 200)

ergonomics (ˌər-gə-nä-miks) The science of efficient and safe interaction between people and the things in their environment. (p. 207)

escargot (ˌes-kär-ˈgō) The French word for snails. (p. 557)

espresso (ˌes-prə-ˌsō) A beverage made by forcing hot water and steam through finely ground, dark-roasted coffee beans. (p. 122)

ethics (ˈe-thiks) Your internal guidelines to distinguish right from wrong. (p. 108)

ethnic menu A menu that represents food choices from a specific country. (p. 312)

ethylene (ˈe-thə-ˌlən) gas An odorless, colorless gas that is emitted naturally as fruits ripen. (p. 639)

*evaluate Study. (p. 63)

evaluation A report of how well you perform your duties, and what you can do to improve. (p. 105)

evaporate To escape as vapor. (p. 376)

executive chef Manages all kitchen operations. (p. 60)

expense Money that goes out of a business. (p. 174)

extender An item made from leftover, low-cost ingredients. (p. 319)

extract A concentrated flavor such as lemon and vanilla. (p. 401)

*extracted Drawn out. (p. 392)

fabricated cut A smaller portion of meat taken from primal cuts. (p. 589)

*factor Issue. (p. 184)

factor method A common pricing method for restaurants with successful past performance records. You must first determine what the food cost percent should be. Then, take that food cost percent and divide it into 100%, which will give you your factor. Multiply the factor by the menu item cost. (p. 321)

family service Meal service in which food is delivered on a large platter or dish to an individual and customers serve themselves. (p. 145)

fat Substance that regulates bodily functions and helps carry some vitamins through the system. (p. 282)

fat cap The fat that surrounds muscle tissue. (p. 588)

fatty fish Fish that have a relatively large amount of fat. (p. 542)

fermentation (ˌfər-mənt-)tä-shan) A process in which yeast breaks down sugars into carbon dioxide gas and alcohol. (p. 694)

fermented (ˌfer-mənt-)ned) Chemically changed in brines or vinegars flavored and seasoned with dill, garlic, sugar, peppers, or salt. (p. 416)

fiber A unique form of a complex carbohydrate that does not provide energy. (p. 280)

*field Line of work. (p. 106)

fillets The sides of fish. (p. 544)

fine-dining restaurant A restaurant that provides an environment featuring excellent food, elegant decor, and superior service. (p. 71, 142)

finger food Hors d’oeuvres presented on platters from which each guest serves him- or herself. (p. 477)

first aid Assisting an injured person until professional medical help can be provided. (p. 9)

first in, first out An inventory system in which food products that are oldest are used first, so that all products are fresh when used. (p. 38)

fish stock A stock that is made by slowly cooking the bones of lean fish or shellfish. (p. 513)

fixed menu A menu that offers the same dishes every day for a long period of time. (p. 310)

flake Break away in small layers. (p. 559)

flaky dough A pie dough in which flour is not completely blended with the fat. (p. 766)
### Glossary

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td>flambé (fläm-įbä)</td>
<td>To cook a food tableside using flames as part of the preparation. (p. 147)</td>
</tr>
<tr>
<td>flammable</td>
<td>Quick to burn. (p. 6)</td>
</tr>
<tr>
<td>flat</td>
<td>A shallow box or container used to hold foods. (p. 349)</td>
</tr>
<tr>
<td>flat fish</td>
<td>Fish that have a backbone running horizontally through the center of the fish. They swim horizontally and have both eyes on top of their heads. (p. 542)</td>
</tr>
<tr>
<td>flatware</td>
<td>Dining utensils, such as spoons, forks, and knives. (p. 155)</td>
</tr>
<tr>
<td>flavor enhancer</td>
<td>Increases the way you perceive the food's flavor without changing the actual flavor. (p. 400)</td>
</tr>
<tr>
<td>flavored oil</td>
<td>An oil that has been enhanced with ingredients such as herbs, spices, and garlic. (p. 416)</td>
</tr>
<tr>
<td>flavoring</td>
<td>An ingredient that actually changes the natural flavor of the foods it is added to. (p. 400)</td>
</tr>
<tr>
<td>flexibility</td>
<td>The ability to adapt willingly to changing circumstances. (p. 89)</td>
</tr>
<tr>
<td>floret</td>
<td>A small flower that makes up the head of some plants. (p. 647)</td>
</tr>
<tr>
<td>flow of food</td>
<td>The path food takes from when it is received by an establishment to when it is disposed of as waste. (p. 31)</td>
</tr>
<tr>
<td>fluting</td>
<td>A manner of decorating crust by making uniform folds around the edge of the pie. (p. 767)</td>
</tr>
<tr>
<td>focaccia</td>
<td>An Italian bread that is flavored with olive oil and herbs. (p. 489)</td>
</tr>
<tr>
<td>focal point</td>
<td>A service point. (p. 145)</td>
</tr>
<tr>
<td>fold</td>
<td>To use a rubber spatula to carefully mix the egg whites and batter to not lose volume. (p. 446); Gently adding light, airy ingredients such as eggs to heavier ingredients by using a smooth circular movement. (p. 699)</td>
</tr>
<tr>
<td>fondant</td>
<td>A mixture of sugar, water, and flavorings that serves as a base for icings. (p. 762)</td>
</tr>
<tr>
<td>fondue</td>
<td>Dipping foods into a central heated pot. (p. 645)</td>
</tr>
<tr>
<td>food allergy</td>
<td>An allergic reaction triggered by the immune system in response to a particular food. (p. 294)</td>
</tr>
<tr>
<td>Food Code</td>
<td>Guidelines for handling food safely. (p. 200)</td>
</tr>
<tr>
<td>food cost percentage</td>
<td>The ratio of the cost of food served to the sales of food served. (p. 173)</td>
</tr>
<tr>
<td>food court</td>
<td>A single area in malls or shopping centers with many quick-service restaurants. (p. 143)</td>
</tr>
<tr>
<td>food preparation</td>
<td>Cooking and preparing foods to be eaten. (p. 42)</td>
</tr>
<tr>
<td>food thermometer</td>
<td>A device used to check the temperatures of foods. (p. 34)</td>
</tr>
<tr>
<td>foodhandler</td>
<td>A worker who is in direct contact with food. (p. 26)</td>
</tr>
<tr>
<td>foodservice consultant</td>
<td>Offers advice and information to other foodservice business owners and managers. (p. 75)</td>
</tr>
<tr>
<td>foodservice director</td>
<td>Manages the banquet operations of hotels, banquet facilities, hospitals, and universities. (p. 60)</td>
</tr>
<tr>
<td>forcemeat</td>
<td>A mixture of ground, raw meat or seafood that is emulsified with fat. (p. 456)</td>
</tr>
<tr>
<td>forecasting</td>
<td>Anticipating future trends. (p. 175)</td>
</tr>
<tr>
<td>formula</td>
<td>A special type of recipe used in the bakeshop. (p. 331)</td>
</tr>
<tr>
<td>* foundation</td>
<td>Starting point. (p. 488)</td>
</tr>
<tr>
<td>franchise</td>
<td>A company that sells a business owner the right to use its name, logo, concept, and products. In return, the business owner agrees to run the business as outlined by the franchise company. (p. 75)</td>
</tr>
<tr>
<td>free enterprise</td>
<td>A system in which businesses or individuals may buy, sell, and set prices with little government control. (p. 78)</td>
</tr>
<tr>
<td>free-form loaf</td>
<td>Bread loaves that are shaped by hand, then baked, seam side down, on flat pans or directly on a hearth. (p. 718)</td>
</tr>
<tr>
<td>freezer burn</td>
<td>Discoloration and dehydration caused by moisture loss as food freezes. (p. 546)</td>
</tr>
<tr>
<td>French toast</td>
<td>Bread that has been dipped in a batter and then sautéed. (p. 448)</td>
</tr>
<tr>
<td>fresh cheese</td>
<td>A soft cheese that is not ripened or aged after it is formed into a final shape. (p. 473)</td>
</tr>
<tr>
<td>frittata (frē-tā-tə)</td>
<td>A flat, open-face omelet. Eggs are beaten and mixed with the precooked filling ingredients, and then cooked over low heat without stirring. (p. 439)</td>
</tr>
<tr>
<td>frozen yogurt</td>
<td>American ice cream with the addition of yogurt. (p. 771)</td>
</tr>
<tr>
<td>frying</td>
<td>Cooking foods in hot fat or oil. (p. 384)</td>
</tr>
<tr>
<td>full-service restaurant</td>
<td>A restaurant where servers take customer orders and then bring the food to the table. (p. 71)</td>
</tr>
<tr>
<td>fumet (fyū-mā)</td>
<td>A fish stock with lemon juice or other acids added to the water; stronger flavor than fish stock. (p. 513)</td>
</tr>
<tr>
<td>* function</td>
<td>An event. (p. 242); Purpose. (p. 445)</td>
</tr>
<tr>
<td>fungi (’fan-gi)</td>
<td>Spore-producing organisms found in soil, plants, animals, water, and in the air. (p. 16)</td>
</tr>
</tbody>
</table>

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### Garde Manger

<table>
<thead>
<tr>
<th>Term</th>
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<tbody>
<tr>
<td>garde manger (ˌɡärd män-’zhā)</td>
<td>The chef responsible for preparing cold food items. (p. 59)</td>
</tr>
<tr>
<td>garde manger brigade</td>
<td>A team of chefs under the garde manger chef who handle cold food preparation. (p. 457)</td>
</tr>
<tr>
<td>garnish</td>
<td>An edible food that is placed on or around food to add color or flavor. (p. 314)</td>
</tr>
</tbody>
</table>
* **gauge** Type and thickness of the material. (p. 262)

**gelatinization** (jē-ˌlä-tə-na-ˈzä-shən) The process of starch granules absorbing moisture when placed in a liquid. (p. 517)

**general safety audit** A review and inspection of all safety procedures and equipment. (p. 12)

**genetically** (jē-ˌnē-ti-kə) **engineered food** Food that is made by recombinant genes. (p. 199)

**genoise** (zhä-ˈnwa) European sponge cake. (p. 756)

**giblets** The edible internal organs of a bird. (p. 571)

**gipfels** Tighter half circles made by Swiss and German bakers in croissant dough. (p. 710)

**glassware** Glasses used to hold beverages such as juice, water, iced tea. (p. 155)

**glaze** A stock that is reduced and concentrated. (p. 513)

**glucose** A usable energy source for your body. (p. 280)

**gluten** A firm, elastic substance that affects the texture of baked products. (p. 688)

**glycogen** (ˈgli-ka-ˈjan) A storage form of glucose. (p. 293)

**grading** Applying specific quality standards to food products. (p. 198)

**grain** The direction of muscle fibers, or treads, in meat. (p. 607); A single, small, hard seed. (p. 624)

**granola** (ɡʁə-ˈnō-lə) A blend of grains, nuts, and dried fruits. (p. 444)

**gravy** A type of sauce made from meat or poultry juices; a liquid such as milk, cream, or broth; and a thickening agent such as a roux. (p. 521)

**griddle** A flat, solid plate of metal with a gas or electric heat source. (p. 386)

**grilled sandwich** A sandwich where the bread is browned on the outside on the griddle. (p. 496)

**grilling** A cooking method that places food on a heated grill. (p. 386)

**gross pay** The total amount of money you are paid for working. (p. 109)

* **guide** Something that provides information. (p. 321)

* **guidelines** Rules for doing things. (p. 75)

**HACCP** Hazard Analysis Critical Control Point; the system used to keep food safe from the kitchen to the table. (p. 31)

**hair restraint** Any barrier that holds back head or facial hair to keep it from contaminating food. (p. 26)

* **hallmark** Distinguishing feature. (p. 330)

**hand sanitizer** A special liquid that kills bacteria on your skin; it is often used without water. (p. 27)

**hand service** Bringing dishes to the table without using a tray. (p. 131)

**hand tools** Handheld items used to cook, serve, and prepare food. (p. 262)

**hard lean dough** A basic yeast dough often made solely from flour, water, salt, and yeast. (p. 708)

**hard wheat flour** Flour that comes from kernels that are firm, tough, and difficult to cut. (p. 688)

**hash** Chopped meat that is mixed with potatoes and onions, and then browned. (p. 432)

**hash browns** Potatoes that are shredded and may include onions and seasonings. (p. 443)

* **hasten** Speed up. (p. 647)

**hazard** A source of danger. (p. 14)

**heat lamp** A lamp that uses light in the infrared spectrum to keep food warm during holding. (p. 384)

**heat transfer** A measure of how efficiently heat passes from one object to another. (p. 262)

**heat treated** Glass that is heated and then cooled rapidly. (p. 155)

**Heimlich maneuver** A series of thrusts to the abdomen that can help dislodge something that is stuck in a person's airway. (p. 11)

**herb** A plant that grows in temperate climates; used as flavoring that adds color and aroma to foods. (p. 406)

**high-fat cake** A cake that generally uses baking powder as its leavening agent. (p. 755)

**high-heat cooking** Cooking methods such as broiling and grilling used for tender cuts of meat like tenderloins and strip steaks. (p. 605)

**highlighting** Emphasizing a particular menu item. (p. 128)

**high-ratio layer cake** A cake that contains a high ratio of both liquids and sugar, giving the cake a very moist and tender texture. (p. 758)

**holding** The process of keeping foods warm or cold before serving them. (p. 42)

**hollandaise** (ˌhō-lənˈdāz) A sauce made from lemon juice, butter, and eggs. (p. 517)

**home fries** French fries that are usually diced or sliced, served during breakfast. (p. 443)

**hominy** Corn product made by soaking dried corn in lye so that the kernels become swollen. (p. 627)

**honesty** When you are truthful and loyal in your words and actions. (p. 89)

**hors d’oeuvre** (ôrˈdəvwar) A very small portion of food served before a meal. (p. 148)

**hors d’oeuvre** variés A combination of plated items with enough hors d’oeuvres for one person. (p. 477)

**hospitality industry** Provides food and lodging to customers. (p. 68)
host  The employee who greets the customers by smiling warmly and welcoming them. (p. 116)
human resources  Managing staff. (p. 172)
hummus  (ˈha-mas)  A Middle Eastern dish made from mashed chickpeas, lemon juice, garlic, and tahini. (p. 478)
hydrogenation  (hɪˈdrə-nə-ʃən)  A process in which hydrogen is added under pressure to polyunsaturated fats, such as soybean oil, and changes liquid oil into a solid fat. (p. 282)
hygiene  Using good grooming habits to maintain health. (p. 26)

**ideal**  Perfect. (p. 38)
**impact**  To have a direct effect upon. (p. 293)
**implement**  To put into practice. (p. 350)
**imprecise**  Inexact. (p. 678)
**improved**  Made better. (p. 31)
**in season**  During a fruit’s or vegetable’s main growing season. (p. 638)
income  The money that comes into a business. (p. 174)
**incomplete protein**  A protein source that does not provide all of the amino acids. (p. 281)
**independent restaurant**  Has one or more owners and is not part of a national business. (p. 75)
**indicate**  To show. (p. 572)
**indication**  A sign. (p. 421)
**indirect labor cost**  An operation’s costs for employee health insurance, taxes, and vacations. (p. 173)
induction  A heating source that uses electricity to heat cookware by magnetic energy generated by coils under the stovetop. (p. 234)
**infuse**  To extract a substance’s flavors by placing it in a hot liquid. (p. 124)
**ingredient list**  In a recipe, includes all ingredients that will be used in the dish. (p. 333)
**inhibitor**  (ɪnˈhi-bə-tər)  A substance that slows down the chemical breakdown of food. (p. 358)
**initiative**  (ɪˌni-shə-tɪv)  The energy required to begin new tasks and see them through. (p. 105)
**inspection**  A test of a business’s practices against standards. (p. 198)
**insurance**  A contract between a business and an insurance company. It provides financial protection against losses. (p. 78)
**interact**  To talk and work together. (p. 119)
**internship**  A program in which an advanced student works at a business to get hands-on training. (p. 66)
**interstate commerce**  Business that happens over two or more states. (p. 205)

**invaluable**  Very helpful. (p. 682)
**inventory**  The amount of supplies a business has on hand. (p. 175)
**invoice**  A bill from a supplier for providing goods or services. (p. 225)
**IQF (individually quick frozen)**  Fish or shellfish that have been quickly frozen piece by piece. Because the freezing happens so fast, few ice crystals form. (p. 553)
**irradiated**  (ɪrə-də-ˌ-at-ed)  Food that has been exposed to radiation to kill harmful bacteria. (p. 199)
**island**  A kitchen counter or equipment arrangement that can be approached from all sides. (p. 221)
**issuing**  The process of delivering foods from storage to the kitchen as needed for use. (p. 357)
**Italian meringue**  (maˈrānj)  Meringue that is made with a boiling sugar syrup instead of granular sugar. (p. 762)

**job application**  A form that employers use to collect personal information and previous work experience from job applicants. (p. 96)
**job description**  A list of specific duties and skills needed for a job. (p. 179)
**job interview**  A formal meeting between you and your potential employer. (p. 97)
**job lead**  Possible employment opportunity. (p. 96)
**job portfolio**  A collection of papers and samples that can be given to a potential employer. (p. 96)
**job rotation**  A system by which employees are rotated through a series of jobs, allowing them to learn a variety of skills. (p. 66)
**julienne**  (jʊˈli-ən)  ⅛-inch thick matchstick-shaped cuts. (p. 259)

**kaiser**  (ˈkæ-zər)  A round, crusty roll. (p. 489)
**kale**  A cabbage with curly green or multicolored leaves. (p. 465)
**keep**  To stay fresh. (p. 547)
**ketchup**  A tomato-based sauce used throughout the world as a flavoring. (p. 416)
**keyword**  A word that makes it easier for employers to search for important information. (p. 98)
**kind**  Species. (p. 570)
**kitchen brigade**  A kitchen system where specific tasks are assigned to each member of the kitchen staff. (p. 59)
**kitchen manager**  Orders ingredients and makes sure that they are prepared correctly. (p. 60)
**kneading**  Working a dough by hand or in a bench mixer with a dough hook to develop gluten and evenly distribute ingredients. (p. 700)
loss prevention  The steps a business takes to eliminate waste and theft. (p. 184)
lowboy  A half-size refrigerator that fits under the counter in a work station. (p. 226)
low-fat cake  A cake that is leavened from air that is whipped into the egg batter. (p. 755)
low-heat cooking  The best method for preparing large cuts of meat, such as top round. (p. 605)
lug  A box, crate, or basket in which product is shipped to market. (p. 638)

*  luxury  Expensive and extravagant. (p. 549)

macrobiotics  A diet that includes unprocessed foods and organically grown fruits and vegetables. (p. 293)

mainstay  Main part or support. (p. 443)

mandatory  Required. (p. 459)

mandoline (ˌmænd-ə-līn)  A hand-operated machine used for slicing vegetables and fruits. (p. 653)

manual dishwashing  Washing dishes, glasses, cookware, and utensils by hand. (p. 45)

marbling  Fat within the muscle tissue. (p. 588)

marinade (ˌmer-ə-nād)  An acidic sauce usually used to soak meat before it is cooked, to give the meat flavor and tenderness. (p. 410)

marinara sauce  Made by adding olive oil and spices to a basic tomato sauce. (p. 520)

marinated vegetable  A vegetable that has been soaked in a liquid, typically made of vinegar, oil, herbs, and spices. (p. 481)

mark  To show. (p. 651)

market form  The form poultry is in when it is purchased. (p. 571)

market segment  A particular type of clientele. (p. 189)

marketing plan  A specific plan to market a business, including advertising, public relations, and promotions. (p. 191)

marketplace  The location, people, and atmosphere of a particular geographic area. (p. 188)

markup-on-cost method  A common menu pricing formula. To find the selling price, take the food cost of an item and divide it by the desired food cost percent. (p. 322)

masa harina (ˈmäsə aˈrē-nä)  A finely ground hominy used in tortillas and breads. (p. 627)
mass marketing  Marketing to all possible segments at once. (p. 189)
master work schedule  A schedule which shows the work shifts of all employees of a business. (p. 181)
material safety data sheet  Identifies any hazardous chemicals and their components. (p. 201)
maturity  A bird’s age. (p. 571)
mayonnaise  A permanent suspension of egg yolks, oil, and vinegar or lemon juice. (p. 490)
meal-based menu  A menu that shows dishes available for a single meal. (p. 310)
mealy dough  A pie dough in which the fat is blended into the flour more completely than it is for flaky dough. (p. 766)
mealy potato  A potato with thick skin and starchy flesh. (p. 650)
meat  The muscle of animals, such as cattle and hogs. (p. 588)
* mediocre  Average. (p. 517)
medium  Meat that is browned on the surface with a thick outer layer of gray and a pink center. (p. 610)
medium rare  Meat that is browned on the surface with a thicker outer layer of gray and a red to slightly pink center. (p. 610)
medium well  Meat that is browned on the surface with a thick outer layer of gray and a center that is barely pink. (p. 610)
mentor  An experienced employee who has a solid understanding of his or her job. (p. 180)
menu  A listing of the food choices a restaurant offers for each meal. (p. 308)
menu board  A handwritten or printed menu on a board on a wall or easel. (p. 318)
meringue  A light and airy dessert made with both meringue and whipped cream to enhance the lightness. (p. 774)
muffin  A quick bread made with egg and baked in a cupcake mold. (p. 445)
muscle fibers  Fiber in meat that determines the meat’s texture and contribute to its flavor. (p. 588)
musculoskeletal disorder  Workplace injury caused by repeated trauma to muscles or bones. (p. 207)
* muted  Soft. (p. 480)
mutton  Meat from sheep older than 1 year. (p. 597)

mise en place  Assembly of all the necessary ingredients, equipment, tools, and serving pieces to prepare food. (p. 222)
* mode  Functioning arrangement. (p. 222)
modern American plated service  Meal service in which the food is completely prepared, portioned, plated, and garnished in the kitchen. The servers carry the plated food from the kitchen and place the prepared dishes in front of the customer. (p. 144)
modified starch  Also called waxy maize, a type of corn product used for fruit pies that will be frozen. (p. 767)
modified straight-dough method  Method that breaks the straight-dough method into steps. (p. 713)
moist baking  Adding vegetables and liquid to a large piece of fish or a whole fish. (p. 559)
moist cooking technique  Uses liquid instead of oil to create the heat energy that is needed to cook the food. (p. 376)
mold  A pan with a distinctive shape. (p. 686); A form of fungus. (p. 16)
mollusk  A shellfish with no internal skeletal structure. Instead, it has a shell that covers its soft body. (p. 550)
monosodium glutamate  A flavor enhancer. MSG comes from seaweed. It intensifies the natural flavor of most of the foods it is added to. (p. 403)
monounsaturated  A fat that is liquid at room temperature and does not raise cholesterol levels. (p. 283)
Monte Cristo  A closed, shallow-fried or deep-fried sandwich. (p 497)
mother sauces  The five basic sauces: béchamel, sauce espagnole, tomato, velouté, and hollandaise. (p. 519)
mousse  A light and airy dessert made with both meringue and whipped cream to enhance the lightness. (p. 774)
muffin  A quick bread made with egg and baked in a cupcake mold. (p. 445)
muscle fibers  Fiber in meat that determines the meat’s texture and contribute to its flavor. (p. 588)
musculoskeletal disorder  Workplace injury caused by repeated trauma to muscles or bones. (p. 207)
* muted  Soft. (p. 480)
mutton  Meat from sheep older than 1 year. (p. 597)

* nature  Basic structure. (p. 100)
net pay  The amount of money you actually receive after deductions. (p. 109)
net weight  The weight of the contents of a can. (p. 652)
networking  Making use of all of your personal connections to reach your career goals. (p. 94)
noncommercial operation  An operation that works to pay for daily expenses. (p. 70)
nonedible  A nonfood product. (p. 358)
nonperishable  Items that will not spoil quickly when stored correctly. (p. 152)
*notable  Well known. (p. 709)
*note  To make a record of. (p. 225)
nourishing element  Provides flavor, nutrients, and color to stocks; composed of fresh bones, meat trimmings, fish trimmings, or vegetable trimmings. (p. 510)
nut  A hard-shelled dry fruit or seed. (p. 419)
nutrient  A chemical compound that helps the body carry out its functions. (p. 280)
nutrient-dense food  A food that is low in calories, but rich in nutrients. (p. 291)
nutrition label  Information found on food giving serving size, calories, and nutrients. (p. 290)

oat berries  Berries that do not have the outer layer removed, so they are a whole grain, with all the texture and nutrients found in other whole grains. Also called groats. (p. 627)
oats  The berries of oat grass. (p. 627)
*objective  Goal. (p. 127)
*obtain  To get. (p. 499)
*obvious  Easily spotted. (p. 179)
occupational back support  A type of back brace with suspenders designed to support the lower back while lifting. (p. 4)
*offset  To compensate for. (p. 116)
off-site catering  A caterer prepares and delivers food from a central kitchen to different locations. (p. 71)
oil  A fat that is extracted from plants such as soybeans, corn, peanuts, and cottonseed. (p. 690)
omelet (‘äm-lät)  An egg specialty dish made of beaten eggs that are cooked without stirring. Once the eggs are set, they are folded in half in the pan. (p. 437)
one-stage method  A cookie mixing method in which all ingredients are mixed in a single stage. (p. 749)
on-site catering  Food is prepared at a customer’s location for special occasions. (p. 71)
opaque  Light-blocking. (p. 410)
open-ended question  A question that requires more than a one- or two-word answer. (p. 179)

open-market buying  Getting price quotes for identical items from several vendors. (p. 359)
onopen-split roasting  To roast food over an open fire. (p. 383)
opera ting cost  Anything that is a cost of doing business. (p. 321)
*option  Choice. (p. 625)
orientation  A training session that is held for new employees to help them better understand the business. (p. 172)
*outline  To describe in a basic way. (p. 105)
oven spring  Final leavening effort, occurring before internal temperatures become hot enough to kill the yeast cells. (p. 722)
overhead cost  Expenses other than food and wages. (p. 75)
overstaffing  Scheduling too many people to work on a given shift. (p. 171)
ovo-vegetarian  Someone who eats eggs in addition to foods from plant sources. (p. 293)

packing medium  A liquid used in canned goods to protect the food product. (p. 652)
paella (pà-‘á-yá)  A Spanish rice dish with meat or shellfish. (p. 414)
pan loaf  Bread loaves that are rolled and placed, seam down, into prepared loaf pans. (p. 718)
pan-fry  To cook by heating a moderate amount of fat in a pan before adding food. (p. 384)
pan  Placing dough in the correct type of pan. (p. 718)
parasite (‘pär-a-sit)  An organism that must live in or on a host to survive. (p. 16)
parboiled rice  Also called converted rice; rice that has been partially cooked with steam and then dried. (p. 625)
parboiling  Foods are put into boiling water and partially cooked. The cooking time for parboiling foods is longer than for blanching. (p. 390)
pare  To trim off. (p. 254)
parfait (pär-fás)  A frozen dessert flavored with heavy cream. (p. 774)
parstock  The amount of stock that will cover a facility’s needs from one delivery to the next. (p. 362)
partnership  A legal association of two or more people who share the ownership of the business. (p. 77)
pasta  A starchy food product that is made from grains. (p. 616)
pasteurize (‘pas-ch’a-rij)  To heat a product at high enough temperatures to kill harmful bacteria. (p. 40)
**pasteurized** Food that is heated at very high temperatures for a short time to destroy bacteria. (p. 434)

**pastrami** (pa-strè-mè) A seasoned smoked meat. (p. 499)

**pastry** Also known as Danishes, made from yeasted, sweetened dough with butter. (p. 444)

**pastry chef** Responsible for making baked items, such as breads, desserts, and pastries. (p. 59)

**pastry flour** Flour that has a protein content between bread and cake flour. (p. 688)

**pathogens** Disease-causing microorganisms. (p. 14)

**patronage** (pa-tra-ni) Spending money at a business. (p. 119)

**peel** A wooden board that a baker uses to slide breads onto the oven floor or hearth. (p. 706)

**percentage** A rate or proportion of 100. (p. 680)

* **perception** Awareness. (p. 422)

* **performance** The way a foodservice business operates. (p. 198)

**periodic-ordering method** A purchaser decides how much product will be used in a given time period. The purchaser then reviews the amount of product that is on hand, what will be needed, and how much parstock of the product is needed. (p. 363)

**perishable** (per-i-sha-bal) Products that can spoil quickly, especially if they are not stored properly. (p. 41)

* **perpendicular** (par-pan-di-kya-lar) Standing at right angles. (p. 156)

**perpetual inventory** A continuously updated record of what a business has on hand for each item. (p. 362)

**pesto** (pes-to) A sauce made with olive oil, pine nuts or walnuts, parmesan, and fresh basil, garlic, salt, and pepper. (p. 490)

**phytlo** (fë-fo) A very thin, layered pastry dough. (p. 489)

**physical inventory** A list of everything that an operation has on hand at one time. (p. 362)

**phytochemicals** (fi-tò-ke-mi-kals) Natural chemicals such as those found in plants, fruits, vegetables, grains, and dry beans. (p. 295)

**pigment** The matter in cells and tissue that gives them their color. (p. 378)

**pilaf method** Sautéing a grain in oil or butter before adding liquid. (p. 630)

**pilot light** A continuously burning flame that lights the burner when you turn on the range. (p. 239)

**pita** ('pë-ta) A round-shaped bread cut open to form a pocket. (p. 489)

**pith** White membrane of a fruit. (p. 402)

**plate composition** The way in which foods are arranged on a plate. (p. 425)

**platform scale** A scale with a platform to hold large or heavy items to be weighed. (p. 225)

**plating** The arrangement of food items and garnishes on a plate. (p. 314)

**poach** To cook food in a flavorful liquid between 150°F (66°C) and 185°F (85°C). (p. 391)

**point-of-sale system** A system involving a computer that has either a number or a button code for each item on the menu that sends the order to the kitchen. (p. 130)

**polenta** (pó-len-ta) Corn product made from cornmeal that is gradually sprinkled into simmering water or stock and cooked until it becomes a thick paste. (p. 627)

**polyunsaturated** (pà-lè-an-sa-chà-rà-tad) fat A fat that is liquid at room temperature. (p. 285)

**pork** The meat from hogs that are less than one year old. (p. 595)

**porous** (pó-ras) For eggs, flavors and odors can be absorbed through the shell. (p. 433)

* **portion** Part. (p. 595)

**portion scale** A scale that weighs portions. (p. 225)

**portion size** The amount or size of an individual serving. (p. 331)

**positioning** The way a foodservice business presents itself to the community. (p. 191)

**positive reinforcement** Praising an employee when a job or task is done correctly. (p. 180)

**potency** Strength. (p. 740)

**poultry** Birds that are raised for human consumption. (p. 570)

**pound cake** A cake that contains a pound each of butter, flour, sugar, and eggs. (p. 755)

**pour batter** Batter thin enough to be poured from the mixing bowl. (p. 731)

* **precise** Exact. (p. 335)

**preferment** The process of removing a portion of the dough. It is kept dormant for 8 to 24 hours and then added to the next day's bread products. (p. 713)

**prep cook** Prepares ingredients to be used on the food production line. (p. 59)

**preparation procedure** The steps you must take to prepare a dish. (p. 331)

**prepared mustard** Mustard that contains a combination of ingredients including ground white, black, and brown mustard seeds, vinegar, salt, and spices. (p. 416)

**preprocessed legumes** Legumes that have already been soaked. (p. 660)

**preset** To set items on the table before food is served. (p. 133)

**preset menu** A meal served to a group of customers who have decided in advance on the menu and the time of service. (p. 158)
**pressure-frying**   Cooking foods more quickly and at lower temperatures. (p. 580)
**primal cut**   Sometimes called wholesale cuts, large, primary pieces of meat separated from the animal. (p. 589)

* **principle**   Rule. (p. 580)
* **printed menu**   Any form of printed menu list that is handed to customers as soon as they sit down. (p. 318)

**prioritize**   Put things in order of importance. (p. 91)

**prix fixe (prē-'fēks) menu**   Offers a complete meal for a set price. With a prix fixe menu, the customer chooses one selection from each course offered. (p. 310)

**probation (prō-'bā-shən)**   A short period of time when you first start work that gives your employer a chance to monitor your job performance closely. (p. 107)

* **process**   Series of actions. (p. 298, 577)

**processed cheese**   A combination of ripened and unripened cheese pasteurized with flavorings and emulsifiers and poured into molds. (p. 474)

**processing**   Preparing and cleaning food so that it can be eaten (p. 40); the act of changing meat by artificial means. (p. 597)

**produce**   Fresh fruits and vegetables. (p. 41)

**product name**   A name given to a recipe. (p. 331)

**product yield**   The amount of food product left after preparation. (p. 350)

**profit**   The money a business makes after paying all of its expenses. (p. 70)

**profit and loss statement**   A financial statement that shows exactly how money flows in a business. Also called an income statement. (p. 175)

* **promote**   Advertise. (p. 142)

**promotion**   A specific effort to market a particular item or special. (p. 191)

**proofing**   Final fermentation stage that allows the leavening action of yeast to achieve its final strength before yeast cells are killed by hot oven temperatures. (p. 719)

**proofing/holding cabinet**   Also called a proofer; a freestanding metal box on wheels that is temperature- and humidity-controlled. (p. 242)

**proportion**   The ratio of one food to another and to the plate. (p. 315)

* **proportional**   About the same size. (p. 502)

**prosciutto (prō-'shū-(ˌ)tō)**   Italian for ham; dry-cured, uncooked ham, usually served in thin slices. (p. 479)

**protective clothing**   Clothing that is worn to help lower the chances of food contamination. (p. 26)

**protein**   A nutrient that builds, maintains, and repairs body tissues. (p. 281)

* **provide**   To make available. (p. 26)

**psychological pricing method**   Menu pricing based on how a customer reacts to menu prices. (p. 323)

**public relations**   Publicity and advertising that a foodservice operation uses to enhance its image. (p. 191)

**publicity**   The free or low-cost efforts of a facility to improve its image. (p. 191)

**pudding**   A dessert made from milk, sugar, eggs, flavorings, and cornstarch or cream for thickening. (p. 771)

**PUFI mark**   Packed Under Federal Inspection; an inspection mark for fish and shellfish. (p. 549)

**Pullman loaf**   A rectangular-shaped sandwich bread loaf with a flat top and an even texture. (p. 488)

**pulse**   A seed of a legume that is dried. (p. 660)

**punch**   The action of turning the sides of the dough into the middle and turning the dough over. (p. 716)

**puncture wound**   An injury in which the skin is pierced with a pointed object, such as an ice pick, making a deep hole in the skin. (p. 11)

**purchase order**   A document asking a supplier to ship supplies at a predetermined price. (p. 225)

**purchaser**   Buys food and supplies according to his or her restaurant clients’ current needs. (p. 61)

**purée**   A food in which one or more of the ingredients have been ground in a food processor. (p. 300)

Q

**Q factor**   Questionable ingredient factor; the cost of an ingredient that is difficult to measure. (p. 353)

* **qualities**   Distinguishing characteristics. (p. 88)

**quality control**   A system that ensures that everything will meet the foodservice establishment’s standards. (p. 330)

* **quantity**   Amount. (p. 225)

**quantity**   The total amount a recipe makes. (p. 330)

**quenelle (kə-nel)**   A purée of chopped food formed into shapes, used as a garnish. (p. 459)

**quiche (ˈkēsh)**   A pie crust filled with a mixture of eggs, cream, cheese, and vegetables or meat. (p. 439)

**quick breads**   A type of bread made from quick-acting leavening agents such as baking powder. (p. 445)

**quick soak**   To soak beans by placing in a pot and covering with water. Bring the water to a boil for a few minutes, then turn off heat, cover, and let sit for one hour. (p. 663)

**quick-service restaurant**   A restaurant that quickly provides a limited selection of food at low prices. (p. 70)
radiation  Heats food by transmitting heat energy through air waves. (p. 234)
radicchio (ra-ði-ke-ð)  A cabbage-like plant with a slightly bitter, red leaf. (p. 466)
raft  A floating mass that forms from the mixture of meat and eggs in a soup or consommé. The raft traps the impurities that rise to the top of the broth. (p. 528)
ramekin (ra-mi-kan)  A small individual baking dish. (p. 440)
range of motion  Using the fewest body movements without unnecessary stress or strain. (p. 223)
rare  Meat that is browned on the surface, with a red center. (p. 610)
raw vegan (vê-gan)  Someone who eats only unprocessed vegan foods that have not been heated above 115°F (46°C). (p. 293)
ready-to-cook  Food that has been prepared and packaged. (p. 571)
receiving  Accepting deliveries of food and supplies. (p. 38)
receiving record  A numbered record of everything received during a particular day. (p. 225)
receptors  Cells that receive stimuli. (p. 421)
recipe  An exact set of directions on how to use ingredients, equipment, and cooking techniques for a certain dish. (p. 330)
recipe conversion  A change in a recipe to produce a new amount or yield. (p. 337)
Recommended Dietary Allowances  The amount of each essential nutrient that will meet the nutritional needs of the majority of healthy Americans for a day. (p. 289)
recondition  To coat a griddle or skillet in oil so that foods will not stick to it. (p. 239)
record-keeping system  A system of flow charts, policy and procedure manuals, written descriptions, and food temperature readings taken at different times. (p. 35)
recovery time  The time it takes for the fat or oil to return to the preset temperature after food has been submerged. (p. 386)
recycle  To take a product at the end of its use and turn it into a raw material to make a different product. (p. 44)
reduce  To decrease the volume of. (p. 391)
reduction  The process of evaporating part of a stock’s water through simmering or boiling. (p. 513)
reel oven  An oven with shelves that move or rotate like a Ferris wheel to bake a quantity of similar items evenly. (p. 684)
* refer  Reread briefly. (p. 231)
* reflects  Shows. (p. 531)
* regulate  Control. (p. 285)
regulation  A rule by which government agencies enforce minimum standards of quality. (p. 198)
rehydrate (ri-ðhi-drât)  To add water into. (p. 642)
reliable (ri-li-a-bal)  When other people can count on you to do what you say you will do. (p. 89)
relish tray  An attractive arrangement of raw, blanched, or marinated vegetables. (p. 481)
relish  Coarsely chopped or ground pickled items. (p. 416)
render  To melt. (p. 577)
repetitive stress injury  An injury that can happen to employees who must perform the same motions over and over. (p. 106)
* replenish  Restock. (p. 242)
reputation  The overall quality or character of a person or business. (p. 116)
requisition  An internal invoice that allows management to track the physical movement of inventory through a business. (p. 363)
research chef  Works closely with food scientists to produce new food products. (p. 60)
reservation  An arrangement to have a table held for a customer at a specific time. (p. 116)
* reserve  Keep. (p. 513)
* resist  To avoid. (p. 597)
resource  The raw material with which you do your work. (p. 91)
responsibility  Your ability to be aware of what a particular situation demands of you. (p. 88)
rest  To allow cooked meat to sit so that juices redistribute throughout the meat. (p. 607)
restaurant manager  Oversees the operation of the entire restaurant. (p. 60)
* result  Have an outcome. (p. 14)
résumé (re-zà-mà)  A summary of your career objectives, work experience, job qualifications, education, and training. (p. 96)
* reveal  To make known. (p. 591)
rice  The starchy seeds of a cereal grass. (p. 624)
rind  The outer surface of cheese. (p. 472)
ring  A type of container that has no bottom. (p. 686)
ripe  Fully grown and ready to eat. (p. 638)
ripening  Process by which healthful bacteria and mold change the texture and flavor of cheese. (p. 471)
risk management  Taking steps to prevent accidents from happening. (p. 185)
risotto  A rice dish in which the grain has been sautéed in butter, and then simmered in a flavored cooking liquid, which has been added gradually to the rice until it has finished cooking. (p. 624)
risotto method A method in which the grain is sautéed, and then a small amount of hot liquid, often a soup stock, is added. The grain is stirred until most of the liquid is absorbed. This process of adding liquid and stirring the grain is continued until the grain is completely cooked. (p. 631)

risotto Milanese (ri-'so- (.tô ,mi-la-'naz) An Italian dish that includes rice that is sautéed in butter before stock is added. (p. 414)

rivet A metal piece that fastens the tang to the knife handle. (p. 252)

roasting Cooking method that uses dry heat in a closed environment. Foods are placed on top of a rack that is inside a pan. This allows air to circulate all the way around the food. In general, roasting involves longer cooking times than baking. (p. 383)

*role Function performed. (p. 282)

roll cut Cutting a cylindrical fruit or vegetable as for a diagonal cut, rolling the fruit or vegetable using 180 degrees, and then doing another diagonal cut. (p. 255)

rolled-in fat yeast dough A dough made of many thin, alternating layers of fat and dough. (p. 709)

rondelle (rän-'del) A disk-shaped slice. (p. 255)

room service Having servers bring specially ordered meals to a customer’s room. (p. 144)

rotate stock To place stored items in an orderly way so that older items are used first. (p. 363)

round fish Fish that have a backbone on the upper edge of their bodies. They have an eye on each side of their heads, and they swim vertically. (p. 542)

rounded Dough shaped into smooth balls. (p. 717)

*routine Regular set of actions. (p. 4)

roux (rū) A cooked mixture made from equal parts of fat and flour by weight used to thicken sauces. (p. 520)

rumaki (ra-'mä-kē) Appetizers that consist of blanched bacon wrapped around vegetables, seafood, chicken liver, meat, poultry, or fruits. (p. 503)

Russian/English service Each course is completely prepared, cooked, portioned, and garnished in the kitchen and then placed on a service plate or platters. Each customer is served a portion of the product from large platters. (p. 147)

sachet (sa-'shä) French for bag; used for herbs and spices. (p. 410)

salad A mixture of one or several ingredients with a dressing. (p. 463)

salad sandwich A sandwich that has a salad with a fatty dressing as the filling. (p. 499)

sales cycle The period between supply deliveries. (p. 358)

sales representative Helps chefs to select food and equipment that will best fit their needs and budgets. (p. 61)

salsa (ˈsɔlsa) A fresh or cooked mixture of chiles, tomatoes, onions, and cilantro. (p. 416)

sanitary Clean. (p. 14)

sanitation Healthy or clean and whole. (p. 14)

sanitizing (ˈsa-na-ˌtīz- in) Reducing the number of microorganisms on the surface. (p. 18)

*satisfy To fill. (p. 605)

saturated (ˈsa-chaˌrät-əd) fat A fat that tends to increase the amount of cholesterol in the blood and is solid at room temperature. (p. 283)

sauce A flavored, thickened liquid. It is usually formed by adding seasonings, flavorings, and a thickening agent to stock. (p. 517)

sauce espagnole (ˌes-pan-ˈyol) Made from brown stock and tomato product; one of the mother sauces. (p. 519)

sauerkraut (ˈsau(ə)rkrauat) Finely sliced cabbage that has been fermented in brine. (p. 491)

sausage A breakfast meat often made of ground pork that has been seasoned and stuffed into casings; also available as patties. (p. 432)

sautéing (so-ˈtä- in) A quick, dry cooking technique that uses a small amount of fat or oil in a shallow pan. (p. 384)

savory (ˈsā-vo-ri) Stimulating and full of flavor; sometimes included in the basic tastes. (p. 422)

scaling How bakers refer to weighing. (p. 679)

scone A type of quick bread similar to biscuits that is often cut into triangle shapes. (p. 445)

scoop Also called a disher, a tool to control portions during food preparation and serving. (p. 349)

scorch To burn with too intense of a heat. (p. 469)

score Make ridges in a diamond-shaped pattern with a fork. (p. 461)

seams The places where edges of the dough meet. (p. 718)

sear To quickly brown food at the start of the cooking process. (p. 383)

season Sealing the surface of a pan with a layer of baked-on oil to prevent sticking. (p. 438)

seasoning An ingredient that enhances food without changing the natural flavor. (p. 400)

section/station A group of tables that comprises a service staff member’s responsibility. (p. 117)

seed A plant grain. (p. 419)

semi-a la carte menu A menu with the appetizers and desserts priced separately. (p. 310)

semiperishable Perishable items that contain an inhibitor. (p. 358)

semolina (ˌse-ma-ˌlē-na) flour A hard-grain wheat flour that is high in the proteins that form gluten. (p. 616)
**sensory evaluation** The systematic tasting of food by consumers and foodservice professionals. (p. 424)

**sensory perception** How a person’s eyes, nose, ears, mouth, and skin detect and evaluate the environment. (p. 421)

**sensory properties** Properties that affect how people perceive something. The sensory properties of food are color and appearance, flavor, and texture. (p. 421)

* separation Dividing. (p. 734)

*serrated (s´-rät-ed) Toothed like a saw. (p. 254)

**server** The service staff member who has the most contact with the customers. (p. 117)

**service station** An area where supplies are kept for the service staff to reset tables between customers. (p. 118)

**serviette** A napkin-lined plate used to carry flatware. (p. 155)

**sexual harrassment** Unwelcome advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature. (p. 206)

**shape** To form dough into the distinctive shapes associated with yeast products. (p. 718)

**sheet pan** A shallow, rectangular pan that comes in full, half, and quarter sizes. (p. 686)

**sheeter** A piece of equipment that rolls out large pieces of dough to a desired thickness. (p. 440)

**shelf life** The period of time a product can be stored and still be good to use. (p. 38)

**sherbet** Frozen dessert that combines fruit juices, sugar, water, and a small amount of cream or milk. (p. 771)

**shirred (´shard) Eggs covered with cream or milk and sometimes bread crumbs. Usually prepared in ramekins lined with a variety of ingredients. (p. 440)

**shock** A serious medical condition in which not enough oxygen reaches tissues. (p. 11)

**shocking** Plunging food into ice water after blanching. (p. 390)

**shortening** In baking, solid fats. (p. 689)

**shucked** Removed from the shell. (p. 39)

**side order** An order of food in addition to what is served as the main dish. (p. 446)

**side work** Duties that service staff members have to perform before the dining room is open to customers. (p. 151)

**sifting** Passing dry ingredients through a wire mesh to remove lumps, blend, and add air. (p. 700)

**simmering** Food cooks slowly and steadily in a slightly cooler than boiling liquid. (p. 391)

**simple syrup** A syrup made of sugar dissolved into hot water. (p. 762)

**single-food hors d’oeuvre** An hors d’oeuvre that consists of one food item. (p. 477)

**single-source buying** Purchasing most products from a single vendor: (p. 359)

**slash** Making shallow cuts in the surface of an item just before baking. (p. 721)

**sleep** A lobster in the process of dying. (p. 553)

* slightly A little bit. (p. 766)

**smallwares** Hand tools, pots, and pans used for cooking. (p. 262)

**smoking** A form of cooking using low heat, long cooking times, and wood smoke for flavor. (p. 382)

**smoking point** The temperature at which an oil will smoke in a pan. (p. 300, 580)

**soft cookie** A cookie that has low amounts of fat and sugar in the batter; and a high proportion of liquid, such as eggs. (p. 748)

**soft medium dough** A dough that produces items with a soft crumb and crust. (p. 709)

**soft wheat flour** Flour that comes from a soft wheat kernel. (p. 688)

**solanine** A toxic substance found in green potatoes that can upset your stomach and interfere with nerve transmission. (p. 650)

**sole proprietorship** A business that has only one owner. (p. 77)

**solid waste** Packaging material, containers, and recyclables. (p. 200)

**sorbet (sör´-bä) The product left when the milk or cream is omitted from sherbet. (p. 771)

**soufflé (sü-´flä) A puffed egg dish that is baked in the oven. (p. 434)

**soup plate** A shallow bowl-shaped plate. (p. 622)

**sous (s´ù) chef** Supervises and sometime assists other chefs in the kitchen. (p. 59)

**specialty soup** A soup that highlights a specific region, or reflects, or shows, the use of special ingredients or techniques. (p. 531)

**specification** A written description of the products a foodservice operation needs to purchase. (p. 348)

**spice** A flavoring that blends with the natural flavor of foods. (p. 401)

**spice rub** A mixture of ground spices that is rubbed on raw food before it is cooked. (p. 607)

**spinach** Dark green, leafy vegetable that is full of calcium and adds color and flavor to salads. (p. 464)

**spoken menu** A server states what foods are available and the prices of each. (p. 318)

**sponge cake** Also called a foam cake, has an airy, light texture because of large amounts of air whipped into the eggs. (p. 756)

**sponge method** Dough preparation method that allows the yeast to develop separately before it is mixed with the other ingredients. (p. 713)

**spread** Expand. (p. 748)
springform pan  A pan with a clamp used to release the pan's bottom from its wall. (p. 686)

*stabilize  Support. (p. 755)

stack oven  Also called a deck oven; a freestanding rectangular oven with a series of well-insulated compartments stacked on top of one another. (p. 682)

stainless steel  A hard, durable metal made of chromium and carbon steel. (p. 252)

staling  The process by which moisture is lost, causing a change in the texture and aroma of food. (p. 689)

standard  An established model or example used to compare quality. (p. 198)

standardized accounting practices  Reporting figures in a way that can be easily compared to the figures from other businesses. (p. 173)

standardized (stan-dar,dized) recipe  A set of written instructions used to consistently prepare a known quantity and quality of food. (p. 330)

starter  A mixture of flour, yeast, sugar, and a warm liquid that begins the leavening action. (p. 706)

steak sauce  A tomato-based sauce that is tangier than ketchup. (p. 416)

steam table  A food warmer; keeps prepared foods warm in serving lines. (p. 242)

steaming  Cooking vegetables or other foods in a closed environment filled with steam. (p. 391)

stewing  A combination cooking technique. Stewed foods are cut into small pieces, and completely covered with liquid during cooking. Cooking time for stewing is generally shorter than for braising. (p. 394)

stimuli  Things that cause an activity or response. (p. 421)

stir-frying  A dry cooking technique similar to sautéing done with a wok. (p. 384)

stirred custard  A custard made on the range in a double boiler or saucepan. (p. 772)

stir  Gently blending ingredients until they are combined. (p. 700)

stock  The liquid that forms the foundation of sauces and soups. (p. 510)

storage  Placing food in a location for later use. (p. 38)

straight-dough method  Mixing all the ingredients together in a single step. (p. 713)

*strategy  A plan of action. (p. 189)

streu el (strü-sol)  A sweet, crumbly topping made of flour, brown sugar, and granulated sugar. (p. 741)

stuffing  Seasoned food mixture often made with bread. (p. 582)

*subject  To expose to. (p. 378)

*submerged  Covered in liquid. (p. 389)

*substituted  Switched. (p. 774)

*subtle  Understated; delicate. (p. 466)

*sufficient  Enough. (p. 562)

*suitable  Having the right qualifications. (p. 97)

sundae  A dessert with one or more scoops of ice cream topped with garnishes, fruits, or syrups. (p. 774)

*supplement  Addition. (p. 510)

surimi  A combination of white fish and flavoring, minced and formed into shapes. (p. 557)

*surround  Enclose. (p. 689)

sushi (sü-shé)  A Japanese dish of raw or cooked fresh fish or seafood wrapped in cooked and cooled rice. (p. 559)

sweating  Cooking vegetables in fat over low heat in a process that allows them to release moisture. (p. 528)

Swedish meatball  Made with ground beef or pork, onions, and served with a gravy. (p. 503)

sweet rich dough  A soft, heavy dough that incorporates up to 25% of both fat and sugar. (p. 709)

Swiss meringue  A meringue that is made by dissolving sugar and egg whites together over simmering water, and then beating them. (p. 762)

table d’hôte (tä-bal’-döt) menu  A menu that lists complete meals, from appetizers to desserts and sometimes beverages, for one set price. (p. 310)

table setting  The specific arrangement of tableware, glassware, and flatware for a meal. (p. 156)

table tent  Folded cards that stand on the table to list specials. (p. 318)

tableside  At the table, in full view of the customer. (p. 146)

tableware  Any kind of dish, from dinner plates to soup bowls to coffee cups. (p. 155)

tang  The part of the blade that continues into the knife’s handle. (p. 252)

tank system  A system where two plastic lines are connected to each carbon dioxide tank in a soft drink machine. One leads to the CO₂ tank and allows it to pressurize the soda syrup. The other line permits the soda to pass to the dispensing gun. (p. 122)

target market  The market segment you most want to attract. (p. 189)

tart pan  A shallow pan that ranges in diameter from 4½ to 12½ inches. (p. 686)

tartar sauce  A sauce made of mayonnaise and chopped pickles. (p. 563)

taste bud  A specialized cell for tasting that is scattered over the surface of the tongue. (p. 422)
**teamwork** Learning to effectively communicate, resolve conflicts, and develop negotiation skills. (p. 89)

* **technique** Method. (p. 27)

* **tempted** Enticed. (p. 709)

**theme restaurant** A restaurant that tries to recreate another place or time. (p. 142)

**thick soup** A soup that is not clear or transparent. Thick soups include a thickening agent, such as roux; cream; or a vegetable purée. (p. 529)

**thickening agent** An ingredient, such as cornstarch, that adds body to a sauce. (p. 517)

**tip** A small bonus payment from a customer as a reward for excellent service. (p. 109)

**tomato sauce** Made by simmering a tomato product with flavorings, seasonings, and stock or another liquid; one of the mother sauces. (p. 519)

**torpedo (tôrˈpēˌdō) roll** A long, skinny sandwich roll. (p. 489)

**tortilla (tôrˈtē-yə)** A flattened, round bread baked on a griddle or deep-fried. (p. 489)

**total weight as served** Multiply the number of portions by the portion weight when the food is served. (p. 352)

**tournée (tôrˈna)** Turn vegetables using a tournée knife; creates a football shape. (p. 461)

**toxin** A harmful organism or substance. (p. 14)

**trade publication** A magazine or newsletter produced by and for members of the foodservice industry. (p. 95)

**traffic path** How people and materials move within a foodservice operation. (p. 183)

**trans fatty acid** An unsaturated fat that goes through the hydrogenation process. Also called trans fat. (p. 282)

* **transfer** To pass to food. (p. 252)

**translucent** Clear. (p. 422)

* **transmit** Spread. (p. 16)

**tray service** Bringing dishes to the table at the same time on a large tray. (p. 131)

**tray stand** A stand that has metal, wood, or plastic leg frames that will fold. Also called a tray jack. (p. 131)

**trayline service** Customers go through a food line and place items on their own trays. (p. 143)

**trend** A general preference or dislike for something within an industry. (p. 68)

**trichinosis (trikˈə-nō-səs)** An infestation by a parasite that can cause muscular pain, stomach upset, fever, weakness, and swelling. (p. 609)

**trim** To cut off excess fat or to cut food to a desired shape or size. (p. 350)

**trim loss** The weight of the waste material that was trimmed from the purchased product. (p. 351)

**trueing** Using a steel to keep a blade straight and to smooth out irregularities after sharpening. (p. 259)

**trussing** Tying up a bird’s wings and legs against the body. (p. 575)

**truth-in-menu guideline** A guideline that ensures truthfulness in statements about nutrition, quantity, quality, grade, and freshness. (p. 315)

**tuber** The short, fleshy underground stems of plants. (p. 647)

**tuile (tŭwēl)** A Belgian molded cookie that comes out of the oven soft. (p. 739)

**turnover rate** The average number of times a seat will be occupied during a block of time. (p. 182)

**underliner** A dish placed under another dish to protect the table from spills. (p. 133)

**uniform** Clothing that is worn by a particular group to help identify workers. (p. 119)

* **uniform** Even in shape and size. (p. 255)

**unit cost** The cost of each individual item. (p. 129)

**upselling** Suggesting a larger size or better quality than the customer’s original order. (p. 129)

**vacuum packed** Placed in air-tight containers from which the air has been removed to prevent the growth of bacteria. (p. 547)

* **variation** Change. (p. 496)

* **varied** Available in different kinds. (p. 471)

**veal** The meat from calves that are less than nine months old. (p. 599)

**vegan (vēˈgān)** Someone who does not eat any meat or animal products. (p. 293)

**vegetable stock** A stock made from vegetables, herbs, spices, and water. (p. 513)

**vegetarian (veˈjərē-ən)** A person who does not eat meat or other animal-based foods. (p. 293)

**veined cheese** A pungent, semisoft cheese that has veins of mold running through it. (p. 472)

**velouté (väˌlūˌtā)** Also known as blond sauce, is made by thickening a light-colored stock with a light-colored roux; one of the mother sauces. (p. 520)

**vendor** A company that sells products to the foodservice industry. (p. 61)

* **verify** To prove. (p. 36)

* **versatile** Adaptable. (p. 625)
vichyssoise 

A cold version of potato-leek soup. (p. 531)

vinaigrette

A salad dressing that has a ratio of three parts oil to one part vinegar. (p. 468)

vinegar

A sour, acidic liquid used in cooking, marinades, and salad dressings. (p. 416)

violation

Not following a rule. (p. 198)

viruses

Simple organisms that are responsible for many food-related illnesses. (p. 16)

vitamin

Substance that helps regulate many bodily functions. (p. 285)

volume

Amount. (p. 231)

volume measurement

A measurement that is expressed in cups, quarts, gallons, and fluid ounces. (p. 336)

walls

The sides of a muffin. (p. 742)

warped

Turned slightly from flat because of excessive heat and use. (p. 753)

washing

Applying a thin glaze of liquid to dough’s surface before baking. (p. 719)

waxy potato

A potato with thin skin and less starch than mealy potatoes. (p. 650)

weight

The heaviness of a substance. (p. 262)

well done

Meat that is browned on the surface and gray on the inside. (p. 610)

wet cure

A brine. Food is submerged in a mixture of sea salt, a sweetener, spices, and herbs that are dissolved in water. Then, the food is dried or cooked. (p. 457)

wheat

A very versatile grain that is also milled into semolina and cracked wheat. (p. 627)

*whet

To increase, as an appetite. (p. 477)

whetstone

A sharpening stone made of either silicon carbide or stone. (p. 259)

whey

The liquid portion of coagulated milk. (p. 471)

whip

Vigorously beating ingredients to add air. (p. 700)

white rice

Rice that has had the outer layers of the grain removed. (p. 625)

white stock

A stock made from chicken, beef, veal, or fish bones simmered with vegetables. (p. 511)

*withered

Shrunken and wrinkled. (p. 660)

*withstand

To hold up to. (p. 262)

wok

A large pan with sloping sides. (p. 384)

work ethic

A personal commitment to doing your best as part of the team. (p. 88)

work flow

The orderly movement of food and staff through the kitchen. (p. 221)

work section

Similar work stations that are grouped into larger work areas. (p. 220)

work simplification

To perform a task in the most efficient way possible. (p. 222)

work station

A work area that contains the necessary tools and equipment to prepare certain types of foods. (p. 220)

workers’ compensation

Insurance that pays for medical expenses and lost wages if you are injured on the job. (p. 106)

yeast

A living organism used as a leavener. (p. 694)

yield

The amount of servings in a recipe. (p. 331)

yield grade

Measures the amount of usable meat on beef and lamb. (p. 592)

yield percentage

The ratio of the edible portion of food to the amount of food purchased. (p. 350)

yield test

A process by which AP food is broken down into EP and waste. (p. 350)

yield weight

AP weight minus trim loss. (p. 351)

zest

The rind of a fruit. (p. 402)

zoning

A system that divides land into sections used for different purposes. (p. 78)