



C The abbreviated form of *Celsius*.

cabinet pudding A baked or steamed English pudding with a custard base that is mixed with dried fruits and bread or cake crumbs. Thought to have originated in the 18th century. This rich dessert may be served warm or chilled.

cacao (kah-'koh) 1. The tropical tree from whose seeds (cacao beans) *chocolate* products are made. 2. Another name for *cocoa*.

cacao bean See *chocolate*.

cachaça ('cah-shah-sah) A Brazilian distilled liquor similar to rum, made from sugarcane that has been briefly fermented and then aged in wooden barrels for a minimum of one year. See also *Caipirinha*.

cachous A small scented tablet used to freshen the breath, popular in England during the 1800s.

cactus pear Another name for *prickly pear*.

café (ka-'fay) A small, casual restaurant.

café (ka-'fay) The French word for *coffee*.

café au lait ('kay-fay oh lay) The French term for "coffee with milk," generally with equal parts strong coffee and scalded milk.

café brûlot (ka-'fay broo-'low) A tableside preparation of coffee that has been steeped with sugar, cloves, cinnamon, and lemon zest, served in New Orleans. A thin long spiral of orange peel is placed above the coffee mixture; the waiter ignites a mixture of brandy and alcohol and pours the flaming mixture down the spiral of the orange peel. The term brûlot means "burnt brandy," "highly seasoned," or "incendiary."

café complet ('ka-fay com-'play) The name for the traditional French breakfast of coffee or café au lait, croissant, butter, and jam.

café con leche ('ka-fay kohn 'lay-chay) The Spanish name for coffee with hot milk.

café continental Hot coffee mixed with coriander, sugar, and warmed sweet red wine, traditionally served in a mug and garnished with an orange slice.

café crème ('ka-fay crehm) The French name for a small cup of coffee with cream or milk.

café en grains ('ka-fah ehn grahn) The French word for *coffee beans*.

café filtré ('ka-fay 'feel-tray) The French name for coffee that is made by pouring hot water through a filter holding ground coffee. It is traditionally served black, in demitasse cups.

café glacé ('ka-fay 'glah-say) The French word for iced coffee, made by pouring black coffee over ice cubes in a glass; usually served with cream and sugar.

café liégeois ('ka-fay lehzh-whah) A Belgian dessert made with coffee ice cream topped with strong coffee and crème chantilly, and garnished with chopped

toasted nuts. Originally called *café viennoise* because it originated in Vienna, but the name was changed during World War II because it sounded German.

café mocha ('ka-fay 'moh-kah) A coffee drink of espresso, chocolate syrup, steamed milk, and a thin layer of milk foam; typically served topped with whipped cream.

cafetière (kaf-tee-ay) Another name for *French press*.

café viennoise ('ka-fay veen-'nwahz) See *café liégeois*.

caffè (ka-'fay) The Italian word for *coffee*.

caffè Americano (kay-'fay ah-mer-ih-'kah-noh) The Italian term to describe a coffee drink with one or two shots of espresso, diluted with 6 ounces (180 ml) water. It was so named because it closely resembles American coffee, which is weaker than espresso.

caffè con latte (ka-'fay kohn 'lah-tay) The Italian term for coffee with milk, a combination of espresso and steamed milk topped with a thin layer of soft milk foam; commonly referred to as just *latte*.

caffè corretto (ka-'fay kohr-'eht-toh) An Italian coffee drink of a single or double espresso mixed with a small amount of brandy or liqueur.

caffeine (ka-'feen) A natural compound found in foods such as coffee, tea, and chocolate, believed to stimulate the nervous system and known for keeping some people awake.

caffè latte (ka-fay 'lah-tay) See *caffè con latte*.

caffè lungo ('ka-fay 'loon-goh) Literally, “long coffee,” the Italian term for a long pour of espresso.

caffè macchiato See *macchiato*.

caffé mocha The Italian term for *café mocha*.

caffé nero ('ka-fay 'nay-roa) The Italian term for black coffee.

cafféol ('ka-fay-ohl) A fragrant oil produced from roasting coffee beans, which gives coffee its distinct flavor and aroma.

caffè ristretto ('ka-fay ree-'streht-toh) Literally, “restricted coffee,” the Italian term for a strong espresso drink made by prematurely stopping the brewing and thus concentrating the flavor.

Caipirinha (ki-pee-'reenyah) A Brazilian cocktail of *cachaça*, sugar, and lime; thought of as the national cocktail.

cajasse (kah-'jhahs) A dessert of rum-flavored crêpes mixed with fruit and eaten cold. A specialty of the town of Sarlat, in the Périgord region of France.

cajeta (kah-'hay-tah) A sweet Mexican topping or sauce for ice creams and desserts. It consists of caramelized sugar and goat's milk, and is thick and creamy. There are some Latin American variations made with caramel and fruit.

Cajun syrup cake See *gâteau de sirop*.

cake A general term that refers to a vast array of baked goods, ranging in texture from light and airy to rich and dense, and made in a variety of sizes and shapes. They may be single or multilayered, with almost endless flavor combinations. *Pound cakes* and *angel food cake* are served as is, while others may be filled and iced with *buttercream*, fruit, *crème chantilly*, *ganache*, and jam.

The two major categories of cakes are high-fat and low-fat, or egg-foam cakes. High-fat cakes tend to have a richer, moister, and more tender crumb, as well as a longer shelf life because of their high fat content. The three basic methods to prepare high-fat cakes are (1) creaming, (2) one-stage method, and (3) two-stage

method (see *mixing methods* for individual descriptions). Low-fat or egg-foam cakes, such as *sponge cakes* and *angel food cakes*, rely on sugar for tenderizing and air whipped into the eggs for leavening. The three basic methods used to prepare these cakes are (1) angel food method, (2) chiffon method, and (3) sponge or egg-foam method (see *mixing methods* for individual descriptions).

The main ingredients in cakes are flour, liquid, and fat. Each of these plays an important role in the final texture of the cake. In order to get the desired result, it is important to understand the purposes of each, and although some ingredients play a dual role, in general tougheners should balance tenderizers and driers should balance moisturizers. The classifications are as follows:

Tougheners (eggs and flour) provide structure.

Tenderizers (fat, sugar, and chemical leaveners) provide tenderness owing to the softening and shortening of protein fibers and gluten development.

Driers (flour, starch, cocoa powder, milk solids) absorb moisture.

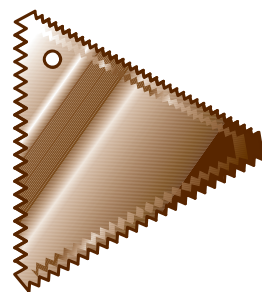
Moisteners (milk, water, syrups, honey, eggs) provide moisture.

European-style cakes are referred to as *tortes* and *gâteau*. See also *What Went Wrong and Why* appendix.

cake board A thin board of corrugated cardboard placed underneath sheet cakes to provide support, stability, and ease of mobility. Typically it is natural color on the bottom and coated with a white synthetic layer on top. Boards come in full and half sheetpan sizes.

cake circle A thin circle of corrugated cardboard that is placed underneath round cakes to provide support, stability, and ease of mobility. Typically it is natural color on the bottom and coated with a white synthetic layer on the top; circles come in sizes that range from 6 to 16 inches (15 to 40 cm) in diameter.

cake comb A small, flat, triangular hand-held tool with different sizes of serrated teeth on each of the edges. It is made of stainless steel and is used to create decorative curvy or straight lines on cakes. Also known as *icing comb* and *pastry comb*.



cake flour See *flour*.

cake knife See *cake slicer*.

cake marker A round metal or plastic tool used to score the top of round cakes into equal wedges. Markers are often double-sided and have a different number of slice markers on either side. They are available as 10, 12, 14, and 16 slices.

cake pan A metal or silicone (*fleximold*) baking pan designed specifically for baking cakes. Pans may be made from aluminum, tin, coated steel, or stainless steel, although the most popular are aluminum and heavy-gauge steel because they are the best conductors of heat. Cake pans come in a variety of sizes and shapes, with the most common being a round, straight-sided pan, which can range from 1 to 4 inches (2.5 to 10 cm) deep and in diameter from 3 to 24 inches (7.5 to 60 cm). Other shapes include square, rectangular, spherical, heart, teardrop, hexagonal, and triangular. See also *angel food cake pan*, *Bundt pan*, *Kugelhopf mold*, and *springform pan*.

cake ring A stainless steel, bottomless ring used to bake and mold cakes and desserts. The ring ranges in diameter from 3 to 14 inches (7.5 cm to 35.6 cm), 1 to 4 inches (2.5 cm to 10 cm) inches high. The ring is placed on a sheet pan lined with parchment and then the batter or filling is poured into the ring.

Cake rings are also used as molds when assembling cakes or desserts that have multiple layers or fillings; it enables the cakes to be built in sections and leaves the finished products with smooth, even sides. Some rings have adjustable sides to the diameter can be changed. Also known as an *entremet ring*.

cake slicer A serrated knife used to slice cakes horizontally into thin layers. They range from 12 to 14 inches long (30 to 35 cm) and 1½ inches (3.4 cm) wide with a rounded tip. Also known as a *cake knife* or a *baker's knife*.

cake smoother A small, hand-held tool used to smooth out rolled fondant on cakes. It is made from plastic and looks like a thin rectangle with rounded edges, a flat bottom, and a center handle.

cake tester A long, thin metal wire with a finger handle at one end, used to test the doneness of cakes. It is inserted into the center of a baked cake; if the tester does not display any batter residue when removed from the cake, the cake is completely baked.

cala ('kah-lah) The African word for rice, referring to a deep-fried pastry made with rice, sugar, yeast, and spices. The pastries resemble small, round doughnuts without the hole and are traditionally dusted with confectioners' sugar and served warm.

calcium phosphate A food additive used to increase the leavening power of baking powder in doughs or batters that contain a large amount of acidic ingredients, such as buttermilk.

calibrate See *thermometer*.

Calimyrna fig See *fig*.

calisson (kahl-ee-'sohn) A centuries-old diamond-shaped confection from Aix-en-Provence, in the South of France. The candies have a soft, smooth mixture of 40% almond paste and 60% candied fruit flavored with orange flower water, and are coated with royal icing. They should be stored in an airtight container because they dry out quickly. In the 17th century, they were given to the congregation during religious ceremonies in memory of the plague of 1630, but have since become a traditional Easter treat.

calorie ('kal-uh-ree) A unit measure of the energy value of foods, measured by determining the amount of heat needed to raise the temperature of 1 gram of water by 1°C. The four sources of calories are carbohydrates, proteins, fats, and alcohol. Each has a different ratio of calories per gram, as follows: alcohol, 7 calories per gram; carbohydrates and proteins, 4 calories per gram; and fat, 9 calories per gram.

Calvados ('kal-vah-dohs) A high-quality dry apple brandy that is twice distilled from cider. It is made in the town of Calvados, in Normandy, France, and is aged in small oak casks for a minimum of 1 year. It is categorized as follows:

Trois étoiles or Trois pommes Aged for two years.

Vieux or Réserve Aged for three years.

V.O. (Very Old) or Vieille Réserve Aged for four years.

V.S.O.P. Aged for five years.

Extra or Napoléon or Hors d'Age Aged for six or more years.

Calvados is used to flavor desserts, pastries, and confections and it pairs exceptionally well with apples.

cambric tea ('kaym-brihk) An American drink of milk, hot water, and sugar. It is named after a fabric called cambric because it is similarly white and thin. The tea was popular in the late 19th century.

Camembert ('kam-uhm-behr) A soft cow's milk cheese with a powdery white rind and smooth, creamy interior. It pairs well with fruit and nuts.

camomile ('kam-uh-meel) An aromatic flower that is dried and steeped in hot water to make a mild tea.

Campari (kahm-'pah-ree) A bright red, bitter Italian aperitif that is most commonly served mixed with soda water.

Canadian butter tart A tart of buttery pastry filled with a sweet custard flavored with raisins and walnuts.

Canadian whisky See *whisky*.

canapé ('kan-uh-pay) A small, hand-held item that consists of a base of toasted or untoasted bread or a cracker or pastry shell that is topped with a spread of butter or soft cheese and garnished with a savory item. They may be hot or cold and are typically served with cocktails.

canary melon See *muskmelon*.

candied flowers See *crystallized flowers*.

candied fruit See *glacé fruit*.

candlenut A hard-shelled nut that is chopped and eaten as a snack or ground into a smooth paste and used as a seasoning, particularly in Indonesian cooking. They are approximately 2 inches (5 cm) in diameter. They are toxic when raw and must be roasted whole, then cracked open; the kernels are then cooked again to make them edible. Afterwards, they are chopped and eaten as a snack or ground into a smooth paste and used as a seasoning. The name is derived from their use in Indonesia and Malaysia to make candles. The high fat content makes them highly susceptible to rancidity and so they should be stored in a cool, dry place.

candy 1. A general term for small sweets or confections, such as gumdrops, candy bars, and licorice. 2. To cook fruit or other item in a sugar syrup until crystallized or candied.

candy apple An apple, usually granny smith, that has been dipped in a hard, red sugar coating and placed on a wooden stick for eating. The contrast of sweet coating and tart apple makes an interesting flavor profile. Candy apples are sometimes also flavored with cinnamon.

candy bar A general term for a block, rectangle, or elongated piece of chocolate. Many times the bar will contain other ingredients, such as marshmallow, nougat, caramel, nuts, raisins, or other fruit. They come in variety of sizes that range from bite size to giant, and are one of the most popular snacks in the world.

candy coffee bean 1. A candy shaped like a coffee bean and tasting like coffee. 2. A chocolate-dipped espresso bean. Both are used to decorate cakes, pastries, and confections.

candy floss The British term for *cotton candy*.

candy thermometer See *thermometer*.

canella (kahn-'nehl-lah) The Italian word for *cinnamon*.

cannelle knife A small, hand-held tool that is a V-shaped piece of metal attached to a handle, used to make a decorative fluting on the sides of sliced fruits and vegetables. Also known as a *channel knife*.

cane syrup A very sweet, thick syrup made from sugarcane and used in Caribbean and Creole cuisine.

canna A tropical plant with a thick underground stem that is dried and ground to be used as a starch. In Australia, it is known as *Queensland arrowroot*.

canneler (kahn-neh-'lar) To make small, V-shaped grooves over the surface of fruits or vegetables, using a *cannelle* knife; when the fruit or vegetable is sliced, it has a decorative, fluted border.

cannelle (kah-'nehl) The French word for *cinnamon*.

canelon (kahn-'nehl-ah) A French pastry of thin strips of puff pastry wrapped around a long, narrow cylindrical mold and baked to a golden brown. The hollow center is then filled with *crème chantilly* or *mousse* and dusted with confectioners' sugar.

cannoli (kah-'noh-lee) A Sicilian Italian pastry of a thin, oval piece of dough wrapped around a *cannoli form* and deep-fried, then filled with a sweet mixture of whipped ricotta cheese, rum, candied citron, and chocolate chips. Traditionally, the ends are dipped in dark chocolate and rolled in toasted chopped pistachios.

cannoli form A tinned steel or aluminum specifically designed for making cannolis. They come in a variety of sizes ranging in diameter from ½ to 1 inch (1.2 to 2.5 cm) and from 4 to 6 inches (8 to 12.5 cm) long.

canola oil (kah-'noh-lah) A flavorless oil extracted from the seeds of the rape plant. It is a popular oil because, among all other oils, it is the lowest in saturated fat and, with the exception of olive oil, it has the most cholesterol-balancing *monounsaturated fat* and highest proportion of Omega-3 fatty acids, which are believed to lower cholesterol and triglycerides. Its high *smoke point* also makes it ideal for frying. Known as *lear oil* in Canada, and also known as *rapeseed oil*.

cantaloupe See *muskmelon*.

cape gooseberry See *berry*.

cappuccino (kah-puh-'chee-noh) An Italian coffee drink that consists of ⅓ espresso, ⅓ steamed milk, and ⅓ milk foam. It is often served with a light dusting of cinnamon.

Cara Cara orange See *orange*.

carafe (kuh-'raf) A decorative glass container used to serve beverages at the table. It typically holds 16 to 32 ounces (½ L to 1 L) and has a narrow neck that is topped with a stopper, which controls the flow of the liquid. House wines are typically offered as half carafe (16 ounces/.5 L) or full carafe (32 ounces/1 L).

carambola (kah-rohm-'boh-lah) A tropical fruit native to Malaysia that is easily distinguished by its five prominent ridges that run the length of the fruit. It has a thin, glossy, golden-yellow skin and juicy, golden-yellow flesh that ranges in flavor from sweet to tart depending on the variety. It ranges in size from 3 to 5 inches (7.5 to 12.5 cm) long. When sliced crosswise, it resembles a 5-pointed star, and so it makes an interesting garnish for pastries and desserts, and also an interesting addition to fruit salads. Grown in Florida, Hawaii, the Caribbean, and Central and South America, it is available from early fall to winter. Also known as *star fruit*.

caramel ('kahr-ah-mel) 1. A stage of cooked sugar that ranges in color from golden brown (320°F/160°C) to deep brown (350°F/175°C) as the temperature increases. Caramel can be made using the wet or dry method. The wet method mixes water with the sugar and sometimes an acid such as lemon juice or cream of tartar to prevent crystallization; the sides of the pan should also be brushed with water to prevent *crystallization*. The dry method uses no water and cooks the sugar directly in the pan (this saves time because there is no water to boil off, but is easier to burn); as the liquid caramel cools it takes on a hard, glass-like consistency and cracks easily. Caramel is used extensively in the pastry shop for coating pastries, making brittles and pralines, as a flavoring for creams and confections, and as a base for caramel sauce. It is also used to make decorative sugar pieces such as *spun sugar* and *caramel cages*. 2. A soft or hard caramel-flavored confection; the texture of the caramel is determined by how long the sugar is cooked.

caramel apple An apple dipped in a semi-firm caramel coating, then often rolled in chopped, roasted peanuts and placed on a wooden stick for portable eating.

The contrast of the sweet caramel and tart apple makes an interesting flavor profile.

caramel bar Another name for a *caramel ruler*.

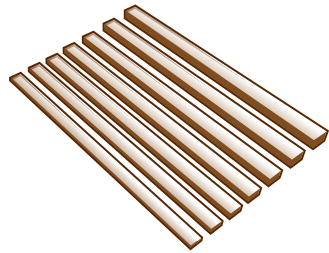
caramel cage An impressive sugar garnish made by drizzling thin strands of semi-cooled caramel over the back of a lightly oiled ladle or bowl in a criss-cross motion. Once cooled, it is gently removed and can be placed over a dessert for a stunning presentation. The thinness of the cage and its susceptibility to moisture will cause it to break down somewhat quickly; this may be slowed by making the cage from *isomalt* and storing it in an airtight container with a *dessiccant*.

caramel corn A snack of popcorn coated in a caramel mixture of butter, brown sugar, and corn syrup. The coated popcorn may be gathered while the caramel is still warm and made into larger balls or eaten as small, individual pieces. See also *Crackerjacks*.

caramelization The process that sugars undergo when heated to high temperatures. In short, a series of chemical reactions occur that break down the sugars and create flavors and colors in caramel and in baked goods. In bread making, caramelization contributes to the browning of the crust and occurs at surface temperatures between 300° and 400°F (149°/400°C). See also *Maillard reaction*.

caramelize 1. To brown the sugar on a product such as *crème brûlée*. This may be accomplished with a *blowtorch* or *salamander* and contributes to the flavor and texture of the product. 2. To heat sugar until it liquefies and becomes a clear syrup. The color and flavor of the resulting sugar is determined by the temperature; sugar begins to caramelize at 320°F (160°C) and will begin to burn at around 365°F (185°C).

caramel ruler A stainless steel or chrome metal rectangular bar used to contain hot caramel, chocolate, fruit jellies, or fondant mixtures while they cool. They range in height from ¼ to 1 inch (6 mm to 3.7 cm) and 20 to 30 inches (50 to 75 cm) in length. The bars are generally oiled and placed on an oiled marble surface in a square or rectangle so that the caramel or other liquid mixture may be poured into the dammed area without seepage. Once the liquid has hardened, the rulers are removed and the resulting square or rectangle is sliced as needed. Also known as *caramel bar*, *chocolate bar*, and *chocolate ruler*.



caramel sauce A sweet dessert sauce that consists of a sugar syrup that is cooked to a caramel color (320°F/160°C) and thinned with water, milk, or cream. Its flavor, richness, body, and color varies depending on whether cream, milk, or water is added. It may be served warm or at room temperature and pairs particularly well with apple and chocolate desserts.

caraque (kah-rahk) The French word for long, fine curls of chocolate. The 3- to 4-inch (8 to 10 cm) curls are made by gently scraping tempered chocolate just before it sets.

caraway ('kahr-uh-way) The tiny, grayish-black seeds of an herb that is a member of the parsley family. The seeds have a strong, aniselike flavor and are used extensively in German, Austrian, and Hungarian cuisine. They are particularly popular as a topping and ingredient in breads such as rye bread and also as a flavoring for cakes, cheeses, and a liqueur called *Kümmel*.

carbonate of ammonia See *ammonium bicarbonate*.

carbon dioxide A gas that is used as a leavening agent, formed from either fermentation or the use of chemical leaveners such as baking powder or baking soda. It plays a crucial role in making baked goods.

carbonation The process that results from combining a liquid and carbon dioxide in order to create a sparkling or effervescent effect.

cardamom ('cahr-duh-muhm) The aromatic seed of a plant in the ginger family. It is native to India, but is also cultivated in other tropical areas in Asia, South America, and the South Pacific Islands. The tiny seeds are clustered in a small pod the size of a large blueberry; there are approximately 20 seeds in each pod. Cardamom has a pungent aroma and a sweet-spicy flavor. It can be purchased either in the pod or ground, but the ground form begins quickly to lose the essential oils, which reduces the flavor. The seeds are removed from the pod and ground, or the entire pod may be ground. Cardamom is used extensively in Scandinavian and Indian cuisine to flavor breads, cakes, and confections.

carmine A food coloring derived from the dried bodies of female cochineal insects. It is used to give a deep red hue to jams, jellies, sauces, and candies.

carob ('kahr-uhb) The sweet, edible pulp in the long, leathery pods of the carob tree, an evergreen of the Mediterranean. It is used as a stabilizer in commercial foods and also as a flavoring agent in baked goods and candies. The pulp may be eaten fresh or dried, roasted, and ground to a powder. The flavor is similar to chocolate and so it is often used as a chocolate substitute in health food products because it is lower in calories, fat, and caffeine. Carob is also known as *Saint John's bread* and *locust bean* because the pods are said to resemble the locust insect, and a bible story describes how John the Baptist survived in the desert by eating locusts and honey.

Carolina rice See *rice*.

carom ('kah-raum) See *ajowan*.

carotene ('kahr-uh-teen) A yellow to orange fat-soluble pigment found in many fruits and vegetables, such as carrots. Also known as carotenoid. See also *beta carotene*.

carotenoid See *carotene*.

carrot A root vegetable that is a member of the parsley family. Owing to its high sugar content, carrots were used in the Middle Ages to sweeten cakes and desserts; and as early as the 1700s, Britain was using it as a sweetener for puddings. Today, carrot cake is one of the most popular American desserts. See *carrot cake*.

carrot cake An American cake made with flour, sugar, butter, grated raw carrots, walnuts, raisins, and cinnamon. It is traditionally iced with *cream cheese frosting*.

casaba melon See *muskmelon*.

Casatiello (ka-'sah-tee'ehl-loh) A spicy Italian cheese bread flavored with freshly ground pepper and chunks of salami. It was originally made for Easter in the countryside around Naples, but is now eaten year-round. Traditionally the bread is made in the shape of a doughnut, with hard-boiled eggs in the shell held in place on top by two bands of dough. Today, variations include shelled eggs on top, which sink into the dough as it is baked, and a brioche-like sweet version filled with candied fruits.

casein ('kay-see-ihn) The main protein in milk, and the basis for cheese, yogurt, sour cream, and other cultured dairy products. The casein proteins coagulate in the presence of acids or enzymes and thicken.

cashew A kidney-shaped kernel of the fruit of the tropical cashew tree. The kernel, which grows out from the bottom of the *cashew apple*, is protected by

a double shell that is filled with a toxic oily brown liquid, so the nuts must be heated before shelling to destroy the toxicity. They have a sweet, buttery flavor and pair well with fresh fruits such as mangos, peaches, and nectarines. As with all other nuts, roasting them brings out the nutty flavor. Their high fat content (50%) makes them highly perishable, so they should be stored in a cool, dry place.

cashew apple The pear-shaped fruit of the cashew tree, native to Brazil, India, and the West Indies. It has a yellow-orange skin and a crisp, sweet, juicy peach-like flavor. If unripe it may be tart and astringent flavor. See also *cashew*.

cassadeille (cahs-sah-'dayl) A French turnover made from puff pastry and filled with a walnut mixture flavored with anise. They are traditionally served warm during the winter.

cassareep ('kas-sah-reep) A bittersweet Caribbean condiment made by boiling *cassava* juice with brown sugar and spices until it thickens to a syrup.

cassata (kah-'sah-tah) Literally, "little case" in Italian, referring to the rectangular shape of two different classic desserts. 1. A brick-shaped cake from Sicily traditionally served for Easter, Christmas, and weddings, which is a rectangular mold lined with *pan di spagna* cake brushed with rum syrup and filled with ricotta, candied fruit, and grated chocolate. After it is unmolded, it is covered in a thick layer of chocolate. Some variations are made in round or domed shapes and may be layered and/or covered in pale green marzipan. 2. A frozen dessert from Naples, consisting of either different flavors of ice cream shaped like a brick and filled with *crème chantilly* or a rectangular mold (see *cassata mold*) lined with fruit-flavored ice cream and filled with a *pâte à bombe* mixture flavored with candied fruit.

cassata mold A long, rectangular, stainless steel mold that is open on top and has a round base. It is designed specifically for making frozen *cassatas* and typically has a scraper with the same rounded shape as the base of the mold. The molds come in graduated sizes that are ½ inch (1.2 cm) apart so that each layer of ice cream can be smoothed into an even layer before the next layer is added. Once frozen, the mold is turned over and the product released. The result is a multilayered dessert with smooth, even layers and a rounded top. See also *cassata napoletana*.

cassata napoletana A frozen *cassata* made with multiple layers of ice cream, typically made in a *cassata mold*.

cassava (kah-'sah-vah) See *yuca*.

cassava flour The flour made from *tapioca*.

Casselmann plum See *plum*.

casse museau (kajs mew-'zoh) The French word for "jaw breaker," referring to a very hard, dry cookie. It is made with a mixture of ground almonds and curd cheese that is rolled into a small cylinder and baked. Once cooled, it is sliced and baked again until it is dry and crisp. The name is derived from a festival tradition of people's throwing cookies at each other while trying to get them in each other's mouths. Unfortunately the ones that miss are said to "break the person's jaw."

cassia ('kah-see-uh) See *cinnamon*.

cassis (kah-'sees) The French word for black currant, referring to the European currant used to make *crème de cassis* liqueur, flavored syrup, and puree.

castagnaccio (kah-'stah-n'yah-chee-oh) A thin, round rustic Italian cake made with chestnut flour and flavored with pine nuts, fresh rosemary, and golden raisins. A specialty of Florence.

caster sugar See *sugar*; *castor*.

cast iron cookware Thick, heavy black cookware that is a good conductor of heat. It is not often used in the bakeshop, except sometimes to bake cornbread.

Before use, cast iron pans should be seasoned to prevent the food from sticking; a thin layer of oil is rubbed on the bottom and heated to approximately 300°F (149°C) for about 1 hour. The pans are best cleaned with a dry paper towel and should not be immersed in water if they are to remain well seasoned.

castle pudding A steamed or baked pudding that is made with a light, buttery sponge mixture that is poured into a small, cylindrical mold with a small amount of raspberry jam on the bottom. After cooking, the mold is inverted and the jam sauce runs over the pudding.

castor sugar See *sugar*.

cast sugar See *poured sugar*.

Catawba grape See *grape*.

cat's eye See *dragon's eye*.

cat's tongue A crisp, dry, sweet cookie with an elongated, slightly rounded shape that resembles a cat's tongue. The cookies may be flavored with citrus as well as chocolate or spices, and are traditionally sandwiched together with jam or a cream filling. Many times the batter is piped out using a pastry bag; however, special molds may also be used. Also known by the French name *langue-de-chat*. See also *cat's tongue mold*.

cat's tongue mold A flat, rectangular metal pan with 10 shallow indentions each approximately 3 inches (7.5 cm) long, designed for making the cat's tongue cookies but may also be used to make *éclair*s and *ladyfingers*. Also known by the French name *langue-de-chat* pan.



caudle (kaw-dl) A Scottish and English hot drink of gruel, eggs, sugar, spices, and wine or ale. An old-fashioned drink, it was believed to have restorative powers for the sick.

cava (cah-vah) A sparkling wine from Spain made in the *méthode champenoise* style (see *Champagne*). Its flavor ranges from dry to sweet.

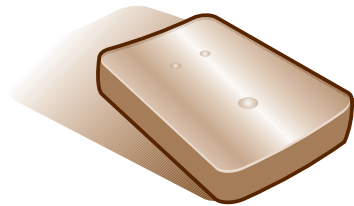
Cavendish banana See *banana*.

Cayenne pineapple See *pineapple*.

CCE Acronym for Certified Culinary Educator, a teaching certification awarded by the *American Culinary Federation*.

cell pad A rectangular foam pad used in the production of gum paste flowers. It measures approximately 4 by 6 inches (10 by 15 cm).

Cut-out flowers are placed on the pad and thinned out, shaped, or veined with *gum paste tools*. The softness of the foam helps in creating a realistic flower. The pads are generally constructed so that one side is firmer than the other, and which side is used depends on how much pressure needs to be applied to the gum paste to achieve the desired results.



Celsius (sehl-see-uhs) The metric measurement of temperature created by Swedish astronomer Anders Celsius. In Celsius, 0°C (32°F) is the freezing point and 100°C (212°F) is the boiling point. See also *Important Temperatures Every Pastry Chef and Baker Should Know* appendix.

cenci (sehn-'cee) An Italian pastry of thin strips of sweet dough that are tied into a knot and deep-fried, then dusted with confectioners' sugar. Traditionally served during carnival celebrations.

centigrade Another name for *Celsius*.

centiliter See *Liter*.

centimeter A metric measurement of length that is the equivalent of .39 inches. See also *meter*.

CEPC Acronym for Certified Executive Pastry Chef, which is the second-highest pastry certification awarded by the *American Culinary Federation*.

cereal Processed breakfast food made from cereal grains. There is an extensive variety to choose from; C. W. Post and W. H. Kellogg were among the first to mass-produce these foods.

cereal grain Any plant from the grass family that yields edible grains, such as barley, millet, rice, rye, quinoa, wheat, and sorghum. They are high in protein and carbohydrates, and are a food staple around the world. The word is derived from the name of the goddess of agriculture, Ceres.

Ceylon cinnamon See *cinnamon*.

Ceylon tea A popular black pekoe *tea* from Ceylon (Sri Lanka). It has a distinct flavor and aroma, with a hint of citrus.

cha (chah) The Japanese word for *tea*.

chafing dish A round or rectangular metal dish used to keep foods warm. A heat source is placed beneath another dish containing water, and the chafing dish is placed on top of that. The water helps keep the heat evenly distributed and prevents the food from burning.

chai (chy) An aromatic, spiced *tea* from India. It is typically made with black tea, milk, and spices such as cinnamon, cloves, ginger, nutmeg, pepper, and cardamom.

chalazae (kuh-'lay-zee) The thick, white, cord-like strands of egg white that are attached to the sides of the yolk, which keep it centered in the shell. If the chalazae are prominent, it means the egg is very fresh. They do not affect the quality of the product, but if a very smooth consistency is desired, such as in custards, they may be strained out.

challah ('hah-lah) An enriched yeasted bread with a soft, golden-brown crust and yellowish, light, tender interior. Challah is a traditional Jewish ceremonial bread that is symbolic of God's goodness and bounty, and it is served on the Sabbath, holidays, and other special occasions such as weddings. It is traditionally braided into 12 distinct sections to represent the 12 tribes of Israel. The high proportion of eggs to flour gives it its rich flavor and color; it is sometimes topped with poppy seeds.

chamanju (cha-mahn-joo) A Japanese steamed dumpling formed from a sweet paste of *adzuki beans*, sugar, and arrowroot. This mixture is cooked over low heat to form a stiff paste and then additional ingredients, such as sugar, flour, and baking soda, are added and worked into the stiff paste. Once cooled, it is rolled out into a cylinder and cut into small circles. Bean paste is placed in the centers of the circles and the dough is brought together and pinched to form dumplings, which are then steamed. They are typically served as dessert, after a Japanese meal or with afternoon tea.



Chambord ('sham-bord) A rich, natural raspberry liqueur from France, made from raspberries, blackberries, Madagascar vanilla, Moroccan citrus peel, honey, and Cognac. It is a popular flavoring in creams, sauces, and confections.

chamburo See *babáco*.

Champagne (sham-'payn) A sparkling wine which must come from the Champagne region of France in order to be labeled champagne. The high cost of this luxury item is due to the labor-intensive process it takes to create it. This process is called *méthode champenoise* and each step in the process will affect the quality and flavor profile of the finished product. The three major grapes used are Chardonnay (white); Pinot Noir (red), and Pinot Meunier. Once the grapes are harvested, usually by hand, they are pressed and traditionally fermented in seasoned wood casks but more commonly in stainless steel vats. The wine is then blended by a skilled wine master and a small amount of yeast and a *liqueur de triage*, which is a combination of sugar and wine, is added. The wine is bottled and capped, and aged in cellars for a minimum of one year. During this time the yeast eats the sugar (second fermentation) and creates alcohol and carbon dioxide, which enhance the complexity of the wine and create its distinct bubbles. The bottles are placed in wooden A-shaped frames called *pupitres* and “riddled,” which requires each bottle to be turned slightly every day and the bottle to be slightly angled so that it ultimately ends up with the top of the bottle facing down. Traditionally this was done by a skilled worker called a *rémueur* who could riddle 30,000 to 40,000 bottles a day. Although about 25% of Champagne is still hand-riddled, the majority are riddled by large machines called *gyropalettes*. Slowly, as the bottles are riddled, the yeast cells move down the sides of the bottle until they collect in the neck of the bottle. The next step of the process is called *dégorgement*, which removes the collected yeast cells from the bottle, by placing the neck of the bottle in a brine solution that freezes its contents. When the bottle is turned right side up, the cap is removed and frozen yeast plugs removed. At this point the wine is bone-dry and has a small space where the yeast was. This space is filled with a combination of wine and sugar; the amount of sugar added determines the sweetness of the wine. The wine is now ready for corking and shipping. Champagnes are categorized by their levels of sweetness and are labeled as follows:

Extra brut Very, very dry with 0 to 0.6% sugar.

Brut Very dry with less than 1.5% sugar.

Extra dry Dry with 1.5% to 3% sugar.

Sec Lightly sweet with 2% to 3.5% sugar.

Demi-sec Sweet with 3.5% to 5% sugar.

Doux Very sweet with more than 5% sugar.

Unlike *méthode champenoise*, which must be fermented in the bottle it was made in, there are two other, less expensive methods for producing sparkling wine of the Champagne style. Both processes eliminate the time-consuming and labor-intensive process of riddling and *dégorgement*. The first one is called the transfer method, and although the second fermentation takes place in a bottle, after the bottles have aged they are emptied or transferred to a large tank, where they are filtered and treated with a dosage before being rebottled. The second method is called the *charmat*, or tank method. This process is the least labor intensive because the second fermentation takes place in a large tank and then the wine is filtered and bottled.

Champagne is an excellent accompaniment with desserts and pairs exceptionally well with strawberries, chocolate, and raspberries. See also *blanc de blanc*, *blanc de noir*, and *rosé*.

Champagne grape See *grape*.

chapata (cha-'pah-tah) See *zapatilla*.

champigny (shahm-'peen) A rectangular French puff pastry tart filled with apricot jam.

channel knife Another name for *cannelé knife*.

chantilly cream See *crème chantilly*.

chantrenne pastry (shahn-'trehn pastry) A quick, easy, light pastry dough made via the biscuit method, consisting of flour, butter, eggs, salt, cold water, and lemon juice. The lemon adds flavor and also relaxes the gluten in the dough so as to reduce shrinkage while baking. It is used to make tarts, pies, and cookies.

chapatti (chah-'pah-tee) A soft Indian flatbread. It is traditionally baked on a *tava*, which is a cast iron plate, but a cast iron griddle or skillet can also be used. The soft dough is made from a mixture of water, *atta flour*, or whole-wheat flour and a little salt. The dough is shaped into balls and rolled into 8-inch (20 cm) rounds before being baked to a golden brown.

chapeau rolls (shah-'poe) Literally, French for “hat,” referring to rolls that are topped with a thin piece of dough that resembles a hat. It is important to dust the “hat” dough with rye or rice flour so that the flour will not absorb moisture and can remain attached to the roll during baking.

charbat (sharr-bat) A thick Middle Eastern drink that is flavored with fruit juice and/or flower petals.

Chardonnay ('shar-doh-nay) A variety of white grape used to make a broad spectrum of wines, such as chardonnay and Champagne.

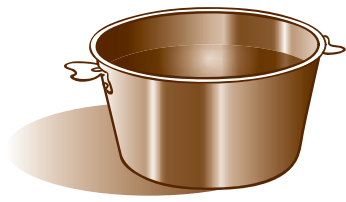
Charentais melon (shah-rehn-'tay melon) See *muskmelon*.

Charleston Chew A candy bar of chocolate-covered marshmallow-like nougat flavored with vanilla, chocolate, or strawberry. It was created in 1922 and named after the Charleston, a popular dance at that time.

Charleston Gray watermelon See *watermelon*.

charlotte ('shahr-lette) Originally a warm dessert made by baking a fruit-filled mixture in a mold lined with buttered bread, named in honor of Queen Charlotte, the wife of George III of England. *Apple charlotte* is the most well known of the hot charlottes; this popular 18th-century dessert inspired the famed pastry chef Antoine C  reme to create a cold charlotte named *charlotte Russe* in the 19th century. It is a mold lined with ladyfingers and filled with vanilla Bavarian cream, then topped with another layer of ladyfingers; it is then chilled and inverted. (It is originally called *charlotte    la Parisienne* but was later changed to *charlotte Russe* (“Russian”) when it was fashionable in France to serve food in the Russian style or with a Russian name. The name *charlotte* is believed to be derived from the old English word *charlyt*, which means “dish of custard filling.”

Although any mold may be used to make a *charlotte*, they were originally baked in a *charlotte mold*, which is a pail-shaped mold with tapered sides and heart-shaped handles on either end. Other variations of cold charlottes are made in molds lined with cake, cookies, or macaroons and are filled with Bavarian cream, mousse, or other creams. The *charlotte* is then topped with a layer of cake, chilled, and then inverted. See also *charlotte pompadour* and *charlotte royale*.



charlotte mold

charlotte à la Parisienne ('shar-leht ah lah pah-'ree-zhe-ehn) See *charlotte*.

charlotte mold See *charlotte*.

charlotte pompadour (shar-leht pohm-pah-'doo) An elaborate charlotte made by lining a mold with éclairs that have been filled with chocolate and coffee pastry cream. The different-flavored éclairs are alternated around the mold and filled with a coffee and/or chocolate-flavored *bavarois*. Once set, it is unmolded and decorated with alternating *cream puffs* that are flavored with either chocolate- or coffee-flavored pastry cream and glazed with coffee and chocolate *fondant*.

charlotte royale ('shar-leht roy-'ehl) A cold charlotte made by lining a domed mold with small slices of jelly roll, packed tightly, then filled with a flavored *Bavarian cream* and topped with a round of sponge cake. Once chilled and set, the mold is inverted and glazed with apricot jam. This charlotte was invented by Antoine Côme. See also *charlotte*.



charlotte Russe ('shar-leht roose) See *charlotte*.

charmat method (shahr-'maht method) See *Champagne*.

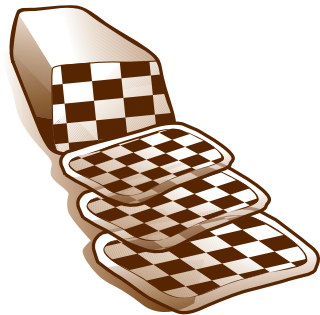
Chartreuse (shar-'trooz) An ancient French herb liqueur originally made by the Carthusian monks in La Grande Chartreuse monastery. There are green and yellow varieties; the green version is pale yellow-green derived from chlorophyll, and has an intense aroma and minty, spicy flavor; the yellow gets its color from saffron and is lighter in body, lower in alcohol, and sweeter than the green.

chausson aux pommes ('sha-sewn oh pohm) A French apple turnover made with puff pastry.

che choui (cheh 'choy) A Vietnamese sweet pudding made from a cooked mixture of coconut milk, sugar, water, and sliced bananas, and thickened with tapioca, then garnished with toasted sesame seeds. It is traditionally served as an afternoon snack and/or with tea.

checkerberry Another name for *wintergreen*.

checkerboard cookie Dutch cookies named because of their resemblance to a checkerboard. They are made with two doughs, one vanilla typically flavored with cinnamon and the other chocolate. The cookie doughs are alternately stacked and shaped into a roll, then sliced and baked.



Cheddar cheese A firm cow's milk cheese. It ranges in flavor from mild to sharp. The natural color of this cheese is white, but it is often dyed orange with a natural ingredient called *annatto*. The name derives from the English town of Cheddar, where it originated. As well as an eating cheese, it is popular in America as an accompaniment to apple pie.

cheese A major food product produced all over the world, from cow, buffalo, goat, sheep, or other mammal's milk. The milk is treated with rennet or a bacterial culture that causes the milk to curdle and separate into liquids (whey) and curds, which are formed when the milk proteins coagulate. There are thousands of varieties of cheese, and the unique characteristics of each depends on the type of

milk used, the length and method of aging, the region where it is made, and the individual cheesemaker's style. The main categories of cheeses are:

Blue-veined An aged cheese such as Roquefort that is distinguished by the blue or green mold that runs through the cheese.

Fresh Uncooked and unripened cheese that may or may not have the curds drained off. The cheese may be shaped into a form, as with cream cheese and baker's cheese or placed in a container to scoop as needed, as with cottage cheese and ricotta cheese.

Natural rind An aged cheese such as Stilton that is not treated with mold and forms its rind naturally. These are typically aged for a longer time than most other cheeses.

Pressed Either hard, as with Parmesan, or semi-firm, as with Cheddar, the cheese has a texture determined by whether or not the curds are heated before pressing (hard) and how long the cheese is aged.

Soft ripened A shaped cheese with a thin, white crust, such as Brie and Camembert. The surface of the cheese is treated with a mold, which causes it to ripen from the outside in.

Washed rind A ripened cheese such as Pont l'Évêque and Talleggio, that has been washed or treated with brine or an alcohol solution during the ripening process in order to create a mold on the outside of the cheese. These cheeses typically have a tan to pale-orange rind.

In baking, cheese is used as a filling and flavor agent. Cheese is also a major component of *cheesecakes* and cheese-based tarts. Cheese is also often an accompaniment to fruits and nuts, and may be served between courses or as a savory alternative to sweet desserts. See also *baker's cheese*, *Brie*, *Camembert*, *Cheddar*, *Chenna*, *chèvre*, *cottage cheese*, *cream cheese*, *Crema Dania*, *double cream cheese*, *Edelpilzkäse*, *faiscre grotha*, *farmers cheese*, *mascarpone*, *Neufchâtel*, *panir*, *Parmesan*, *Petit Suisse*, *Pont l'Évêque*, *Port-Salut*, *pot cheese*, *pyramide cheese*, *quark*, *ricotta*, *Roquefort*, *Stilton*, *Taleggio*, and *triple cream cheese*.

cheesecake A creamy cake made typically with cream cheese but other cheeses such as cottage cheese, ricotta, or mascarpone can be used. It is usually baked in a *springform pan*. The bottom crust may be crushed cookies, usually graham crackers, or finely ground nuts. The filling is a mixture of cheese, eggs, sugar, and flavorings, poured over the crust and baked until set. The cake must be thoroughly chilled before unmolding or it may not retain its shape. The texture ranges from light and airy to rich and dense, depending on the ingredients and baking method. Some cheesecakes are baked in a *water bath* while others are baked directly in the oven. A rich, dense, popular version is New York-style cheesecake, which is made with both cream cheese and sour cream. Many cheesecakes are topped with a sweetened sour cream mixture, but other toppings include confectioners' sugar, fresh or cooked fruit, and chocolate glaze. Savory cheesecakes may also be made and served as appetizers or entrées.

cheesecloth A lightweight, inexpensive white cotton cloth available in weaves that range from coarse to fine. It is used to strain liquids and as a holder for infusions. Cheesecloth retains its shape when wet and does not impart any flavor to food.

cheese straw A long, thin strip of puff pastry flavored with cheese and sometimes herbs, and baked to a golden brown. They are often twisted into a corkscrew shape before baking.

chef (shéf) 1. In bread baking, a piece of ripe *sourdough starter* set aside to be used as a starter for the next batch of bread. 2. A person skilled in the culinary arts. Depending on the establishment and position in the kitchen, the person

may also be responsible for employee management, cost control, and overall production.

chef de pâtisserie See *brigade*.

chef's knife See *French knife*.

Chelsea bun An English yeast bun filled with dried fruit and spices, glazed with jelly and served warm with butter or jam. A specialty of the town of Chelsea, they were created at the end of the 17th century. The dough is rolled as one piece, then cut into small buns and baked together in a round cake tin.

chemical leavener An ingredient that is added to a product for the purpose of leavening. See *baking powder*, *baking soda*, and *ammonium bicarbonate*.

chemiser To coat or line the bottom or sides of a mold. This is done either to prevent the food from sticking and allow for ease of unmolding or to be an integral part of the dessert, such as in lining a flan mold with caramel for *crème caramel*.

chenna ('chehn-nah) A fresh, unripened Indian cheese made from cow or buffalo milk. It is moist and crumbly with a soft, smooth texture, and particularly popular in Bengal and Orissa. It is used extensively in the production of desserts such as *rasgulla*.

cherimoya (chehr-uh-'moy-ah) The large tropical fruit of the annona tree, native to Ecuador and Peru but now cultivated in other temperate climates such as California and Florida. It has a leathery green skin that looks like a cross between a pineapple and an artichoke. The creamy, ivory flesh is dotted with inedible black seeds; the flesh has a custardy texture and unique pineapple-banana-mango flavor. They may be eaten fresh or used to make ice creams and sorbets. Available November to May. Also known as *custard apple*.

Chéri-Suisse (shay-hree swees) A Swiss liqueur flavored with chocolate and cherries.

cherries jubilee A flambéed cherry dessert of pitted cherries soaked in a sugar syrup, lightly thickened with arrowroot, and then flambéed with Kirsch and served over vanilla ice cream.

cherry The fruit of the cherry tree, any of several varieties cultivated in cool temperate parts of the world. These stone fruits are categorized as either sweet or sour, and the main varieties are as follows:

Bing A popular, large sweet cherry with a deep red-purple to almost black skin and deep-red, juicy, sweet flesh. Available May to July.

Black Tartarian Another name for Tartarian cherry, below. Available May to July.

Duke A hybrid of sweet and sour cherry varieties that is primarily used for cooking and preserving. Available May to August.

Guinette A small, semi-sour cherry with red skin and flesh and very long stem. They are popular for macerating in Kirsch. Available June to July.

Lambert A sweet cherry that is large, round, and has a deep ruby-red color. The flesh is sweet, firm, and meaty and it is used both fresh and cooked. Available May to August.

Maraschino Not a variety, but rather a sweet cherry typically made from Royal Ann (see next page) cherries. They are pitted and macerated in sugar syrup or, less often due to expense, maraschino liqueur. They are dyed red or green and are used as a garnish for desserts and cocktails. They may be purchased with or without stems, and come packaged in the syrup. Available year-round.

Mazzard From the wild mazzard tree, native to Europe and Asia. It has a rich flavor and is used as a flavoring agent for liqueurs. Available May to August.

Meteor A sour cherry with a bright red skin and slightly tart flavor. Available June to July.

Montmorency A well-known sour cherry developed in France. The bright to medium-red skin encases a juicy, firm, creamy-yellow flesh that has a semi-tart flavor. Available June to July.

Morello A large sour cherry that is primarily used in processed foods. The blackish-red skin encases a juicy flesh that is slightly tart; its deep red juice is used in liqueurs and brandies. Available canned in syrup, dried, or as preserves. Available June to July.

Napoleon Another name for Royal Ann cherry; see previous page.

Ranier A sweet, golden cherry with golden-yellow flesh blushed with red. The fruit is sweet and juicy. Available May to August.

Royal Ann A large, heart-shaped sweet cherry with golden-pink skin and flesh. It is firm and juicy, and is primarily used for commercial canning and to make maraschino cherries. Also known as Napoleon cherry. Available May to August.

Tartarian A large, heart-shaped, sweet cherry with purplish-black skin and juicy flesh. Also known as Black Tartarian. Available May to August.

cherry cordial A fondant-coated cherry encased in dark chocolate. Over time, the sugar in the fondant breaks down from the moisture in the cherry and creates a sweet liquid center around the cherry.

Cherry Heering See *Peter Heering*.

cherry liqueur See *Chambord*, *Framboise*, and *maraschino*.

cherry pitter A small hand-held tool used to remove the pits of cherries. It resembles a large pair of pliers, with a plunger on one end and a small cup, which holds the cherry, on the other. When the handles are squeezed together, the plunger pushes into the cherry and forces out the pit. There is also a version in which the cherries sit in a funnel container above the plunger mechanism, and when the plunger is raised, a cherry slides into position and the plunger pushes out the pit into a bottom container and the pitted cherry into another container.

cherry plum See *mirabelle plum*.

chess pie A specialty pie of the American South, with a single bottom crust filled with a rich, satiny mixture of sugar, butter, eggs, and a little flour. There are many variations, which include being flavored with lemon and replacing granulated sugar with brown sugar.

chestnut The sweet nut of the chestnut tree, native to Europe and America. The small golden nuts are surrounded by a bitter, reddish-brown papery skin and a hard, smooth dark brown shell. They may be purchased roasted, candied, preserved, canned in brine, frozen, ground into flour, or as a sweetened or unsweetened puree. They are used during the winter months in sweet and savory preparations, particularly in Europe, where they flavor creams, ice creams, and confections or serve as an ingredient or garnish for cakes. Available fresh from September to February. See also *marron glacé*.

chestnut cream A sweetened cream made from cooked chestnuts that have been pounded into a puree and mixed with *buttercream*. It is used to flavor pastries and confections.

chestnut puree A canned product made from pureed cooked chestnuts. It is used as a filling and/or flavoring in pastries, desserts and confections.

chèvre ('shehv-ruh) Literally, French for “goat,” referring to goat’s milk cheese that ranges in texture from moist and creamy to dry and semi-firm. The cheeses are made in a variety of shapes, including rounds, cylinders, cones, and pyramids and are sometimes coated with herbs or cracked peppercorns. It pairs well with nuts and sweet fruit.

Chiboust cream (chee-'boost) A rich custard cream lightened with meringue and set with gelatin. It was invented in 1846 by the French pâtissier Chiboust for the preparation of *gâteau Saint-Honoré*. Also known as *crème Chiboust*.

chichifrégi (shee-shee-'frayg) A small fluted fritter made from yeast dough, deep-fried and rolled in granulated sugar; a popular French street snack.

chickpea flour See *flour*.

chicory (chihk-uh-ree) A perennial herb in the endive family, whose roots can be roasted and ground, and used as a coffee substitute. Chicory may also be blended with coffee to add body and aroma. See also *chicory coffee*.

chicory coffee A Louisiana coffee drink made by infusing chicory root in coffee. It has a strong, bitter flavor and is a popular accompaniment to *beignets*.

chiffonade (schif-oh-'nahd) To finely cut slices and/or shred leafy ingredients such as mint or basil leaves.

chiffon cake (sha-'fohn) A sponge cake leavened with a whipped egg whites and baking powder and made with the chiffon method (see *mixing methods*). It is made with vegetable oil instead of solid shortening, which gives it extra moistness and a soft, delicate texture. The cake may be flavored with extracts, chocolate, cocoa powder, citrus, spices, and fruit or nuts. It was created by an insurance salesman named Henry Baker, who invented it in 1927 as a variation of *angel food cake* and sold it to the famed Brown Derby restaurant, for over two decades keeping the secret of the recipe well guarded. He sold the recipe to General Mills in 1947, who in turn printed “the first really new cake in 100 years” in the May 1948 edition of *Better Homes and Gardens*. The cake was commercially packaged with this slogan and became an immediate success.

chiffon pie See *pie*.

chile The fruit of the herbaceous *Capsicum* plant, noted for its pungency. There are over 200 varieties of chiles, with over 100 indigenous to Mexico. They vary in size, shape, color, and flavor, ranging from mild to intensely hot. Chiles are generally considered a savory item but some contemporary recipes use them in ice creams, sauces, sorbets, and creams to create a hot-sweet contrast. Also called *chili pepper*.

chili pepper See *chile*.

chimney A small opening made in a top pastry crust before the pie or other item is baked. Generally the hole is made with a small tube that allows the steam to escape during baking or to allow a filling or sauce to be poured into the pastry before serving.

china cap A perforated, stainless steel, cone-shaped strainer with a handle at the top. The holes may be small, medium, or large depending on the desired consistency of the food being strained.

China Martini ('kee-nahr mahr-'tee-nee) A bittersweet Italian liqueur with a syrupy consistency and strong herbal-quinine flavor.

chinchin (kihn-kihn) A Nigerian dessert of dough flavored with orange zest, deep-fried, and rolled in sugar and nutmeg before serving.

Chinese date See *jujube*, no. 2.

Chinese five-spice powder A combination of ground Chinese spices that features cinnamon, cloves, fennel seed, star anise, and Szechwan peppercorns.

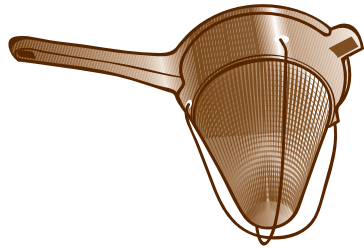
Chinese gooseberry Another name for *kiwifruit*.

Chinese grapefruit Another name for *pomelo*.

Chinese pine nut See *pinenut*.

Chinese red date See *jujube*, no. 2.

chinois (shih-'wah) A metal sieve shaped like a cone, used to strain custards and sauces and for making purees by forcing the soft fruit through the mesh. It has a reinforced metal band to prevent the very fine flexible metal mesh from becoming misshapen.



chinois confit (shih-'wah kohn-'fee) The French name for a small, bitter orange that is native to China but grows wild in Sicily, used to flavor desserts, pastries, and confections. It is macerated in a strong sugar syrup, then dried and crystallized.

chiqueter (shee-keh-'tay) To flute the edge or rim of pastry dough for both decorative effect and to help it swell during baking.

chiu hwa (tchee-yo 'ha-'wah) The Chinese word for *chrysanthemum tea*.

chlorinated cake flour See *chlorine*.

chlorine A gas added during the milling process to artificially whiten flour, particularly cake flour. See *flour*; *bleached*.

chocart (show-'cahr) A large puff pastry turnover filled with thick apple puree and flavored with cinnamon and lemon zest. It is baked to golden brown and served warm.

chocolate The processed bean of the *Theobroma cacao* tree, native of the West Indies and South America and the source of chocolate, cocoa, and cocoa butter. The word *chocolate* is derived from the Aztec word *xocolatl*, which means "bitter water" and refers to a drink made by grinding cacao beans into a paste and adding water, honey, and chiles. The history of chocolate dates back to 400 B.C. The Mayans established the earliest known cacao plantations, and the cacao beans were so highly prized that they were used as currency and also to make *xocolatl*, which they believed gave them wisdom and power. This tradition was passed on to the Aztecs, and when Christopher Columbus was introduced to this New World discovery in 1502, he was not impressed by the drink and returned to Spain with the "coins," or cacao beans, as a trinket of his exploration. In 1519, the Spanish explorer Hernandez Cortés realized the benefit of the magical elixir and established a cacao plantation in the name of Spain. He returned to his country with the beans and hid the secret recipe, which now included sugar, for almost 100 years. By 1606 Europe had become enthralled with this elite beverage and chocolate houses were opened all over Europe. In 1753, Swiss botanist Carolus Linneaus named the cacao tree *Theobroma cacao*, which means "food of the Gods." In 1828, Dutch chemist Van Houten invented a hydraulic press and alkalizing process for the cacao bean, which made large-scale manufacture of cheap chocolate possible. In 1875, Daniel Peter of Switzerland put the first milk chocolate on the market. In 1895, Milton S. Hershey, of Pennsylvania, created the first chocolate bar. The tree thrives in hot, rainy climates and can be found today in South America, West Africa, Southeast Asia, Mexico, Venezuela, and Ecuador. The Ivory Coast and Brazil are the largest producers of cacao beans and the three main varieties are:

Crillo Considered the highest-quality bean, it makes up only about 10% of world production. It is grown in Ecuador, Venezuela, and some parts of

Indonesia. It is expensive because the trees are not hardy and harvesting of the beans is labor-intensive. The trees produce soft, red pods that contain 20 to 30 white or purple beans. The bean has a mild aroma and is used for blending and the production of high-quality chocolate.

Forastero A hardy and easily cultivated tree that produces a good-quality, somewhat bitter, strong-flavored bean. It makes up about 85% of world production. It is grown mainly in West Africa and Brazil and is used for blending and making medium to fine-quality chocolate. The tree produces smooth yellow pods that contain 30 or more pale to deep purple beans.

Tintario A hybrid of the Crillo and Forastero beans, this makes up about 5% of the world's production. It is grown mainly in the Caribbean and Papua New Guinea. The bean has a higher yield and hardiness than Crillo but is less bitter than Forastero. The tree produces hard pods that vary in color and contain 30 or more beans.

The labor-intensive production of chocolate involves many steps, and the factors involved in each affect the quality of the final product. A brief description follows:

Harvesting The beans are generally harvested at either the beginning or the end of the rainy season. The pods are removed from the trees by hand and broken open by skilled pod breakers, who can open up to 500 pods per hour. Depending on the type of cacao pod, 20 to 50 beans are harvested from a single pod; it takes approximately 400 beans to produce 1 pound (455 g) of chocolate.

Fermentation The beans are placed in heaps and fermented in the sun for 2 to 10 days. They must be turned consistently to ensure even fermentation. This stage diminishes the beans' bitterness and develops the chocolate flavor and aroma.

Drying The beans are spread out and sun-dried to enhance the chocolate aroma and evaporate the water content so they do not mold during shipping.

Shipping Once the beans are dried, they are packed and shipped to chocolate manufacturers worldwide.

The manufacturing process continues and the following steps vary among chocolatiers, depending on the quality and type of finished product desired.

Blending the beans The beans are weighed and blended according to unique recipes developed by the chocolate factory. This is an important step in influencing the final flavor of the chocolate. Like fine wine, it takes a skilled blender to produce a complex but balanced flavor.

Roasting The beans are roasted to develop the flavor and aroma. The amount of time and temperature at which they are roasted will impact their final flavor. Slow-roasted beans are generally less bitter and therefore require less sugar to balance the flavor. The higher quality the roast, the more intense flavor and aroma of the bean. This stage also serves to loosen the husk from the bean and prepare it for winnowing.

Winnowing The beans are cracked and the husks removed to expose the inner nib. The nib is the "meat" of the bean and is what is used to produce chocolate.

Grinding The nibs are heated and ground to a fine paste called *chocolate liquor*. The name is deceiving because it does not contain any liquor. This process also causes the fat or cocoa butter in the beans to separate; it is at this point that *cocoa powder* can be made by pressing the cocoa butter out of the chocolate liquor and processing it. See also *Dutch-process cocoa*.

Conching The word is derived from the Spanish word *concha*, which means “shell,” because it was the shape of the first machine. This process kneads and stirs the chocolate liquor between large heavy rollers in order to produce a smooth, velvety texture by breaking down the sugar particles and blending in the *cocoa butter*. It aerates the chocolate and reduces any remaining bitter acids so that the fine chocolate flavor and aroma are enhanced. This may be done from a few hours to several days, depending on the quality of the chocolate being made. The longer the conch, the smoother and creamier the chocolate will be.

Tempering This involves heating and then cooling the chocolate in order to align the cocoa butter crystals and allow the chocolate to harden in a hard, shiny form. See *tempering*.

Molding The tempered chocolate is poured into various molds depending on the desired size and shape of the desired product. Once cool, it hardens into that form and is ready to be packaged and shipped.

The type of chocolate produced is determined by the type and proportion of ingredients added during the manufacturing process. The types include:

Baker's Pure chocolate liquor that contains between 50 and 58% cocoa butter. Depending on the brand, vanilla and/or salt may also be added. The lack of sugar renders it unpalatable for eating out of hand, but it is typically used as an ingredient in brownies, mousses, creams, and other desserts, pastries, and confections. Also known as *unsweetened chocolate*.

Dark A category of chocolate that is made with chocolate liquor, cocoa butter, sugar, *lecithin*, and vanilla. The proportion of these ingredients determines whether it is bittersweet, semisweet, or sweet. *Bittersweet chocolate* contains approximately 70% chocolate liquor and 30% sugar. *Semisweet chocolate* contains approximately 60% chocolate liquor and 40% sugar. *Sweet chocolate* contains approximately 50% chocolate liquor and 50% sugar. Varying amounts of cocoa butter are also included in those percentages.

Milk The sweetest of all the chocolates, it is made with chocolate liquor, cocoa butter, sugar, milk solids, *lecithin*, and vanilla. It should contain a minimum of 12% milk solids and 10% chocolate liquor.

White Although it is not considered a real chocolate because it does not contain any chocolate liquor, *white chocolate* is made with cocoa butter, sugar, milk solids, *lecithin*, and vanilla.

When judging the quality of chocolate the following criteria should be taken into consideration:

Appearance It should be rich in color, with a smooth, glossy surface. Cracked or dull-colored chocolate is an indication of poor quality.

Aroma It should have a strong chocolaty aroma that is pleasant to the nose.

Snap High-quality chocolate should have a crisp “snap” when it is broken.

Taste It should be well-balanced, not too bitter or sweet.

Color It should be even throughout, with no gray streaking.

Texture/mouthfeel It should taste creamy and smooth not gritty, waxy, or greasy.

Aftertaste The taste should linger pleasantly.

See also *coating chocolate*, *couverture*.

chocolate bar 1. Another name for *caramel ruler*. 2. Another name for *candy bar*.

chocolate bloom See *bloom*, no. 1.

chocolate chip A small drop of dark chocolate, made using vegetable fats and stabilizers to help it retain its shape while baking. Chocolate chips may not be used interchangeably with regular chocolate because of this difference in fat; the lack of cocoa butter prevents chips from being tempered and the stabilizers cause mousses, puddings, and other chocolate products to set firmer. Also called *chocolate morsel*.

chocolate chip cookie See *Toll House cookie* and *cookie, drop*.

chocolate cigarette A thin, cigarette-shaped chocolate garnish made by spreading a thin layer of tempered chocolate on a marble or other cold, hard surface and quickly scraping, in a forward motion, with a metal scraper so that the chocolate rolls up into a thin cylinder. It is very important that the chocolate be at the correct temperature and consistency or it will be too soft and will misshape the chocolate or be too hard and crack. These may be made with dark, milk, or white chocolate or, although more difficult, used in combination to create a striped pattern.

chocolate curl A decorative chocolate garnish made in a variety of ways, including scraping a knife or vegetable peeler on the surface of a block of chocolate or spreading a thin sheet of tempered chocolate on a marble or other hard surface and then scraping it up with a metal scraper. These can be made with dark, milk, or white chocolate and used to decorate the sides of cakes or as a garnish on cakes, pastries, or confections.

chocolate glaze A shiny and glossy coating for cakes, pastries, and confections. Made with melted dark, milk, or white chocolate combined with cream and/or butter, vegetable oil, or corn syrup. The mixture may be thick or thin depending on the amounts and types of ingredients used. See also *pâte à glacer*.

chocolate liqueur See *crème de cacao*.

chocolate liquor Also known as *cocoa mass*, the thick, liquidy paste made from finely ground cocoa nibs. It contains only the cocoa solids and cocoa butter that is inherent in the beans, and is the foundation from which chocolate is made. See also *chocolate*.

chocolate mold A heavy plastic mold for shaping chocolate confections and showpieces. The first type of mold is hollow, used for making three-dimensional chocolate figures; they are two pieces that can be clamped together with a small hole in the bottom for draining the excess chocolate. These come in a variety of sizes and shapes, including Easter bunnies and eggs, animals, and Santa Claus. They can also be used to mold various shapes that can be fitted together with chocolate to form interesting showpieces. The second type of mold is a flat tray with shallow indentions in a variety of designs such as stars, hexagons, pyramids, rounds, ovals, hearts, and squares. They are used to mold solid chocolates or chocolates with a soft center.

chocolate morsel A small, kiss-shaped drop of chocolate that is used primarily in chocolate chip cookies.

chocolate mousse A rich, creamy dessert that is made with eggs and white, milk, or dark chocolate that is lightened with whipped cream and/or meringue. It is also used as a filling in cakes, pastries, and confections.

chocolate ruler Another name for a *caramel ruler*.

chocolate sauce A pastry sauce used to enhance the flavor and appearance of desserts, ice creams, and pastries. There are many formulas for making the sauce, and the consistency and richness depend on the amounts and types of ingredients used. Rich, chocolatey sauces are typically made with melted chocolate, butter,

and cream. Other variations use water and/or cocoa powder. Dark, milk, or white chocolate can be used, and the sauce may also be flavored with extracts or liqueurs.

chocolate syrup A topping for ice cream desserts made from cocoa powder, sugar, high fructose corn syrup, and other ingredients blended to a smooth, pourable liquid. It is also used to flavor beverages and ice cream sodas. Hershey and Bosco chocolate syrups are two of the most well-known brands.

chocolate thermometer See *thermometer*.

chocolate truffle A chocolate confection made from chocolate *ganache* and formed into small, bite-size balls that are then dipped in tempered chocolate or rolled in cocoa powder. The ganache may be flavored with liqueurs, extracts, or fruit purees. Its name derives from its resemblance to a truffle, which is a highly esteemed fungus that grows at the base of oak trees.

chocolatier See *brigade*.

chokecherry Any of several varieties of small, wild cherries native to North America. They are astringent and turn from red to almost black when ripe. They are not recommended for eating fresh, but make excellent jams and jellies.

chop To cut food into smaller pieces, either by hand or with a blender or food processor.

Chouquette (shoo-'keht) A small, round pastry made from *choux paste* and sprinkled with granulated sugar before.

choux gland (shoo-glahn) A pastry made from *choux paste* that is piped into the shape of a large acorn and baked. It is then filled with rum-flavored *crème chantilly* and glazed with green *fondant*, then topped with chocolate sprinkles on one half only.

choux paste (shoo paste) Another name for *pâte à choux*.

choux Salambô (shoo sah-lahm-'bo) A small, oval pastry made from *choux paste* and baked, then filled with a Kirsch- or rum-flavored pastry cream and glazed with a light brown caramel. The pastries are garnished with almonds and typically served as afternoon tea cakes. They were created by a Parisian pâtissier in honor of the 1890 opera *Salambô*.

chrabeli ('krah-behl-ee) A small, sweet, pear-shaped biscuit made from meringue and flour. It is formed, dried at room temperature for 8 to 10 hours, and then baked in a low oven until the outside is crisp while the inside is soft and bread-like. They are typically served as a petit four or snack with coffee or tea.

Christmas cake A traditional British holiday cake, a large, round, flat-topped fruit cake made with dried fruits, almonds, spices, and brandy, and iced with apricot jam and enrobed in marzipan. The cake is finished with a decorative piping of royal icing and garnished with candied cherries and marzipan holly leaves.

Christmas ice pudding A frozen dessert of ice cream packed with brandied fruits and flavored with chocolate or chestnut puree. It was popular in hot-climate European countries during the 19th century because the traditional hot Christmas pudding was not desirable.

Christmas melon Another name for *Santa Claus melon*. See *muskmelon*.

Christmas pudding Another name for *plum pudding*.

Christmas yule log Another name for *bûche de Noël*.

christopsomo (kris-'toh-p-soh-moh) A traditional Greek Christmas bread that is decorated with a cross of nuts on top.

chrysanthemum tea (crih-san-the-muhm) A Chinese tea made from a blend of small dried chrysanthemum blossoms and black or green tea. It is sweetened with rock candy and typically served with a pastry after a meal. Also known as *chiu hwa*.

chufa ('choo-fuh) Another name for *earthnut*.

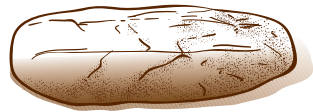
chuoï chien (choy chehn) A warm Vietnamese dessert of bananas stuffed with a sweet filling of nut paste such as pistachios or hazelnuts. They are dipped in a mixture of flour, sugar, cornstarch, and salt and are deep-fried and dusted with confectioners' sugar.

churn 1. To agitate cream quickly in order to separate the fat from the liquid and form a solid butter. 2. An old-fashioned, hand-cranked machine for churning butter; it consists of a container with wooden blades.

churro ('choor-roh) A sweet pastry from Spain and Mexico made from yeast dough and shaped into a long, thin spiral, then deep-fried and rolled in cinnamon sugar.

chutney ('chuht-nee) An East Indian condiment of fruit, vinegar, sugar, and spices. It ranges in texture from chunky to smooth and may be mild, spicy, or hot. Sweet chutneys are used as a spread for bread and also pair well with cheese.

ciabatta (chyah-'bah-tah) The Italian word for "slipper," referring to a slipper-shaped rustic bread made from a very wet dough, with large amounts of either *polish* or *biga*. It has a golden brown, crisp and thin crust with a soft interior that has big holes.



ciambella (chee-ahm-'behl-lah) Italian for "ring-shaped," refers to a rich, buttery lemon pound cake that is baked in a tube pan. Depending on the region, cornmeal and/or raisins soaked in brandy or rum may be added.

cicely (chee-'chel-ee) A fragrant herb member of the parsley family, with anise-flavored leaves and seeds.

cider A drink made from fruit juice, usually apple. If it not fermented, it is referred to as *sweet cider* and if it is fermented, it is referred to as *hard cider*. It is sometimes diluted with water and may be served warm or chilled. It is also used to make *vinegar* and *brandy*.

cider vinegar See *vinegar*.

cilantro (see-'lahn-troh) The pungent, green leaves and stems of the *coriander* plant. It is widely used in Latin American, Asian, and Caribbean cooking.

cilindrati (chee-leen-'drah-tee) The Italian word for "rolled," referring to crescent rolls made from a very thin bread dough that has been rolled out repeatedly before being rolled up.

cinnamon ('sih-nuh-mihn) A spice derived from the bark of an evergreen laurel tree that is native to Ceylon (Sri Lanka) and China. It is made by cutting off the thin shoots or young branches of the tree when the bark is easily separated from the tree. The pieces are cut into 4-inch (10 cm) sticks and fermented for several hours. The thin outer skin is then scraped off to reveal the inner bark. As the pieces dry, they tighten into hard sticks, which are known as *cinnamon sticks*. The sticks keep indefinitely in a cool, dry place. *Ground cinnamon* is made by grinding the sticks into a powder. Cinnamon is used to flavor custards, cookies, cakes, confections, and other pastry items. The two types of cinnamon are Ceylon (*Cinnamomum zeylanicum*) and cassia (*Cinnamomum cassia*). *Ceylon cinnamon* is lighter in color and mildly sweet. *Cassia cinnamon* is a dark, reddish brown and

has a stronger, slightly bittersweet flavor. Cassia is the most common form of cinnamon sold in the United States.

cinnamon bun An American breakfast bun made from a yeast-risen sweet dough rolled into a rectangle and filled with cinnamon sugar and sometimes raisins, then rolled into a cylinder and sliced into individual rounds. The buns are usually drizzled with *flat icing*.

cinnamon stick See *cinnamon*.

cinnamon sugar A mixture of granulated sugar and ground cinnamon, used as a topping and flavoring for pastries.

cioccolata (chee-koh-'lah-tah) The Italian word for chocolate.

ciseler ('see-zeh-leh) The French verb "to chisel," referring to a small hole or slash cut into the top crust of breads or pastries to prevent the top from splitting open because of the rising steam within.

citral ('sih-trehl) An essential oil found on the outer layer of *lemongrass* and gives it its distinct lemony flavor and aroma.

citric acid ('sih-trihk) A water-soluble acid extracted from the juice of citrus fruits. It can also be produced from fermented glucose, and is available in both liquid and powdered form. It has a strong, tart taste, and is added to sugar syrups to prevent crystallization and also as a flavoring agent for food and beverages.

citron ('sih-trohn/'see-trawn) 1. A subtropical citrus fruit that resembles a lumpy, yellowish-green lemon. It is prized for its thick rind that has a strong lemon flavor and aroma. It is candied and typically sold in strips or chopped. The peel is also processed in brine and pressed to extract *citron oil*, which is used as a flavoring agent. 2. The French word for lemon.

citronella (sih-truh-'nehl-uh) Another name for *lemongrass*.

citron oil See *citron*.

citron vert (see-'trawn vehr) The French word for lime, literally "green lemon."

citrus fruit A large family of fruits from trees in the Citrus genus, native to Asia but now cultivated in temperate climates all over the world, particularly Central and South America, Florida, Texas, and Arizona. See *citron*, *clementine*, *grapefruit*, *lemon*, *lime*, *mandarin orange*, *pomelo*, *tangelo*, *tangerine*, and *ugli fruit*.

citrus reamer A wood or plastic hand-held tool that resembles a rigid, ribbed cone. The pointed end is pressed into a citrus fruit half and twisted to extract the juice.

citrus stripper A small, hand-held tool used to cut long, thin strips of citrus zest. The notched stainless steel edge allows the zest to be uniformly stripped.

citrus zester Another name for *zester*.

cl The abbreviation for *centiliter*. See *Liter*.

clabbered cream Unpasteurized milk that has soured and thickened naturally. An old-fashioned product of the American South typically served very cold as a beverage or topping for fruit, and sometimes sweetened or topped with black pepper and cream.

clafoutis (clah-'foo-tee) A rustic French fruit tart made by placing a layer of black cherries in a fluted tart pan or dish and covering them with a thick, pancake-like batter. The batter puffs slightly when baked and produces a golden brown crust in between the tops of the cherries. The dessert originated in the Limousin region; the name is derived from the local dialect word *clafir*, which means "to fill." Classically the cherries are unpitted because the pits add flavor, but many variations pit them and also use other fruits. The top is dusted with confectioners' sugar and it is served warm.

clarified butter ('klahr-ih-fyed) Unsalted butter that has been slowly melted to separate the milk solids from the fat and to evaporate most of the water. The solids sink to the bottom and the remaining golden liquid is the clear (clarified) butter. The top is skimmed for any residue, and the butter is strained before use. Owing to the removal of milk solids, which can burn at high temperatures and turn rancid more quickly, the butter now has a higher *smoke point* and keeps longer. The flavor, however, is less rich and buttery.

clarify ('klahr-ih-fye) To clear a cloudy liquid by removing the sediment. This is most commonly accomplished with the use of egg whites because the whites attract any particles in the food and draw them to the surface. The bits are then skimmed off and the resulting liquid is clear. See also *clarified butter*.

clear flour See *flour*.

clementine ('klehm-ihn-tine) A seedless citrus fruit that is a cross between a tangerine and a Seville orange, cultivated in North Africa and Spain. It has a thin, deep-orange skin and juicy, red-orange flesh with a tangy-sweet flavor. It is named after its inventor, Father Clément, who cross-bred the fruit in 1902. Available November to April. See also *mandarin orange*.

clingstone A stone fruit whose flesh “clings” to the pit, such as some peach varieties. See also *freestone*.

cloche (klohsh) The French word for “bell” or “dish cover,” referring to a bell-shaped, unglazed, stoneware cover used in bread baking. The cover is first soaked in water and then placed over the bread prior to baking. The heat from the oven reacts with the water-soaked clay and produces steam, which coats the dough and creates a crisp crust.

clotted cream A thick, spreadable cream made by heating a rich, unpasteurized cream to approximately 180°F (82°C) until it thickens and forms a semi-solid layer of cream on top; after it is cooled, the thickened cream is removed and served. This is a specialty of Devonshire, England, and is made with a minimum fat content of 55%. It is traditionally served with jam and scones. Also known as *Devon cream* and *Devonshire cream*.

cloudberry A tart, amber colored version of a raspberry, to which it is related. They are primarily used for making jam and found wild in Scandanavia, New England, and Canada.

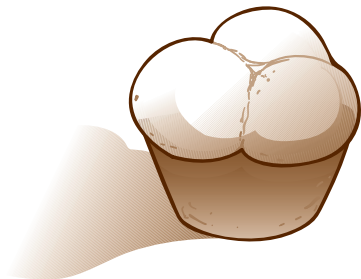
clove 1. The reddish-brown, dried, unopened bud of a tropical evergreen tree native to the Maluku Islands. Their tiny round tops sit on a short, thin spike; the name is derived from the Latin word *clavus*, which means “nail.” They are available whole or ground and have a strong spicy flavor that is mildly sweet. They are a popular pastry spice, particularly in combination with other spices such as cinnamon, for flavoring gingerbread, cakes, cookies, pastries, and confections.
2. A single segment of a garlic bulb.

cloverleaf roll A soft roll with a top that resembles a three-leaf clover. They are typically made from enriched dough and baked in a muffin pan. The shape is achieved by placing three small balls in the pan so that when the roll rises, the top forms the cloverleaf.

club soda See *seltzer water*.

cm The abbreviation for *centimeter*.

CMB The acronym for Certified Master-Baker, which is the Retailer's Bakery Association's highest professional designation for a baker.



CMPC The acronym for Certified Master Pastry Chef, which is the highest pastry certification awarded by the American Culinary Federation.

coarse salt A term used to describe salt that has large granules.

coat In culinary terms, to cover the outside of a product, either by dipping it in a wet or dry mixture or by brushing or glazing a liquid onto it, such as in coating fruit with apricot jam. See also *nappé*.

coating chocolate A type of chocolate that replaces the cocoa butter with another fat such as vegetable oil, so that the chocolate hardens without being tempered. It is easy to use but does not retain the same crisp snap, shine, or true chocolate flavor of tempered *couverture*. It may be purchased as dark, milk, or white chocolate from specialty vendors and is used extensively to coat, dip, and decorate products. See *chocolate*.

coat the back of a spoon See *nappé*.

cobbler 1. An American baked dessert of a thick fruit mixture topped with a biscuit-like dough. It typically is served warm, with vanilla ice cream or sweetened whipped cream. 2. A punch drink of fruit juice, sugar, and brandy, rum, or wine, served over crushed ice and garnished with mint and citrus slices.

cobnut Another name for *hazelnut*.

cocada (koh-'kah-dah) A sweet Spanish coconut custard.

cocada amarela (koh-'kah-dah ah-mah-'reelyah) A yellow coconut pudding from Mozambique, made by cooking sugar, water, and cloves to a thick syrup and then adding freshly grated coconut and egg yolks. The mixture is cooked until thick and then chilled until set. It is traditionally served in small shallow bowls and sprinkled with cinnamon.

cochineal ('cosh-ee-neh) See *carmine*.

cocktail grapefruit A sweet, juicy citrus hybrid that is a cross between a pomelo and a mandarin orange. It has an orange-yellow skin and flesh, and is available January through March.

cocoa ('koe-koe) 1. Another name for *cacao*. 2. The shortened name for a cup of *hot cocoa*. See *chocolate*.

cocoa bean Another name for *cacao bean*. See *chocolate*.

cocoa butter The natural fat present in the cacao bean. It is sold in pale-yellow bars or compressed cakes, and has been extracted from the beans during the chocolate manufacturing process. It may be used to thin melted chocolate or mixed with coloring to paint on decorations. It is very hard and brittle at room temperature because it is so high in saturated fatty acids but has a low melting point that gives it its "melt in your mouth" quality. An understanding of its unique composition is critical for properly tempering of chocolate because its different cocoa butter crystals melt at different temperatures:

Alpha crystals melt between 70° and 75°F (21° to 24°C).

Beta crystals melt at 95°F (35°C).

Beta prime crystals melt between 81° and 84°F (26° to 29°C).

Gamma crystals melt at 63°F (17°C).

cocoa mass Another term for *chocolate liquor*.

cocoa nib The inner portion of the *cocoa bean* that is heated and processed to make *chocolate*. Nibs may be purchased in small, dried bits and used as an ingredient in ice creams, fillings, and creams; they contain no sugar and have a strong bitter chocolate taste.

Coco Lopez See *coconut cream*.

coconut The fruit of the coconut palm tree, which grows in tropical climates around the world, including Malaysia, Hawaii, South America, and India. The hard, dark-brown hairy husk has three small indentions on the bottom that resemble eyes. Under the shell is a thin, smooth, brown skin that covers the creamy white coconut flesh and the thin, opaque coconut water. The palm tree produces approximately 20 coconuts each year, which take about a year to ripen. Since the tree has a long lifespan and bears fruit continuously through the year, coconuts are harvested year-round. The entire coconut is used in many ways, making it a very valuable commodity. The fibers around the shell are used to make ropes and fishing nets; the leaves are made into mats, baskets, and thatching material; the shell is broken in half and used as bowls; the shoots of the palm are eaten as a vegetable; the trunk is used for building materials; the nutritious flesh is used as food and to make coconut oil; and the juice is used as a beverage and to make coconut milk. See also *coconut cream*, *coconut milk*, *coconut oil*, and *desiccated coconut*.

coconut cream 1. A highly sweetened liquid made from coconut, sugar, and various thickeners, used in mixed drinks and desserts. Originally from Puerto Rico, it is primarily sold under the brand name Coco Lopez, which was named after its creator, Don Ramon Lopez-Irizarry. 2. The thick top layer of canned coconut milk. Owing to the milk's high fat content, the cream rises to the top.

coconut cream pie An American dessert of baked bottom pie crust filled with coconut-flavored pastry cream and topped with *crème chantilly* and toasted coconut.

coconut haystack An American coconut confection made by heating egg whites and sugar, and then adding dried coconut until the mixture is moist but firm. Small portions of the mixture are piled onto a baking sheet so that they resemble small haystacks, then baked and the bottoms dipped in tempered chocolate. They may be eaten as a snack or used as a petit four or item on a cookie tray.

coconut ice A rich, sweet confection of two layers of gelled coconut milk, one pink and the other white. Once set firm, they are rolled in granulated sugar and served in small pieces.

coconut macaroon A coconut-flavored macaroon. See *macaroon*.

coconut milk A milky liquid made by grating fresh coconut meat and steeping it in warm water, then straining the mixture. It is available unsweetened, in cans exported mainly from Thailand.

coconut oil The oil extracted from dried coconut after it has been sweetened and shredded. It is one of the few nonanimal saturated fats and is used widely in the commercial manufacturing of candies, cookies, and baked goods.

cocoa powder A powder made from the cocoa that remains when *cocoa butter* is extracted from *chocolate liquor*. It is dried and forms a cake that is then ground to a fine powder. It is a naturally acidic product that ranges in color from pale brown to a rich, reddish brown depending on the type of bean used and the roasting process. Cocoa does not contain any sugar or cocoa butter, so it is significantly less expensive than chocolate. It acts as a drier (it absorbs moisture) in baked goods and should always be sifted before use. The cocoa powder used to make *hot cocoa* is generally mixed with sugar and other flavorings. See also *Dutch-process cocoa*.

coconut sugar See *sugar*; *palm*.

coddle To simmer something just beneath the boiling point for a short period of time.

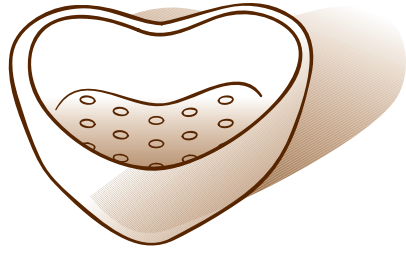
coeur à la crème ('core ah lah 'krehm)

Literally, French for “heart of cheese,” referring to a cheese dessert made with a mixture of cream cheese, sweetened whipped cream, and sour cream. It is molded in either a heart-shaped porcelain *coeur à la crème mold*, which has drain holes on the bottom, or a heart-shaped wicker basket lined with cheesecloth.

Both molds allow the whey to drain off and the cheese obtains a firmer texture.

Once chilled and set, it is unmolded and

served with fresh berries or a berry sauce. The molds are approximately 1 inch (2.5 cm) high and range in size from 3 to 7 inches (7.5 to 17.5 cm) in length and diameter, which allows the dessert to be made individually or as one large dessert.



coeur à la crème mold

coeur à la crème mold See *coeur à la crème*.

coffee A beverage made from the seeds of the tropical coffee plant. The fruits of the tree are called the *coffee cherry* and beans are actually the seeds of this fruit. Although there are hundreds of different coffee species, the two most commercially produced are:

Arabica A coffee plant that grows at higher altitudes. It is indigenous to Ethiopia and is named for the Arabs, who were the first to cultivate it commercially. It produces a coffee that has a more full-bodied, complex flavor than Robusta and accounts for 70% of the world's coffee.

Robusta A coffee plant that grows at lower altitudes. It produces a less rich coffee than Arabica but is popular for commercial production because the beans are less expensive to harvest and the trees are heartier and more fertile.

Coffee plantations can be found in tropical climates all over the world, including Hawaii, Indonesia, Africa, and Cuba, but Brazil and Colombia are the two largest coffee producers today. The labor-intensive process begins with hand-harvesting the multilayered coffee cherry. It has an outer skin that encases the white pulp of the fruit, which holds the seeds or beans. Each bean is surrounded by a parchment-like skin, and the fruit goes through a series of processes designed to remove one of the layers. The beans are then cleaned, dried, and hand-inspected for color and quality. At this stage the beans are referred to as green, and are exported. The color, flavor, body, and quality of the coffee are determined not only by the beans but also by how the coffee manufacturer roasts and blends the beans. The stronger the roast, the more color, flavor, and body the coffee will have. The most common roasts are:

American The beans are medium-roasted and produce a coffee with moderate color and flavor.

European A blend of $\frac{2}{3}$ heavy-roasted beans and $\frac{1}{3}$ medium-roasted beans.

French The beans are heavy-roasted, which gives the coffee a strong flavor and dark color.

Italian A very strong roast that is used to make espresso.

Viennese A blend of $\frac{2}{3}$ medium-roasted beans and $\frac{1}{3}$ heavy-roasted beans.

Once ground, the beans begin to lose their flavor quickly, so it is recommended to purchase them whole and grind them on an as-needed basis. The beans and/or ground coffee may be kept in the freezer for prolonged freshness and shelf life.

There are many by-products made from coffee, with the most popular being:

Decaffeinated Coffee that has had the *caffeine* removed. This is done before the beans are roasted in one of two methods. The first chemically extracts the caffeine with the use of a solvent, which is washed out before the beans are dried. The second, which is known as the Swiss water method, steams the beans and then scrapes away the caffeinated outer layer with a high-pressure water process.

Freeze-dried A granular form of brewed coffee that has been frozen. It is added to hot water and is slightly more expensive and flavorful than instant coffee.

Instant A powdered coffee made by drying freshly brewed coffee. It is added to hot water but does not possess the same richness and flavor as freshly brewed coffee.

Coffee is an important flavoring component in pastry and confectionery making. It is used to soak *ladyfingers* in the production of *tiramisu* and as a flavoring agent in syrups, fillings, creams, and sauces (see *coffee extract*). It is also an integral component of warm and cold coffee-based beverages (see *café* and *caffè*).

coffee bean The seed of the *coffee cherry*. See *coffee*.

coffee cake A breakfast or brunch pastry served with coffee or tea. There are many possibilities, made with a yeast-risen dough or leavened with baking powder and/or baking soda. It typically contains fruit and/or nuts, and may or may not be iced or topped with *streusel*.

coffee cherry See *coffee*.

coffee cream See *cream*.

coffee extract A concentrated coffee product used to flavor creams, sauces, confections, and other pastry products. It is sold in liquid form by specialty baking-supply vendors.

coffee paste A concentrated coffee product used to flavor creams, sauces, confections, and other pastry products. It is sold in paste form by specialty baking supply vendors.

coffee plunger Another name for *French press*.

coffin The colonial American term for a pie crust. See *pie*.

coffyn The Old English term for a pie crust. See *pie*.

Cognac (kon-yak) A fine French brandy distilled from white grapes grown in the town of Cognac, France. The famous brandy should be complex, balanced, and smooth, with long-lasting aromas and flavors that have a hint of citrus, honey, vanilla, flowers, smoke, and earth. It is made by heating the white wine derived from the Cognac grapes and then aging the resulting liquid in oak barrels, where it obtains its unique flavor. The brandy is aged for a minimum of three years and the bottle is labeled with stars to designate the number of years it was aged: 1 star = 3 years; 2 stars = 4 years; 3 stars = 5 years. Older cognacs are labeled as follows: V.S. (very superior); V.S.O.P. (very superior old pale); V.V.S.O.P. (very, very, superior old pale). The labels X.O., Extra, and Reserve indicate that it is the oldest Cognac a producer distributes. The highest-quality cognacs are labeled “Fine Champagne,” which indicates that at least 60% of the grapes used in the production of the brandy came from the superior grape-growing region of Cognac called Grande Champagne. It is traditionally served in a snifter as an after-dinner drink, and is also used by pastry chefs to flavor desserts, pastries, and confections.

Cointreau ('kwahn-troh) A French orange-flavored liqueur made from the peel of sweet and sour oranges, with an intense orange flavor that is slightly bitter. It has been made by the Cointreau family since the mid 19th century, and is used to flavor desserts, pastries, and confections. Although more expensive, *Grand Marnier* is a good substitute.

cola ('koh-lah) A sweet carbonated beverage made from *cola nut* extract.

cola nut The nut of the cola tree, cultivated in South America, Africa, and the West Indies. In these countries it is eaten raw as a snack and is believed to relieve fatigue and have aphrodisiac powers. Cola nuts contain caffeine and theobromine, and are used in the manufacturing of some soft drinks, particular *cola*.

colander ('kahl-uhn-dehr) A plastic, ceramic, or metal bowl with perforated holes and used to drain the liquid from solids.

cold pressing See *olive oil*.

colette (koh-'leht) A petit four with a chocolate base, an almond cream filling, and a chocolate disc for a lid. It is chilled until firm and then dipped in chocolate.

Colheita (kohl-hee-'tah) See *Port*.

college pudding An English steamed pudding made by placing jam at the bottom of a *dariole mold* and then filling it with a pudding mixture. After it is baked, the mold is inverted and the pudding is coated with a rich jam sauce. Its name derives from its popularity with British college students.

colomba (kah-'loh-m-bah) Italian for "dove," it refers to a traditional Easter cake shaped like a dove. The cake is made from a rich yeast-risen dough packed with candied fruit and flavored with spices and citrus zest. It is topped with crystallized sugar and toasted almonds.

coloring A food additive used to color food, pastries, confections, cakes, creams, and beverages. It may be natural or synthetic, and comes in many forms, including water- and oil-based liquids, pastes, and powders. Depending on the type, it may be added directly to the product, applied with a brush, or sprayed on with an airbrush. Coloring is used extensively in chocolate and sugar work for centerpieces and garnishes.

column See *pillar*.

combi oven See *oven*.

Comice pear See *pear*.

commis (koh-mee) See *brigade*.

common fennel See *fennel*.

common meringue See *meringue*.

common millet See *millet*.

common pineapple See *pineapple, gold*.

compote ('kohm-poht) A mixture of fresh or dried fruit that has been slowly cooked in sugar syrup and often flavored with liqueur, citrus zest, and/or spices. The slow cooking allows the fruit to retain its shape. It is often served with desserts, as a topping for ice cream, or as a filling for turnovers and tarts.

compound butter A flavored sweet or savory butter spread made by blending softened butter with ingredients such as maple syrup, brandy, citrus zest, spices, or chopped fruit or nuts. The sweet varieties are often served with pancakes, scones, muffins, or tea cakes.

compressed fresh yeast See *yeast*.

concentrate A food item that has had most of the water evaporated out of it, which makes the flavor more intense. In pastry, concentrated oils and extracts are used to flavor pastries, sauces, creams, and confections.

conching See *chocolate*.

concord cake A French cake of chocolate meringue layers sandwiched together with chocolate mousse, and garnished with small strips of chocolate meringue on the sides and dusted with confectioners' sugar. It was created by French pastry chef Gaston Lenôte.

Concord grape See *grape*.

Condé (kohn-'day) The name given to a variety of desserts created in honor of the great French general Condé. They are all based on rice cooked in milk and a fruit sauce. The original cold dessert consists of apricots poached in a sugar syrup and arranged in a crown around a ring of rice that has been cooked in milk. The rice ring is coated with apricot and Kirsch sauce, and decorated with cherries and candied fruit.

condensed milk See *sweetened condensed milk*.

confection (kuhn-'fehkh-shuhn) A general term used to describe a bite-size candy or sweet.

confectioners' sugar See *sugar*.

confectionery 1. A shop where confections are made. 2. A broad term to describe sweet items based on sugar, such as caramels, candy, and marzipan.

confiseur (kohn-feez-yuh) See *brigade*.

confiserie (kohn-'fihs-sihr-ree) The French name for confections or a confectionery shop.

confit (kohn-'fee) The French word for a method of preserving foods; in the pastry shop, it typically refers to partially candied citrus peels.

confiture (kohn-fee-'tyoor) The French word for *preserves* or *jam*.

Conjolaïs (kohn-joh-'lay) A small confection made with Italian meringue and grated coconut. It is dried in a low oven and served as a petit four or snack with coffee or tea.

congress tart A small, sweet puff pastry made by spreading the bottom of a pastry shell with jam and then filling it with *frangipane*. Thin slices of pastry dough are laid diagonally across the top of each tart, they are baked, and then brushed with apricot jam and glazed with *fondant* that has been thinned with *Kirsch*.

conserve ('kohn-surv) A thick, sweet spread made from cooked fruit, nuts, and sugar, often served with biscuits and scones.

continental breakfast A light breakfast that typically consists of coffee or tea, served with toast, *croissants*, or pastries and jam and butter.

convection oven See *oven*.

cookie A vast variety of small cakes characterized by how the dough is made and shaped for baking. The mixing methods are similar to cake mixing methods, but in general less liquid is used, so the flour develops less gluten and the batter is smoother. The three basic cookie methods include one-stage, creaming, and sponge (see *mixing methods*). Cookies are made in a wide array of flavors, textures, shapes, and sizes, as follows:

- Bar** 1. A firm cookie dough shaped into long, flat rectangular bars. The bars are baked, cooled, and then sliced, and baked again until dry and crisp. *Biscotti* are the most well known bar cookie. 2. The term used by home

cooks to describe sheet cookies (see below) because the baked cookies are cut into bars.

Drop A soft, moist dough that is dropped onto a baking sheet with a small spoon or ice cream scoop. It is important to leave adequate space between the cookies because they have a tendency to spread during baking. Popular examples include *chocolate chip cookies*, *peanut butter cookies*, and *oatmeal cookies*.

Molded A semi-firm to firm dough that is either shaped by hand or in a *cookie mold*. Hand-molded cookies are formed by rolling the dough into balls that may or may not be flattened before baking. Sometimes, as with *peanut butter cookies*, additional impressions are made on the cookie with a fork or other tool to create a decorative design.

Piped A soft dough that is either piped with a piping bag or a *cookie press*. The design of the cookie is made with a decorative tip, which can produce a variety of shapes and sizes. *Spritz cookies* are a popular example.

Refrigerator or ice box A stiff dough is rolled into logs and stored in the refrigerator or freezer until firm, then sliced and baked. The benefit of this type is that the dough can be made ahead of time and the cookies sliced and baked as needed. *Checkerboard cookies* are a popular example.

Rolled A stiff dough that is rolled and cut with shaped *cookie cutters*. The dough must be chilled to harden the fat; owing to the labor involved, these are typically made during holidays or for special occasions because they are usually also hand-decorated after baking. Popular examples include *ginger-bread men* and *sugar cookies*.

Sheet A thin or thick batter is poured or spread into a rectangular baking pan. Sometimes a base of short dough or cookie dough lines the bottom of the pan. After baking, the cake is cut into bars, squares, triangles, or diamonds. This category includes a wide variety of products, but *brownies* and *lemon bars* are popular examples.

Stencil A somewhat thin batter, also known as a *stencil paste*, is spread over a stencil cutout and baked. The stencils come in a variety of designs or can be hand-made using a thin piece of cardboard or plastic. The cookies are thin and crisp and many times are formed into shapes while still warm. Popular examples include *tile* and *Hippenmasse*.

Since certain characteristics are desirable in cookies, it is important to understand what causes them and how to manipulate the ingredients to produce these specific traits:

Softness Achieved by using a high proportion of liquid and low proportion of sugar and fat; also, using *hygroscopic* ingredients such as honey and molasses to absorb moisture from the air. A low-protein flour absorbs less moisture. Large or thick cookies will likewise retain more moisture. Under-baking and adding a small amount of acid, such as sour cream or yogurt, will reduce spreading and browning. Storing the cookies in an airtight container keeps them softer.

Crispness Achieved by using a low proportion of liquid and a high proportion of fat and sugar; by using butter instead of shortening to increase spread; also, by using a high-protein flour, which absorbs more moisture. Adding baking soda will weaken the gluten strands and also increase spread. Slicing or spreading the cookie dough very thin and baking until most of the moisture is evaporated likewise produces crispness. Storing the cookies in an airtight container with a *desiccant* to absorb the moisture will keep them crisp.

Chewiness Achieved with a high proportion of liquid, eggs, and sugar and low proportion of fat. Also, using a high-protein flour will help develop gluten and cause chewiness.

Increased spread Achieved with a high proportion of liquid, granulated sugar, and baking soda. Baking soda weakens the gluten strands and neutralizes acidity, which increase spread. Using a low-protein flour to absorb less moisture and a fat with a low melting point such as butter also increases spread. When using the creaming method, beat the mixture until light and fluffy; the incorporation of air increases spread. Grease the cookie sheet and bake at a low temperature.

Decreased spread Achieved with a high-protein flour to develop gluten and absorb more moisture; using confectioners' sugar instead of granulated sugar because confectioners' contains cornstarch, which absorbs moisture and creates a stiffer, drier dough; using baking powder because it leavens without decreasing acidity, which sets the dough quicker; using a fat with a higher melting point, such as shortening. When using the creaming method, cream the fat and sugar only until combined; less air will decrease spread. Chill the dough before baking, and bake at a higher temperature on an ungreased cookie sheet.

See also *What Went Wrong and Why* appendix.

cookie cutter A sharp-edged metal or plastic cutter for cutting rolled cookie dough into various shapes and sizes. The cutters may be dipped in sugar or flour prior to cutting to prevent their sticking to the dough; they are sold individually or in sets.

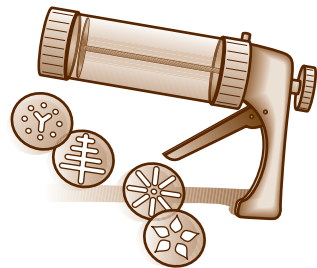
cookie cutter sheet A professional pastry tool that allows cookies to be cut in one full sheet. The rolled dough is placed on a lined sheet pan and the cutting sheet is pressed into the dough by a rolling pin being rolled over the top. The sheet is removed, and once the scraps are removed, the cookies are lined up on the pan, ready for baking. The sheets are made of heavy plastic and come in a variety of shapes that can cut anywhere from 20 to 100 cookies at a time.

cookie dough The mixture that results from combining specific ingredients used in the preparation of cookies. The consistency ranges from wet to dry depending on the type of cookie being made. See also *cookie*.

cookie gun Another name for *cookie press*.

cookie mold A decorative mold used to imprint a design onto cookie dough before it is baked. The design is imprinted by pressing the cookie dough into the mold and leveling it off with a knife. The mold is then inverted to release the cookie which is now ready to be baked. The molds are available in a variety of designs, shapes, and sizes and may be made from wood, plastic, ceramic, or glass. They are popular in the production of *Springerele* cookies and *Scottish shortbread*.

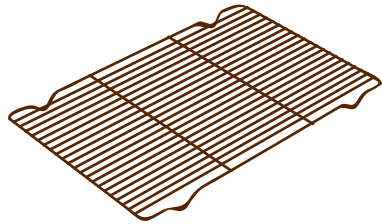
cookie press A tool used to make decorative cookies, consisting of a long, hollow cylinder affixed with a plunger at the top and a decorative nozzle at the bottom. The cookie dough, which needs to be soft and pliable, is placed in the tube, and as the plunger is pushed down, it forces the dough out of the decorative nozzle directly onto the baking sheet. Design plates create a range of designs, and some models can be fitted with specialty plates for piping out buttercream and other frostings. Although most professional chefs use a *piping bag*, this is a popular tool for the home baker, particularly for making *spritz cookies* and other traditional holiday designs. Also known as a *cookie gun*.



cookie stamp A flat disc with a decorative design carved or imprinted on one side and a short knobbed handle on the other, used to imprint the design onto cookies to be baked. Stamps can be made from wood, plastic, glass, or ceramic and are available in a variety of designs, both individually and in a set. It is important to use the stamp on firm doughs, otherwise the design will not hold its shape.

cooling The process whereby a food item releases the heat that has been produced by cooking or baking. Depending on the food, this can be accomplished in a variety of ways. Baked goods are typically removed from the oven and allowed to stand at room temperature to cool. Stovetop items such as *crème anglaise* and *caramel* must be cooled quickly, so the pan is put directly into an *ice bath* and stirred until it has cooled. Other items, such as *pastry cream*, can also be cooled down quickly by spreading it out on a thin sheet and placing the sheet, covered, in the refrigerator. Breads should be cooled on racks that allow the air to circulate around them so they retain their crunchy exterior and do not become soggy. See also *12 Steps of Baking* appendix.

cooling rack A metal rack with closely spaced rows of metal that sit on short legs ($\frac{1}{2}$ inch/1.2 cm). This allows air to circulate completely around a baked good while it cools; otherwise, steam may build up around the product and make it soggy. Racks are available in different shapes and sizes, including circles, squares, and rectangles. They are also used for icing and glazing cakes, petit fours, and cookies with fondant and chocolate. It is recommended to place a pan lined with parchment paper under the cooling rack to catch excess drippings; this allows some of the coating to be reused and also makes for ease of clean up.



Copha The brand name of a coconut butterfat extracted from pressed coconut flesh. It is clear and transparent when warm and solidifies into an opaque white when chilled.

copper cookware Heavy-duty cookware used primarily in the pastry kitchen for cooking sugar and whipping egg whites. It has high heat conductivity and can reach high temperatures in a relatively short period of time. The heaviness of copper pans allows for even heat distribution and reduces chances of crystallization during sugar cooking. When egg whites are whipped in a copper bowl, it strengthens the proteins and makes them more stable and resistant to overwhipping; volume will also be greater than if whipped in a stainless steel bowl.

coque (kohk) A crown-shaped cake made from brioche-like dough and, depending on the region, flavored with candied fruit, citron, orange flower water, and/or rum. Traditionally made for Easter in the south of France.

coque à petit four (kohk ah 'peh-tee fohr) Small, shell-shaped petit four made with mixture of ground almonds and meringue, baked until dry and crisp, then then sandwiched together with jam, *ganache*, or *buttercream* and glazed with *fondant icing*.

coquito nut (koh-'kee-toh) A nut of a tree native to South America. They resemble tiny coconuts, with a brown exterior and a hollow white interior that has a crunchy, sweet, coconut-like flavor.

cordial 1. A confectionery term that refers to chocolates with a liquid center, such as a *cherry cordial*. 2. Another term for *liqueur*.

core 1. The center of a fruit such as a pineapple, apple, or pear, typically removed because it is tough and/or woody. 2. To remove the core from a fruit.

corer A hand-held utensil for removing the core and seeds from fruits such as apples and pears. There are several variations depending on the fruit to be cored.

coriander (kor-ee-'an-der) An herb and spice member of the parsley family, native to the Mediterranean and Middle East. The plant is cultivated for its seeds, which are used dried, and for its dark green, lacy leaves, which are used fresh and are known as *cilantro*. The tiny, yellowish-tan seeds are used whole or ground as an aromatic spice to flavor desserts and baked goods, particularly in Scandinavia. Their flavor is a combination of lemon, sage, and caraway with a hint of sweet orange.

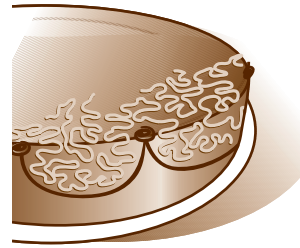
cordial Another name for *liqueur*.

cornbread An American quickbread that substitutes most or all of the flour with cornmeal and ranges in texture from light and airy to rich and dense. It may be sweet or flavored with savory items such as cheese, scallions, or bacon. Some versions are baked stovetop in a cast iron skillet with lard or another fat while others are baked in a pan in the oven. It is particularly popular in the southern United States. See also *cornstick pan*.

Cornell bread A nutritious formula to enrich bread, developed at Cornell University in the 1930s. It consists of 1 tablespoon each soy flour and nonfat milk powder plus 1 teaspoon wheat germ for each cup of flour used in the bread recipe.

cornelli lace A decorating technique used on cakes to create a lace pattern. The technique involves piping random curves all over the cake with a #2 or #3 decorating tip. The curvy lines never touch each other.

cornet (kahr-'neht) 1. The French word for “cone,” referring to cone-shaped products that may be made from *puff pastry*, as in *cream horns*, or wafer batter, such as *tulle* or ice cream cones. They are typically filled with ingredients such as *crème chantilly*, ice cream, and *pastry cream*. 2. A cone-shaped piece of *parchment paper* that is filled with an ingredient such as *chocolate*, *buttercream*, or *royal icing* and used to write on and decorate cakes, pastries, and confections.



cornelli lace

cornetti (kahr-'neh-tee) The Italian name for a croissant, referring to a traditional *croissant* enriched with eggs. They are served hot in Milan and Rome, and may be plain or filled with apricot jam, pastry cream, or almond paste.

cornflake Toasted flakes made from the coarse meal of hulled corn for use as a breakfast cereal.

cornflour 1. The European term for *cornstarch*. 2. See *flour*.

cornmeal Dried yellow, blue, or white corn kernels that have been ground to a fine, medium, or coarse texture. Yellow cornmeal is the most popular, used on the bottom and/or top of English muffins, breadsticks, and breads to add crunchy texture and prevent the dough from sticking to the pan. It is also an important ingredient in the production of *cornbread* and *corn muffins*.

cornmeal flatbread Any of several round, flat breads made with cornmeal and sometimes flour. They may be cooked over the ashes of a campfire, on hot stones, on a griddle, in a cast iron pan, or in the oven. The name, exact type of batter, and cooking method varies. See also *johnnycake* and *hoe cake*.

corn muffin An American muffin made from a quick bread batter containing flour and cornmeal, typically in equal ratios, eggs, milk, and leavening. Sugar is an optional ingredient depending on the region of the country and local preferences.

corn oil An odorless, flavorless, pale yellow oil produced from dried, crushed corn kernels. It is low in saturated fats; polyunsaturated corn oil is cholesterol free and a major ingredient in *margarine*. Its high *smoke point* makes it a good choice for frying; also, it is used in many pastries, confections, and desserts. Other vegetable oils, such as *peanut oil*, *canola oil*, and *soybean oil*, can be substituted.

corn pone An eggless cornbread that is shaped into small ovals and fried or baked. It is popular in the southern United States.

cornstarch A powdered starch derived from finely ground cornmeal, used extensively in the bakeshop to thicken stirred custards and pie fillings because the product will remain translucent. It is typically mixed with a small portion of liquid before being added to a mixture in order to prevent it from lumping up. It also needs to be fully cooked or it will leave an unpleasant starchy taste. It is also an ingredient in *confectioners' sugar* because it absorbs moisture and helps prevent the product from lumping up. Known as *cornflour* in Europe.

cornstick pan A cast iron pan used to bake individual portions of cornbread batter. It has shallow indentations that are shaped like an ear of corn.

corn sugar Another name for *dextrose*.

corn syrup A clear syrup produced from the breakdown of starch, particularly cornstarch. It contains a certain amount of sugar, particularly glucose and maltose, which sweetens, moistens, browns, and tenderizes products. Whatever is not converted to sugar is called saccharides, which thicken, add body, and enhance pliability of foods. The corn syrups are classified by the amount of conversion to sugar that the starch has undergone and are referred to as high-conversion, medium-conversion (also known as regular glucose corn syrup), and low-conversion syrups. High-conversion syrups are high in sugar and low in saccharides. Low-conversion syrups are low in sugar and high in saccharides. Medium-conversion syrups are a balance between the two. Most bakeshops use a medium-conversion corn syrup in candies, confections, and pie fillings such as pecan pie. The most common brand is Karo light corn syrup and Karo dark corn syrup. The light version also contains fructose, salt, and vanilla while the dark version is regular light corn syrup with molasses, caramel coloring, salt, and added flavor. Dark corn syrup may be used as a less expensive substitute for molasses but it has a milder flavor. Low-conversion syrups are very thick, mildly sweet, and less likely to crystallize or brown; for this reason they are the recommended choice for icings, confections, pulled and blown sugar, and frozen desserts. Glucose crystal is an expensive, low-conversion glucose corn syrup from France. It is highly refined and has a crystal-clear appearance. High-fructose corn syrup, known as glucose-fructose in Canada, is equal parts fructose and glucose. It is used by food processors to increase the sweetness of items without adding additional sucrose. It was formulated in the 1970s by Japanese researchers, and is primarily used in the commercial production of confections, candies, and soft drinks.

Cortland apple See *apple*.

cotignac (koh-tee-'nyak) A French confection made from sweetened quince paste that is cut into rounds, which are then packaged in small round wooden boxes and air-dried. It is a specialty of the city of Orléans. It is believed to have been made during the time of Joan of Arc, so her image decorates the wooden boxes they are packaged in. She is also embossed on the larger version of cotignac by pressing the paste into molds.

Cotswold cake An Irish butter cake of butter, mashed potatoes, sugar, vanilla, flour, and baking powder. Its name derives from its popularity in the Cotswold district of England.

cottage cheese A moist fresh cheese made from whole or partly skimmed pasteurized cow's milk, originally produced as a homemade farm cheese in cottage kitchens and now made commercially. The soft, white, lumpy cheese is available as small curd, medium curd, or large curd. Creamed cottage cheese is enriched with 4 to 8% cream. Low-fat cottage cheese has 1 to 2% fat, and non-fat has zero. It is available plain or flavored. It is used as a low-fat alternative to cream cheese and as an ingredient in cheesecakes and fillings. It is also a popular low-fat dessert when topped with fresh fruit.

cottage pudding A simple dessert of a rich, plain cake that has been soaked in a sweet lemon or chocolate sauce.

cotton candy A snack of long, thin strands of aerated sugar spun around a cardboard cone. This is a popular circus and fairground confection that dates back to 1904, when William Morrison and John C. Wharton introduced it at the World's Fair. The sweet, fluffy mass is highly susceptible to moisture and melts in the mouth upon contact. It is typically colored pink, but purple and blue are also popular. Also known as *candy floss* in Britain and *fairy floss* in Australia.

cottonseed oil A refined oil extracted from the cotton plant. It is light and flavorless, and is typically blended with other vegetable oils to make vegetable oil products. It is also used as an ingredient in margarine, salad dressings, and commercially fried products.

couche ('coo-shh) 1. A canvas cloth made from untreated natural fiber, used to proof (ferment) dough. The rough surface absorbs the extra moisture in the dough, giving the bread a thick, crisp crust, which is characteristic of French bread. It is also sturdy enough to hold a round shape to create a dividing wall between the loaves so that they don't stick to each other. They are reusable if the excess flour is shaken off and are stored in a cool, dry place. 2. An old-time Cajun breakfast of fried cornmeal mush, a mixture of oil, yellow cornmeal, milk, water, salt, and baking powder made into a batter and fried. It is served like a hot cereal, with milk and sugar.

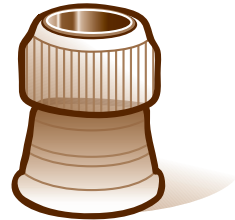
coucoulelli (koh-koh-'lehl-lee) A moist diamond-shaped cake from Corsica, made with flour, spices, wine, and olive oil.

coulis ('koo-lee) A thick puree of fresh or cooked fruit, used as a sauce or accompaniment to desserts, ice creams, and other pastry products. The name derives from the French *coulis*, which means "strained juice from meat" because this was the original application.

counterweight See *scale, balance*.

coupe (koop) A frozen dessert made from virtually any combination of ice cream, fruit, and sauce flavored with liqueur, and topped with whipped cream and/or nuts, chocolate, candied fruit, or meringue pieces. Also refers to the stemmed, wide, deep bowl in which it is served.

coupler A two-piece plastic device used to attach a *pastry tip* to a *pastry bag*. It allows the tips to be changed without having to change the pastry bag. The cone-shaped piece is placed in the bottom of the pastry bag until the top of it protrudes from the bag. The desired tip is fitted onto the threaded edges of the cone-shaped piece, and a plastic ring is screwed over the top of the tip onto the cone-shaped piece to keep the tip in place. When a different tip is desired, the plastic ring is unscrewed and the new tip is put in place. Once the ring is screwed back on, the product may be piped with a



different design. It is an important pastry tool, particularly when using various tips to decorate wedding cakes and other celebration cakes, because it saves time and product. They are available in large and small sizes to accommodate different tip sizes, and may be purchased separately or as part of a pastry tip set.

couque (kook) A Flemish pastry of brioche dough filled with golden raisins, currants, and candied fruit. Its name derives from the Dutch word *koekje*, which means “cake.” They are typically made in individual portions and served warm with butter.

couronne (koo-’ruhn) The French word for “crown,” referring to crown-shaped breads and pastries.

couscous (’koos-koos) Granulated semolina, a food staple of North African cuisine. For breakfast, it is cooked in milk and served as a porridge. For dessert, it is sweetened and mixed with fruit. It is also a popular savory accompaniment that is flavored with spices and served with vegetables and/or meat.

coush-coush (’koosh-koosh) A thick, cereal-like Cajun breakfast specialty made by adding boiled water to yellow cornmeal, salt, pepper, and baking soda, and frying it in a skillet with bacon fat or lard. As it cooks, a toasty brown crust forms that is crumbled into the cereal before serving. It is topped with butter, milk, or cream and sweetened with sugar or cane syrup.

couque de Dinant (kook duh day-’nah) A dry, hard cookie from the small town of Dinant in the Belgian province of Namur.

couverture (’coo-vehr-churr) The term for a high-quality *chocolate* with a minimum of 32% *cocoa butter*. It is the only type of chocolate that can be tempered, and is also used in high-quality confections and desserts. It may be dark, milk, or white.

Coventry puffs A triangular puff pastry turnover filled with rich mincemeat. They originated in the British city of Coventry during the 1500s and were traditionally given at Easter as a present from godparents to their godchildren. The three corners of the turnover are meant to represent the three spires of the Coventry cathedral.

cowberry See *berry*.

Crabapple See *apple*.

cracked stage, sugar See *Sugar Cooking Stages* appendix.

cracked wheat Whole, unprocessed wheat kernels that have been broken or cracked into coarse, medium, or fine pieces. Used to add texture and flavor to bread.

Crackerjacks A snack mixture of caramel-coated popcorn and roasted peanuts. It was introduced at the 1893 Chicago World’s fair by its inventors, Frederick William Rueckheim and his brother, Louis. The original version was a combination of popcorn and peanuts that were coated in molasses, but it was not popular because it was sticky and messy. After experimenting with the recipe, they developed a dry caramel coating that did not stick to the hands. This version became well known after being included in the 1908 song “Take Me Out to the Ball Game.” In 1912 they added a small trinket or toy surprise in the box, which turned it into a childrens’ favorite. See also *caramel corn*.

cramique (krah-meeek) A currant and raisin-filled brioche bread from Belgium and northern France. It is served warm with butter for breakfast or as a snack with coffee and tea.

cranachan A traditional Scottish dessert made with beaten double cream, toasted oatmeal, sugar or honey, and seasonal fruits. It is typically served in individual portions with shortbread cookies. Also known as *cream crowdie*.

cranberry See *berry*.

cream 1. To beat fat and sugar together until the mixture is smooth and creamy. See *creaming method*. 2. The fat contained in whole milk. When unhomogenized milk stands at room temperature for several hours, it naturally separates into the milk-fat rich cream on top and fat-free milk on the bottom. In commercial production the top layer, or cream, is skimmed off using centrifugal force and pasteurized. Cream is categorized based on its fat content and is labeled as follows:

Coffee Another name for light cream.

Light Contains between 18 and 30% fat. Also known as coffee cream.

Light whipping Contains 30 to 36% fat and sometimes emulsifiers and stabilizers.

Heavy Contains a minimum fat content of 36%. It doubles in volume when whipped. Also known as heavy whipping cream.

Heavy whipping Another name for heavy cream.

Manufacturing Contains 40% fat and no stabilizers. The lack of a stabilizer allows it to be added to a slightly warm mixture such as melted chocolate without it separating. The extra fat content also produces a very rich whipped cream.

Ultra-pasteurized Cream that has been heated to 300°F (149°C) in order to kill bacteria that causes milk products to sour. It has a longer shelf life than regular cream but does not whip as well or have the same rich flavor.

See also *clabbered cream*, *clotted cream*, *crème fraîche*, *half-and-half*, *sour cream*, and *whipped cream*.

cream bun A round bun made from sweetened dough with fruit mixed in. After baking, the buns are split open and filled with jam and whipped cream and dusted with confectioners' sugar.

cream cheese A smooth, creamy cheese made from cow's milk that is cultured with bacteria and sometimes a stabilizer such as *gum arabic* to increase shelf life and firmness. It has a slightly tangy flavor, and is available in a variety of styles, including light or low-fat, nonfat, and whipped. It contains a minimum of 33% milkfat and a maximum of 55% moisture. Light or low-fat cream cheese has half the calories as regular cream cheese; nonfat cream cheese has zero fat grams; and whipped cream cheese is easily spread because it has air whipped into it until it is soft and fluffy. Commercial cream cheese is typically packaged in 3-pound (1 kg 365 g) units and is used extensively in the bakeshop in the production of cheese-cakes, pastry doughs, cookies, and tarts.

cream cheese dough A short dough that uses cream cheese to replace all or part of the fat. The cream cheese is cut into the flour of the recipe as in the preparation of pie pastry. Cream cheese dough is used as the dough for the Jewish crescent-shaped cookie *rugelach*.

cream cheese frosting A sweet, creamy icing made of softened cream cheese, vanilla, and confectioners' sugar, traditionally used to fill and ice *carrot cake*.

cream crowdie Another name for *cranachan*.

cream horn A puff pastry cone filled with *crème chantilly*. It is made by wrapping a thin strip of puff pastry around a cone-shaped metal form, brushing it with egg wash, and sprinkling it with sugar, then baking to a golden brown. It is filled after it has cooled.

creaming method See *mixing methods*.

creamnut Another name for *Brazil nut*.

cream of coconut A thick, very sweet mixture of coconut paste, water, and sugar, used to flavor pastries and drinks such as piña colada.

cream of tartar An acid salt with several different functions in the bakeshop. 1. When dissolved in a dough or batter, tartaric acid is released, which reacts with the baking soda and produces carbon dioxide for leavening. It is a common ingredient in fast-acting baking powder because it releases over 70% of its carbon dioxide during mixing. This lowers the *pH* of some baked goods, such as *baking powder biscuits*, which weakens the *gluten* strands, resulting in a more tender pastry with a whiter, finer crumb. It also has a clean flavor with minimal aftertaste. 2. In sugar syrups, cream of tartar helps prevent crystallization and browning. This provides confections with a smooth texture and shiny appearance, which means they are less likely to dry and crack. 3. Cream of tartar is the most common acid used to stabilize meringues and it also enhances the whiteness of the beaten whites. 4. In fudge recipes, a small amount of cream of tartar helps break down some of the *sucrose* into *invert sugar*, which helps yield a smoother, creamier fudge.

cream puff A puffy, round pastry made with *choux paste*, often filled after baking. The baked puffs are either filled from a small hole made in the bottom or split open and filled with ice cream, pastry cream, or *crème chantilly*. They may be topped with confectioners' sugar, fondant, caramel, or chocolate glaze. Cream puffs are used in the production of *croquembouche*, *profiteroles*, and *gâteau Saint-Honoré*. They are also popular as a petit four or individual dessert.

cream sherry See *sherry*.

cream yeast See *yeast*.

crema ('krehm-uh) 1. The Italian word for cream, often used as part of the name for a custard or cream such as *crema pasticceria*. 2. The creamy, beige froth on the top of an espresso.

crema caramella The Italian name for *crème caramel*.

crema dania ('krehm-uh 'dahn-yuh) A rich Dutch double cream cheese with a white powdery rind and soft ivory-colored interior. It is 72% milkfat and pairs well with Port, fruit, and nuts.

crema inglese ('krehm-uh een-'gleh-she) The Italian name for *crème anglaise*.

crema pasticceria ('krehm-ah pah-stee-cheh-'ree-ah) The Italian name for *pastry cream*.

crème (krehm) 1. The French word for cream. 2. A descriptive word used for sweet liqueurs such as *crème de menthe* and also custards such as *crème brûlée*.

crème anglaise (krehm ahn-'g'layz) A classic French custard sauce flavored with vanilla but sometimes also with chocolate, coffee, liqueurs, and spices. It can be served warm or chilled, and makes an excellent topping for fruit or pastry. It is also used as a base for making ice cream and *Bavarian cream*. Also known as vanilla sauce.

crème au beurre (krehm oh behr) The French word for *buttercream*.

crème au beurre au lait (krehm oh buhr oh lay) French for cream with butter and milk, referring to a French buttercream to which pastry cream been added. This produces a very flavorful buttercream; however, it is softer and less stable than classic buttercream and is often used as filling for pastries and cakes.

crème bavaois (krehm bah-vuh-'rwaz) The French name for *Bavarian cream*.

crème bourdaloue (krehm boor-dah-'lou) A classic French cream made with a cooked mixture of eggs, yolks, sugar, and cornstarch. It is flavored with Kirsch and lightened with meringue, and used as a filling in tarts and pastries.

crème brûlée (krehm broo-'lay) French for “burnt cream,” referring to a creamy custard dessert with a caramelized top. It is traditionally baked in a shallow ramekin. The custard flavor can range from light to very rich depending on whether it is made with milk, half-and-half, or cream. It is usually flavored with a whole vanilla bean but other ingredients such as chocolate, coffee, fruit, liqueurs, or spices may be used. Before serving, it is sprinkled with a thin layer of sugar that is then caramelized with a *blowtorch* or under a *salamander*. Superfine sugar is recommended because it is least likely to clump up, but brown sugar or granulated sugar may be used as well. It is important to make sure the sugar is properly caramelized or it will be gritty. The crisp sheet of caramel contrasts nicely with the creamy custard.

crème caramel (krehmkehr-ah-'mehl) A French custard dessert made by baking the custard in a mold with a small amount of *caramel* in the bottom. The custard is baked until set and then chilled. Before serving, the mold is inverted to release the custard and the caramel, which has been softened during the baking process and now glazes the top of the custard; and the excess caramel provides a sauce. The dessert is also known as *crème renversée* in France; *renversée* means “upside down.” It is known as *flan* in Spain and Mexico and as *crema caramella* in Italy.

crème chantilly (krehm shanh-'tee-ye) Whipped cream that is sweetened with confectioners' sugar and flavored with vanilla. It is a popular topping or garnish for desserts, cream pies, and cakes. It was created in 1660 by a French man named Vatel, who worked as a head waiter at the Château de Chantilly for the Prince of Condé.

crème Chiboust (krehm chee-'boost) See *chiboust cream*.

crème d'abricots (krehm 'dah-bree-koh) A sweet apricot liqueur. *Abricot* is the French word for *apricot*.

crème d'amande (krehn dah-'mahnd) 1. The French word for *almond cream*.
2. A pink almond-flavored liqueur. *Amande* is the French word for almond.

crème d'ananas (krehm 'dah-nah-nahs) A pineapple-flavored liqueur. *Ananas* is the French word for pineapple.

crème de banane (krehm deuh bah-'nahn) A sweet banana liqueur. *Banane* is the French word for banana.

crème de cacao (krehm deuh kah-'kah-oh) A dark chocolate-flavored and colored liqueur with a hint of vanilla.

crème de cassis (krehm deuh kah-'sees) A black currant-flavored liqueur. *Cassis* is the French word for black currant.

crème de cerise (krehm deuh 'sehr-eez) A cherry-flavored liqueur. *Cerise* is the French word for cherry.

crème de menthe (krehm deuh menth) A refreshing mint-flavored liqueur. It is available green or clear. *Menthe* is the French word for mint.

crème diplomat A French cream that is equal parts pastry cream and whipped cream, sweetened and flavored with vanilla. It is used as a filling for cakes and pastries, and is often stabilized with *gelatin* if it is being used in a pastry that requires it to be firm. Also known as *diplomat cream*.

crème fraîche (krehm 'fresh) French for “fresh cream,” referring to a semi-thick, rich cream with a tangy flavor and soft, creamy texture. It is made from pasteurized cow's milk to which a lactic bacteria culture has been added to thicken it and

give it its distinct sharp flavor without souring the cream. It may be purchased fresh, but an inexpensive version can be made by adding 2 tablespoons (30 ml) of buttermilk or sour cream to 8 ounces (160 ml) cream. The mixture will thicken if left at room temperature (70°F/21°C) for 12 to 24 hours. Once thickened, it should be mixed well, and can be kept covered in the refrigerator for up to 10 days. It makes an excellent topping for fruit and desserts, and can also be used as a filling in cakes, pastries, and confections.

crème de noyaux (krehm deuh 'nwah-yoh) A sweet, pink liqueur flavored with the pits of fruit such as apricots and/or cherries; it tastes like almonds. *Noyau* is the French word for a seed kernel.

crème pâtissière (krehm pah-tee-see'her) The French name for *pastry cream*.

crème praliné (krehm 'prah-lee-nay) French for “praline cream,” referring to a praline-flavored cream made by adding a caramelized paste of almonds or hazelnuts to buttercream. It is used as a filling for cakes and pastries.

crème de rose (krehm deuh rose) A rose-flavored liqueur that is made with rose petals, vanilla, and spices.

crème de violette (krehm deuh 'vyoh-leht) A violet-flavored and colored Dutch liqueur. *Violette* is the French word for violet.

crème renversée (krehm reh-vehr-'say) Another name for *crème caramel*.

Crenshaw melon See *muskmelon*.

Creole cream cheese A thick, tart sour cream, eaten for breakfast with sugar and fruit. It is a specialty of New Orleans.

crêpe (krap) The French word for *pancake*, referring to a paper-thin, unleavened pancake used to make sweet and savory dishes. A thin, pourable batter is used and lightly cooked in butter or oil. Depending on the region, the batter may be made with buckwheat flour or wheat flour, water or milk, and varying amounts of eggs and sugar. Dessert crepes are filled with crème chantilly, fruit, chocolate, jam, nuts, ice cream, and/or topped with butter, sugar, spices, or flavored sauces or liqueurs. The name derives from the Latin *crispus*, meaning “curly” or “wavy” and refers to the wavy edges of the crêpe after it is cooked. See also *crêpe normande* and *crêpe suzette*.

crêpe normande A warm crêpe filled with sautéed apples, butter, sugar, and cinnamon, then rolled into a cylinder and dusted with confectioners' sugar.

crêpe pan A round, carbon steel pan for making *crêpes*. It has a flat bottom and shallow, sloping sides, with a flat, wide handle that makes it easy to hold when spreading the thin batter around the pan and flipping the crêpes. The pans are available in a variety of sizes that range in diameter from 5 to 10 inches (12.5 to 25 cm).

crêperie ('kray-pehr-ee) A restaurant or shop that serves sweet and savory crêpes. They originated in Brittany, France, but are now found throughout Europe.

crêpe suzette (krap soo-'zeht) A crêpe heated in a sauce of sugar, butter, orange and lemon juices, orange zest, rum or brandy, and orange liqueur such as Grand Marnier. The dessert is classically prepared tableside and flamed just before serving. Traditionally, the crêpes are folded into triangles. The recipe was created in 1901 by a chef working at the Café de Paris in Monaco; he named them in honor of a beautiful young woman named Suzette who accompanied Edward, the Prince of Wales, to dinner.

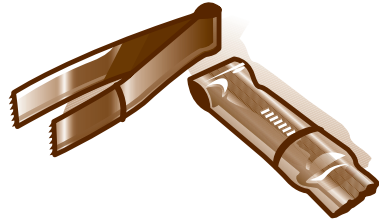
crescia al formaggio ('creh-see-ah ahl fohr-'mah-gee-oh) A rustic Italian Easter bread from Umbria. Eggs and cheese such as *Parmesan* and pecorino romano are added to a rich, brioche-like dough and baked in a seasoned flowerpot. The name is from *crescia*, which means “grow” and refers to the dramatic doming of the bread over the top of the flowerpot.

crespelle (krehs-'pehl-leh) Thin Italian pancakes that are either filled and rolled into cylinders or stacked with different fillings between the layers.

crillo ('kreehl-oo) See *chocolate*.

crimp 1. To press or pinch two pieces of dough edges together to seal it and form a decorative edge. This may also be done on a single piece of pie dough to form a decorative pattern and create a dam for the filling so it does not spill out during baking. 2. A method of cake decorating for rolled *fondant*-covered cakes, whereby a *crimper* is used to imprint a decorative pattern around a cake edge or top.

crimper A flat metal hand-held tool that resembles a pair of tweezers but with much wider sides. The grooves make a decorative pattern on the dough's edges and seal it. Mini crimpers are also available for extra-fine decorative work on *marzipan*, *gum paste*, and *rolled fondant*.



Crisco A popular shortening first produced by Procter & Gamble in 1911, most often today used by home bakers today for making pie dough and quickbreads. It was the first shortening to be made of 100% vegetable oil.

crisp 1. An American dessert of a thick fruit mixture topped with *streusel* and baked. Typically served warm with vanilla ice cream or sweetened whipped cream. 2. A culinary term used to describe a food item that has a firm but easily breakable texture.

Criterion apple See *apple*.

croissant (kruh-'sahnt) A rich, buttery pastry shaped like a crescent, with a crisp, flaky golden brown crust and soft, semi-hollow interior. They originated in Austria in 1686, during the war between Austria and Turkey. A group of bakers were in their bakery during the night and heard the Turkish troops tunneling under them; they sounded a warning, which aided in the Turkish defeat. The bakers were honored with the task of creating a pastry shaped like the crescent on the Turkish flag. They are a classic breakfast pastry in France, typically served with butter and/or jam.

croissant cutter A hand-held pastry tool for cutting uniform triangles of dough to be rolled into croissants. The cutter consists of four sharp, slanted, stainless steel blades that rotate around an axle attached to wooden or metal handles. They are available in sizes to produce mini, regular, or large croissants, and there is also a large model that cuts three rows of triangles simultaneously.



croquant (kroh-'kahnt) Another name for *krokant*.

croquembouche ('kroh-kuhm-boosh) French for "crisp in the mouth," referring to a pyramid-shaped dessert composed of cream puffs that have been filled with rich cream and dipped in caramel. The pyramid is embellished with an assortment of decorations that include *spun sugar*, candied fruits, *nougatine*, *sugar flowers*, *royal icing*, and *marzipan* sweets. It is traditionally served at weddings, buffets, and First Communion celebrations.



croquembouche mold A tall, stainless steel cone-shaped mold for making *croquembouche*. It is available in heights that range from 10 to 24 inches (25 to 60 cm).

croquet (kroh-'kay) A petit four shaped like a stick and made from a mixture of almonds, sugar, and egg whites that are dried in a low oven until crisp.

croquignole (kroh-kwee-'nohl) A small, light, crisp cake made with sugar, flour, and egg whites, baked and covered with vanilla icing. It dates to the 16th century.

crostata/crostate (kruhs-'tah-tah/kruhs-'tah-tay) A rustic Italian tart made only with *pasta frolla* and named after the fruit or jam that fills the tart. It is topped with a lattice of dough before being baked.

crostini (kruhs-'tee-nee) Italian for “little toasts,” referring to small, thin slices of toasted bread that are brushed with olive oil and served as *canapé* bases or as a garnish for soups and salads.

croustade (kruhs-'tahd) A hollowed-out case of baked puff pastry that is filled with sweet or savory fillings such as *crème chantilly* and fresh fruit. It may be large or small; the sweet versions are typically served with a dessert sauce such as *crème anglaise* or fruit *coulis*.

croûte (kroot) A baked pastry case or hollowed-out piece of bread used to hold sweet or savory fillings. When served as a dessert, it is typically made from dried *savarin* or *brioche* that is moistened with a flavored syrup and spread with jam and/or poached or candied fruit.

cruchade (krew-'shahd) 1. In Saintonge, France, a thin, round cake made from a corn batter that is fried and served with jam. 2. In the Landes region, a sweet or savory biscuit that is fried.

cruller ('kruhl-uhr) A deep-fried doughnut made from dough that is either yeast-raised or leavened with baking powder, cut into a long thin strip, and twisted before being deep-fried. It is sprinkled with granulated sugar and brushed with a sweet glaze. *French crullers* are made with *choux paste*. The name derives from the Dutch word *krulle*, which means “twisted cake.”

crumb 1. A term that describes the interior of cakes and breads. 2. The action of removing crumbs a diner's table between courses; the table is “crumbed” with a small tool called a crumber that is run across the surface to gather the crumbs and present a clean setting for the next course.

crumb coating A technique for icing cakes whereby a thin layer of icing is spread across the sides and top of a cake layer in order to trap the crumbs in the icing. These trapped crumbs are less likely to resurface when the cake has the final icing coat applied. Some pastry chefs chill the cake between the crumb coating and final coating to further ensure that no crumbs will be exposed.

crumble 1. A British dessert of fresh fruit topped with a crumbly pastry mixture and baked. 2. To break food into small pieces.

crumpet ('kruhm-piht) A small, round, flat, straight-sided yeast-raised bread made from a batter that is cooked in a *crumpet ring* on the griddle. They are a specialty of the British Isles. They are toasted whole and served at afternoon tea with *clotted cream* and jam.

crumpet ring A bottomless metal ring approximately 3 inches (7.5 cm) in diameter, used to shape crumpet batter as it is baked on the griddle. Once the bottom is browned, the crumpet is flipped over and the ring removed. The rings are also used to shape *English muffins* while baking.

crush To reduce a food item to fine particles, often with a *rolling pin* or *mortar and pestle*.

crust 1. The outer layer of bread, pies, pastries, and other baked items. 2. The bottom lining of a pie; see *pie crust*. 3. The sediment that forms in bottle-aged red wines and Ports.

crystal sugar See *sugar*.

crystallization The process of sugar particles clumping or clinging together, often as a result of not being properly melted during cooking. Crystallization can occur when granulated particles of sugar come in contact with melted particles, or when the melted sugar is agitated too much during cooking. The latter often occurs because the mixture was stirred while still hot, allowing large sugar crystals to disperse themselves through the mixture. Crystallization may be prevented by brushing down the sides of the pan with water during the cooking process. There are times, however, when crystallization is desired. When making fudge, controlled sugar crystallization is needed for obtaining the correct texture, and is completed by stirring the fudge mixture after it has cooled, forming small sugar crystals that give a creamy texture. *Fondant* and *taffy* are other products where small crystallization has occurred in order to achieve the desired texture. Some ingredients, such as lemon juice, cream of tartar, corn syrup, or citric acid, are added to sugar mixtures to prevent crystallization; the acid creates *invert sugar*, which is resistant to crystallization.

crystallized flowers Flowers such as violets and rose petals that have been dipped in a thick sugar syrup and then drained and dried to form small sugar crystals on the petals. The flowers are then dusted with granulated sugar to enhance the crystallized appearance. These are primarily used as garnishes on desserts and for decorative purposes. Also known as *candied flowers*.

crystallized fruit Another name for candied fruit; see *glacé fruit*.

cuba libre ('koo-buh 'lee-bruh) An iced cocktail made with rum, lime juice, and cola.

cube sugar See *sugar*.

Cucumber melon Another name for *Kiwano melon*.

cuka See *vinegar*.

cumin ('kyoo-mihn) An aromatic seed of a plant in the parsley family. It resembles a caraway seed but has a warm, nutty flavor. The seeds come in three colors: amber (the most widely available) and the more peppery and complex flavored white and black varieties, which may be found in Asian markets. Cumin is available in whole or ground form, and should be stored in airtight containers in a cool, dark place. It is a popular spice in Middle Eastern and Mediterranean cuisine, and is also used in Europe, particularly in Scandinavia and Germany, to flavor breads and liqueurs.

cupcake An individual cake typically baked in a muffin pan with a paper or foil baking cup. It may be made in a variety of flavors and is usually frosted and/or decorated with colored icing and sometimes sprinkles.

cupuacu (koo-'pah-choo) The fruit of the cupuachu tree, native to Brazil, whose seeds are dried and processed like *cacao beans* to produce a light brown "chocolate" with a mild, bittersweet flavor and a hint of fruit. The pod resembles a fuzzy football and contains moist pulp with seeds. It is available in ground or bar form, and is used in the same way as *cocoa powder* and *chocolate*.

Curaçao ('kyoor-uh-soh) An orange-flavored liqueur made from the dried peel of the bitter and sour oranges found on the Caribbean island of Curaçao. Although the original liqueur is clear, it is also available in red, blue, orange, and green. There are also several flavor blends, including coffee, chocolate, and rum raisin. It is used to flavor desserts, pastries, confections, and beverages.

curd 1. A rich, creamy pastry filling made from a mixture of citrus juice, sugar, butter, and egg yolks. It thickens as it cooks and sets when cool. The satiny curd is used as a filling for tarts, pies, pastries, and cakes. 2. The semi-solid portion of milk after it coagulates and separates. It is used to make cheese.

curdle A term that describes the separation of a product owing to souring, temperature differences, or too much acid.

currant ('kuhr-uhnt) 1. A seedless Zante grape that when dried resembles a tiny, dark raisin. Currants are a popular ingredient to add sweetness and texture to breads, pastries, and desserts. 2. A tiny berry produced on currant bushes and is related to the gooseberry. Fresh currants are available from June to August, and the three varieties are:

Black Found in Scandinavia, France, and Germany these small, dark, bitter berries are used primarily for preserves, liqueurs, and syrups.

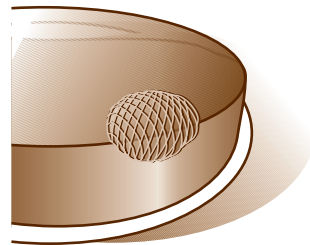
Red Native to Europe and very popular in Scandinavia, these small, tart red berries grow in clusters. They are rich in citric acid, pectin, and vitamins and are used mostly to make jams and jellies or as a decorative garnish.

White Although more difficult to find, these are similar to red currants but with a white skin. They are good for eating out of hand and also to make jams and sauces.

cuscus dolce (kuss-kuss 'dohl-chay) Italian for “sweet couscous,” referring to a specialty dessert from the Santo Spirito Monastery in Agrigento, Sicily. It consists of a pistachio nut paste flavored with almonds and cinnamon and kneaded into a cooked couscous mixture. It is then combined with a sugar syrup and served in mounds topped with grated chocolate.

cush (koosh) 1. A cornmeal pancake from the American South. 2. A sweet, mushy cornmeal mixture that is fried in lard and eaten as a cereal with cream or *clabbered cream* and sugar or cane syrup.

cushion lattice A decorating technique of piping a large puff of *royal icing* and allowing it to dry, then piping a *lattice* design over the puff and letting it dry. This process is repeated until the desired height and fullness is achieved. The trick of this technique is making perfectly piped, multiple criss-crossing lines.



cushion lattice

custard Any of a variety of pastry products made with a liquid that is thickened by the coagulation of egg protein. The two types of custards are *stirred custards* and *baked custards*. Stirred custards, such as *pastry cream* and *crème anglaise*, are made on the stovetop and stirred as they cook. Sometimes, as with pastry cream, they contain a starch such as cornstarch to thicken and stabilize them. Baked custards, such as *crème brûlée* and *crème caramel* are baked in the oven until set and then chilled. They should be baked in a *water bath* to ensure even distribution of heat and protect from overcooking. With the exception of pastry cream and other custards that contain starch (because the product should be boiled to cook out the starch), both types of custard should not reach an internal temperature that exceeds 185°F (85°C) because the eggs will start to coagulate and curdle. If overheated, custard will become watery because the moisture separates from the toughened protein. See also *What Went Wrong and Why* appendix.

custard apple Another name for *cherimoya*.

custard pie See *pie*.

custard powder A powdered thickening agent used in lieu of flour. It is made up of cornstarch or arrowroot, vanilla, colorings, and sometimes sweetener. It typically needs to be added to liquids such as milk, cream, or water and cooked to remove the starchy flavor. It was invented by a chemist named Alfred Bird, who made it as a substitute for egg custard because his wife was allergic to eggs.

cut in To gently blend small pieces of fat into a flour mixture, as with the *biscuit method*. It is important to keep the fat cold in order for it to retain its shape and prevent it from melting into the flour. Cutting in may be done by hand or with a pastry blender.

Cynar ('chee-nahr) A dark brown, bitter Italian liqueur made from artichokes and herbs. It can be served as an *apéritif* over ice, either plain or with soda water, or as a cocktail mixed with cola or tonic water.

