



g The abbreviation for *gram*.

Gala apple See *apple*.

galactose (gah-'lack-tohs) A type of sugar found in dairy products and beets. It is less sweet than glucose and not soluble in water. It is considered a nutritive sweetener because it provides food energy.

galaktobúreko (gah-lahk-toh-'boo-rehk-oh) A crisp Greek dessert that consists of baked phyllo filled with vanilla custard.

galangal ('guh-lang-guhl) See *Thai ginger*.

galapong (ga-lah-pong) A batter or dough of ground glutinous rice and water, used in the Philippines to make pastries and breads.

galette (gah-'leht) A flat pastry of varying size, made of sweet flaky pastry dough, yeast dough, or unleavened dough, and filled with fruit, nuts, jam, or meat and cheese, depending on the region of France where it is made. The pastry dates back to Neolithic times and was made from a honey-flavored cereal paste that was baked on hot stones. The most well-known galette is the *galette de rois*, which resembles a *pithivier* and has a filling of *almond cream*. It is also popular as a form of *Twelfth Night cake* or *Epiphany cake*, served on January 6 and baked with a trinket inside that gives the finder a wish of good luck or the title "King for the day."



galette de rois See *galette*.

Galia melon See *muskmelon*.

Galliano (gal-'lyah-noh) A slightly sweet Italian liqueur blended from herbs, berries, and spices. It is a brilliant orange-yellow and is used to flavor pastries and confections.

gallon A U.S. unit of liquid volume measurement that is equivalent to 128 fluid ounces, or 3 L (840 ml).

gamma crystals See *cocoa butter*.

ganache (gahn-'ahsh) A filling or coating used in cakes, tarts, pastries, and confections, made from scalded heavy cream, and sometimes butter, combined with chopped *couverture* and stirred until velvety smooth. Created in Paris around the 1850s, it may be flavored with liqueurs, pastes, extracts, or infusions. The consistency of the ganache is determined by the proportion of ingredients used and may be adjusted from thin to firm depending on use.

gandaria A small mango-like tropical fruit from Thailand. It has yellowish-orange skin and a sweet yellow flesh. Both the pulp and the skin are edible. Available March to May.

garambullo The fruit of a cactus that grows in Mexico, resembling small reddish berries. It is used fresh in making preserves or dried and eaten raw as a snack.

garam masala ('gah-rahm mah-'sah-lah) The principal spice blend used in Indian cuisine. Although it may contain any combination of spices, *cardamom*, *coriander*, and *mace* are popular choices.

garde manger (gahrd mahn-zhay) The cold station in the classic *brigade* system. This station focuses on cold salads, pâtés, and cold buffet items. In many kitchens, the garde manger and pastry cooks assist each other during plate up because they are the first and last courses to be served.

garibaldi An Italian raisin-butter cookie.

garland Another name for *drapery*.

garlic An edible bulb in the onion family, made up of small papery-covered sections called *cloves*. There are several varieties that differ in size and flavor, including an American white-skinned with a strong flavor, a Mexican or Italian purplish-pink skinned with a milder flavor, and *elephant garlic*, which is the largest and mildest variety. Although garlic is traditionally used in savory dishes, it is often used as a topping on flatbreads such as *focaccia* and more recently in sweet creations such as *garlic ice cream*.

garnish ('gahr-nish) An edible decoration on a dessert or pastry to enhance and complement its flavor, texture, and visual appeal. Popular pastry garnishes include *chocolate-dipped strawberries*, sprigs of mint, *chocolate cigarettes*, small sugar decorations, and *tuiles*.

garniture ('gahr-nig-teur) The French word for *garnish*.

garland ('gahr-lahnd) A term used in cake decorating that refers to a decorative swag of icing that is piped on the side of a cake. The finished product resembles garland that is hung on a Christmas tree.

garlic ice cream A garlic flavored ice cream that became popular in the 1990s. It is made from a vanilla custard base that is infused with fresh garlic. Don't knock it 'til you try it.

Gascon pastis A savory French pastry from Gascony, in southern France. The *puff pastry dough* is spread over an entire work surface; it is then heavily brushed with goose fat and cut into rounds. Half of the rounds are spread with finely sliced apples that have been *macerated* in *Armagnac*; they are then topped with the plain pastry rounds and baked, then sprinkled with more Armagnac and served warm.

gastronome ('gas-truh-nohm) A person with a refined palate and appreciation of gourmet food and dining. Also known as an *epicure* or *gourmand*.

gastronomy ('gas-trohn-uh-mee) The art and science of gourmet food, drink, and dining. The term derives from the Greek *gastros*, meaning "stomach," and *nomos*, meaning "laws." It was first used in France in the early 1800s and made official by the Académie Française in 1835, when they placed it in their dictionary.

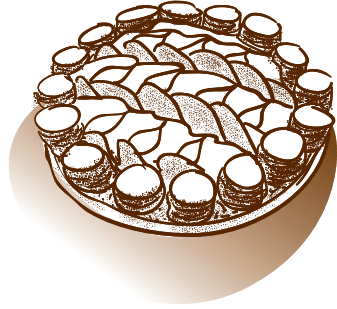
gâteau ('ga-toh) The French word for cake, referring to pastry items based on *choux pastry*, *puff pastry*, *short dough*, *génoise*, or *meringue*. It is traditionally multilayered and filled with fresh cream, *pastry cream*, or *buttercream*. It is differentiated from a *cake* or *torte*, in that each portion is identically garnished.

gâteau de sirop ('gah-toh duh 'she-roph) A Louisiana spice cake made with cane syrup and frosted with a brown sugar and butter mixture, then decorated with pecan halves. Also known as *Cajun syrup cake*.

gâteau l'opera See *opera torte*.

gâteau Saint-Honoré (ga-toh sahnt-ohn-oh-ray)

A classic French gâteau named after the patron saint of bakers and pastry cooks. It is also said that the name comes from the pastry cook Chiboust, who invented the cream used in the filling, because in 1846 he lived in the Rue Saint-Honoré in Paris. It consists of a *pâte Brisée* or puff pastry base with concentric circles of choux pastry piped on top of the dough. After it is baked to a golden brown it is filled with Chiboust cream and finished with small, baked choux puffs that are filled with Chiboust cream, glazed with caramel, and attached to the outer rim with additional caramel.



gâteau Saint-Honoré tip A specialty pastry tip that is designed specifically for decorating gâteau Saint-Honoré. It has a V-shaped notch that produces the characteristic wave-like design on top of the gâteau.

gau (gah-oo) A Chinese steamed rice cake made with sticky rice, coconut, flour, and brown sugar, and garnished with sesame seeds and red dates. It is often served during the lunar New Year celebration.

gaufre ('goh-freh) The French word for *waffle*.

gaufre de Bruxelles ('goh-freh duh 'brew-sehl) A *Belgian waffle* lightened by the addition of whipped egg whites. It is garnished with sugar, whipped cream, or chocolate.

gaufrette (goh-freht) A thin, crisp fan-shaped wafer served with ice cream.

Gaya melon See *muskmelon*.

gelateria (jeh-lah-toh-'ree-ah) An Italian shop where *gelato* is served.

gelatin ('jeh-lah-tihn) A colorless, tasteless product extracted from the bones and connective tissues of animals. It acts as a binder, and ranges from soft to firm depending on the ratios used. It is available in powdered or leaf/sheet form and may be substituted for each other in equal weights. The dry form is sprinkled over water to soften the granules and then heated to a clear liquid before use. The leaf/sheet form is *bloomed*, or submerged in water, until soft and the excess water is wrung out before use. It may be melted in a double boiler to a clear liquid and added to the product, or added to the warm liquid to melt. Gelatin melts at 86°F (30°C) and sets at 68°F (20°C). It is used in the preparation of many molded desserts. Note that some acidic fruits impede the setting power and must be heated to 175°F (80°C) before use.

gelatinization A reaction that occurs during the baking process in which the starches absorb moisture and swell. They reach their bursting point between 180° and 212°F (82° and 100°C) and set in a solid mass that gives the bread its structure.

gelato (jeh-'lah-toh) An Italian style of ice cream made with milk instead of cream and churned in a machine that produces less air so that it is denser than American ice cream.

gem pan A small pan used to make miniature *muffins*.

génoise ('zhehn-whaz) A French sponge cake made with whole eggs and sugar that are warmed and whipped to the ribbon stage before being folded in sifted flour and melted butter; the incorporation of air is what gives volume to the cake. It is different from other sponge cakes in that the eggs are not whipped separately. Used as a base for many classic cakes, it is named for the Italian city of Genoa, from where it was adopted in the 15th century.

geranyl isovlerate A food additive with an apple-pear flavor, used in beverages, candy, baked goods, and ice cream.

germ See *wheat kernel*.

German buttercream See *buttercream*.

German chocolate cake An American cake made up of layers of rich chocolate sponge cake and frosted with a cooked coconut-pecan icing. The cake first appeared in a food column in a 1957 Dallas newspaper, and got its name from the *Baker's German sweet chocolate*, used to create the cake. The chocolate was created in 1852 for the Baker's Chocolate Company by an Englishman named Sam German.

Gewürtztraminer (guh-'vurts-trah-mee-ner) A specialty of the Alsatian region of France, this crisp, spicy white wine may be dry or sweet. The late harvest varieties make excellent dessert wines.

ghee A cross between *clarified butter* and *beurre noisette*, produced by slowly melting the butter to separate the milk solids and then simmering it until the moisture evaporates and the milk solids brown. The result is a nutty caramel-like flavor that is popular because of its high *smoke point*. Although it originated in India with butter made from *buffalo milk*, it is readily available in other countries such as Scandinavia, the Netherlands, and Australia and may be made from any unsalted butter.

Ghiradelli chocolate Chocolate made by a U.S. company that has been manufacturing premium products since 1852.

ghoraiyah (go-ray-bah) A traditional Middle Eastern cookie that resembles a buttery, shortbread flavored with toasted cardamom and almonds.

gialletti (jee-ah-leh-tee) A cornmeal biscuit from the Romagna district of Italy.

gianduja (zhahn-doo-yah) 1. A smooth and creamy Swiss mixture of dark, or more commonly, milk chocolate and roasted hazelnut paste. 2. Confections made with chocolate and *hazelnuts*.

giant poha berry A large *cape gooseberry* grown in the United States and New Zealand. It is about 1 inch (25.4mm) in size with a waxy orange skin. The interior yields a sweet-tart flavor that is used for making jams and glazes.

gild To brush an egg wash over a pastry surface in order to produce a shiny finish after baking. 2. To apply *gold dust* or *gold leaf* to a confection.

gilka koutalióu (geel-kah coo-tah-lee-oh-oo) A Greek dessert of fruits preserved in syrup.

ginger The swollen root, or rhizome, of a Chinese leafy plant, now grown in India, Africa, and the Caribbean, used for seasoning and, when crystallized, as a confection. It has a sweet, peppery flavor and spicy aroma. It is sometimes referred to as a "hand" because its flat, spreading branches resemble a thick hand with knobby fingers. The name derives from the Sanskrit word *sringavera*, meaning "root shaped like a horn." There are two major types of ginger: mature and immature. Mature ginger is peeled before use and is more pungent than immature ginger, or spring ginger, which shows green sprouts and is available only in the spring. If the skin is dull and wrinkled rather than smooth and shiny, it indicates that the ginger is past its prime. The fresh root sections may be refrigerated for up to a week or frozen for a longer period of time. When dried and ground, ginger is widely used in pastry making as a flavoring agent.

ginger ale A sweet carbonated beverage flavored with ginger, first introduced in 1866 by James Vernor, in Detroit, Michigan. Vernors Ginger Ale is considered one of America's oldest soft drinks.

gingerbread A sweet, ginger-flavored cake, cookie, or bread. This age-old treat was introduced to Europe when the first crusaders returned from the holy wars with Middle Eastern spices that included ginger. The varieties of gingerbread range from region to region and may be light, dark, sweet, or spicy, but thin cookies are typically cut into shapes. An English village tradition encourages unmarried women to eat gingerbread “husbands” at local fairs in order to gain husbands. By the 17th century, gingerbread making was so important that it was recognized as an exclusive profession and a Guild of Master Bakers was formed. Making gingerbread houses became popular during the 19th century, when the story of Hansel and Gretel, who discovered a house made of bread, cake, and candies, became popular. As European immigrants settled in America, they brought with them their family recipes and customs, and Americans have been making gingerbread ever since. It is particularly popular during holiday time.

ginger root See *ginger*.

gingersnap A thin, crisp cookie flavored with ginger and molasses.

ginkgo nut (‘ging-koh) The seed or nut of the ginkgo, or maidenhair, tree, which is native to ancient China. The fruit is about the size of a nectarine and has a sweet, light yellow-green flesh that is covered with a thin yellow skin and a smooth, hard shell. The hard outer shell must be cracked open to reveal the meat inside, and the nut must be soaked in warm water to remove the skin. The brownish-tan nut can be found in Asian markets during the fall and winter months, and is available fresh, canned in brine, or dried. The Chinese believe that the ginkgo nut will bring good fortune and dye the shells red for weddings. In Japan the nuts are popular grilled or used in egg custard and cookies.



Girl Scout cookies The cookies sold annually as a fundraiser for Girl Scouts of America. The sale dates back to 1917, when Girl Scouts supervised by their mothers would bake cookies to sell in their neighborhoods to raise money for their local chapters. Today, the licensed commercial bakers produce eight varieties, including three mandatory ones that are thin mint, peanut butter sandwich, and shortbread. All Girl Scout cookies are *kosher*.

glace (glahs) The French word for “glazed” or “frozen.” It also means to frost or cover a cake or pastry with frosting.

glacé (glah-‘say) The French word for *ice cream*.

glacé fruit Fruit that has been dipped in sugar syrup and used as a garnish or dipped in chocolate as a petit four. The syrup has been cooked to the *cracked stage* so that it has a hard, shiny exterior. The fruit should be stored in an airtight container. Also known as *candied fruit*.

glacier See *brigade*.

glayva (‘gli-vah) A Scottish liqueur of herbs, honey, and Scotch whisky.

glaze 1. A thin icing that gives shine to a baked good and helps prevent it from drying out. The most common glazes are *apricot glaze* for fruit tarts and other pastries and baked goods, *chocolate glaze* for cakes and petit fours, and *confectioners’ sugar glaze* for donuts and baked goods such as *danish*. Sometimes the glaze contains gelatin to thicken and stabilize it. 2. To apply a glaze on a baked good.

glazironanniye sirki (glah-zih-roh-nahn-nyah ‘sehr-kee) A Russian candy with a cream cheese or farmers cheese base mixed with cream, sugar, egg yolk, lemon zest, and lemon juice; it is drained overnight in cheesecloth, shaped into bite-size balls, and dipped in chocolate.

gliaden (gly-ah-dehn) See *gluten*.

glistler pudding A British steamed pudding flavored with marmalade and ginger.

Globe grape See *grape*.

glop See *gorp*.

glucose ('glue-kose) A natural sugar found in fruits, vegetables, maple syrup, and honey. It consists of simple and complex sugar properties that have half the sweetening power of granulated sugar. Glucose resists *crystallization* and is therefore used in to make *pulled sugar* and *blown sugar* work and a variety of candies and pastry items such as frostings, baked goods, and soft drinks. The most common type of glucose is called *dextrose* and it can often be substituted with *light corn syrup*.

glucose corn syrup Another name for *corn syrup*.

glucose crystal See *corn syrup*.

glucose-fructose The Canadian term for *high fructose corn syrup*. It contains equal parts *fructose* and *glucose* and is similar to *invert sugar* in composition and properties.

glutathione (gloo-tah-thee-'oh-neh) A protein that weakens gluten, found in milk and improperly used *active dry yeast*, as well as *wheat germ* that has not been heat-treated.

gluten ('glue-tihn) The primary protein in wheat that provides structure and flavor. It is composed of two partial proteins called *glutenin* and *gliadin*, which link together when hydrated and form gluten. Flours contain different amounts of gluten and must be chosen carefully to achieve desired gluten development. Typically, the higher the protein, the more gluten the flour contains. The main components of gluten serve different purposes: glutenin provides elasticity to the dough, while gliadin offers extensibility and volume to the dough. See also *gluten development*.

gluten development The formation of a strong, cohesive network of fibers that can stretch into a thin film without tearing and still retain elasticity. The many factors that affect the gluten's ability to develop include the type of flour, type and amount of liquid used for hydration, mixing time and dough temperature, salt and any other additions to the dough such as conditioners, fats, or other products.

glutenin ('glue-tin-ehn) See *gluten*.

glutinous rice flour Flour made from glutinous white polished rice, used extensively in Asian pastries such as sweet dumplings and buns.

glycerine See *glycerol*.

glycerol The commercial name for *glycerine*, a sugar alcohol obtained from three fatty acids that produce *triglyceride*. It is odorless, colorless, and syrupy, and is used in the commercial production of candies and confections.

glycyrrhizin (glee-seer-rhee-'tseen) A food additive derived from licorice root, used to sweeten low-fat dessert products.

glykys, glykys vrastos See *Greek coffee*.

goat's milk Milk derived from goats, most commonly used to produce *chèvre*.

gold dust See *gold powder*.

Golden Delicious apple See *apple*.

golden raisin See *raisin*.

golden syrup See *treacle*.

gold kiwifruit See *kiwifruit*.

gold leaf A micro-thin sheet of 22-karat edible gold. It is sold in small square sheets separated by tissue papers. It is very expensive and difficult to work with, but makes a spectacular adornment to confections and desserts. Using tweezers or a dry artist's brush is recommended for transferring the leaf onto the product. Also known as *vark* or *varak*.

Goldmine nectarine See *nectarine*.

Gold pineapple See *pineapple*.

gold powder A decorating powder that is made from 22- to 24-carat edible gold. It is used to decorate desserts and show pieces. The powder may be used as is or mixed with a small amount of *pure grain alcohol* to produce a gold paint. As the alcohol dissipates, the gold remains in a dry state.

gold spray An aerosol spray that contains 22-karat gold flecks, used to decorate desserts and pastries.

Goldwasser The German word for “gold water,” referring to a pale yellow liqueur flavored with herbs and spices. Tiny flecks of 22-karat gold are suspended in liqueur. Danziger Goldwasser is the most common brand, and it is used in pastry and dessert preparations.

goma (goh-mah) The Japanese word for *sesame seeds*.

goober A U.S. Southern slang term for a peanut. The name derives from the African word *nguba*.

GooGoo Cluster A candy bar that is a mixture of caramel, marshmallow, and roasted peanuts, dipped in milk chocolate. A Southern favorite, it was the first combination candy bar ever created, produced by the Standard Candy Company in 1912, and believed to have gotten its name because it is a baby's first words. It is one of the longest-running sponsors of the Grand Ole Opry, and every Saturday night the Opry announcer leads the audience in the cheer “Gotta get a GooGoo!”

goop See *gorp*.

gooseberry See *berry*.

gorp A trail mix of nuts, raisins, seeds, dried fruits, and oats. Many hikers and outdoorsmen use this mixture as an energy snack. It is also known as *glop* and *goop*.

gougère (goo-zhair) A savory pastry of *pâte à choux* flavored with Gruyère, comté, or *Emmental* cheese, piped into a ring and baked. This is often served at wine tastings either warm or cold.

gourmand (goor-'mahnd) See *gastronome*.

gourmet (goor-'may) A connoisseur of fine food and drink.

graham cracker A cracker made with whole wheat, traditionally sweetened with honey or molasses. It was invented by Reverend Sylvester Graham in 1829, as part of the vegetarian diet he proposed to his followers. It was known as a health food, but soon became a snack for children and an indispensable ingredient in many desserts, such as *s'mores*, as well as the major ingredient for pies with a *graham cracker crust*.

graham cracker crust A pie crust made by mixing graham cracker crumbs and just enough melted butter for it to hold its shape. It is a popular crust for *Key lime pies* and *cheesecake*.

graham flour See *flour*.

grain The edible seed of grasses such as wheat, corn, rice, barley, and rye.

gram A standard metric weight measure that is the equivalent of .035 ounces.

28.35 grams = 1 ounce
1000 grams = 1 kilogram

gram flour See *flour*.

granadilla The Brazilian word for *passion fruit*.

grande The size of an *espresso*-milk beverage, usually a 16-ounce (480 ml) portion and normally made with a double shot of espresso.

Grand Marnier A Cognac-based amber-colored liqueur infused with Haitian bitter oranges, spices, and vanilla, and aged in oak vats for six to eight months. It was created by Alexandre Marnier-Lapostolle in 1880 and is still highly regarded. It is used extensively in the pastry kitchen to flavor *buttercreams*, ice creams, sauces, and *truffles*. A less expensive substitute is *Cointreau*.

granité ('grah-neh-tay) A frozen ice dessert made of fruit juice and syrup. Its name refers to granite rock because the rough texture of the ice crystals resembles the coarse grain of granite. The mixture may be intermittently stirred during freezing for larger ice crystals or put directly into the freezer for smaller ones. It is typically served as a dessert or *intermezzo*.

Granny Smith apple See *apple*.

granola A mixture of rolled oats, dried fruits, nuts, honey, and other ingredients, used primarily as a breakfast cereal. It has a cereal consistency stemming from the stirring during the baking process to break up clumps. It is popular with hikers because it is a high-energy food and is often served with yogurt or as a topping for pastries or desserts. A convenient bar form is also available in a crunchy or chewy texture.

granose See *Kellogg, John Harvey*.

granulated sugar See *sugar*.

grape The edible berry of small shrubs or climbing vines that grows in clusters in temperate climates throughout the world. California is the largest producer of American grapes for both wine and table. Grapes are one of the oldest cultivated fruits, and there are thousands of varieties, but in general they have smooth skin and may be seeded or unseeded. Wine grape varieties are highly acidic and too tart to eat fresh. Table grapes are low in acid, popular to eat fresh or to make jams, jellies, and juice. Grapes are categorized as white, green, red, or black and the most common varieties are:

Cabernet Sauvignon A small black wine grape that may also be eaten fresh. Available early fall.

Catwaba An oval, medium, seeded grape with an intense sweet flavor. It is used primarily in the commercial production of white wines, jams, and jellies. Available September to November.

Champagne A petite, sweet table grape with a color that ranges from reddish-brown to purplish-black. They make attractive garnishes. Available June to September.

Common Black Seedless A very juicy, sweet table grape with mild acidity. Color ranges from purple to purplish-black. Available August to January.

Common Green Seedless A tangy, sweet table grape with low acidity and a pale green skin. Available May to December.

Common Red Seedless A medium table grape with a sweet-tart flavor and juicy, crunchy texture. Available May to December.

Concord A large, oblong, seeded grape with a sweet flavor and thick, blue-purple to black skin. It is used primarily in the commercial production of juice, jams, and jellies. Available August to September.

Delaware A sweet American hybrid whose small, round berries have a light red skin. They are sweet and are used for both wine and table grapes. Available May to September.

Emperor A firm, crisp European table grape with a thick, reddish-purple skin and sweet flesh.

Flame Seedless A medium table grape with a crisp, sweet flavor and pale to dark red skin. Available May to December.

Furmint A highly prized white wine grape used to make the famed, sweet Tokay wines.

Globe Large, oval red grape that usually has seeds. It has a sweet-tart flavor and crisp, juicy texture. Available August to January.

Magnolia A muscadine grape variety; see below.

Muscadine (muhs-kuh-dine) An American grape found primarily in the Southeast. It has a thick dark purple skin and a strong, musky flavor. It is known as one of the first grapes used to make wine in America. The *Scuppernong* variety is popular in the South. Available March to October.

Muscat (muhs-kat) A name that refers to a large variety of grapes that range in color from light yellow to almost black. They have a sweet, rich, musky flavor and are grown all over the world in temperate climates. They are popular as table grapes and are also used to make sweet wines that pairs well with desserts. Available March to May.

Muscato A medium, seedless, oval grape that is either green or red skinned. The green variety is a cross between Thompson seedless and the Muscat variety and are sweeter than common green grapes. The red variety is a cross between the Italia, Tokay, and Muscat grape varieties and is sweeter than the common red grapes. Available June to October.

Niagara A large, American hybrid with a light green skin. It is used for wine and as a table grape and for commercial juice production. Available May to December.

Perlette A seedless, European grape with a thin, tender, pale yellow skin and juicy, slightly sweet flavor. Available March to October.

Ribier A large, juicy, European dessert grape with a purplish-black skin and nonacidic flavor. Available March to October.

Thomson Seedless The most common green grape variety for commercial production in the United States. It is the leading table grape and also used to make golden raisins. It is small to medium and has a pale golden-green skin and crisp, juicy flesh. Available May to December.

Tokay A large, firm, European table grape that grows in clusters of bright red berries. Available August to December. Also known as Flame Tokay.

Zante A small, bright purple European grape cultivated primarily to make currants. California is the largest producer of the seedless, sweet zante and they may also be eaten out of hand or used as a garnish or ingredient in pastries and cakes. Available March to October.

grapefruit A tropical citrus fruit available in several varieties, cultivated in Florida, California, Arizona, and Texas. The name derives from the observation that it grows on the tree in clusters, like grapes. They may be seeded or seedless, and are classified as white, pink, or ruby red. The white have a pale yellow flesh and are typically smaller and more tart than the pink. The pink are higher in vitamin A and have a mildly sweet pink flesh. The large ruby reds have a sweet, bright ruby flesh. All are available year-round, but Arizona and California grapefruits are best from January through August, while Florida and Texas grapefruits are available October through June. See also *cocktail grapefruit*, *melogold*, *oro blanco*, and *pomelo*.

grapefruit knife A small knife with a slightly curved blade that has a double-sided serrated edge, used to detach individual sections from the fruit.

grape pie See *jelly pie*.

grape sugar Another name for *dextrose*.

grappa ('graph-pah) Italian for “grape stalk,” referring to an aromatic Italian alcohol made by distilling the skins, stems, and seeds of grapes leftover from wine making. It has been commercially produced since the 18th century, and the flavor depends on the type and quality of grape residue used as well as the style of distillation. It is popular in Italy as an after-dinner drink and is sometimes added to espresso, which is known as *caffè corretto*.

grasshopper pie A Southern pie from the 1950s that consists of a filling of *crème de menthe*, gelatin, and whipped cream in a graham cracker or cookie crust. Its name refers to the grasshopper green color of the pie that is a result of the green *crème de menthe*.

grate To reduce large particles of food to smaller particles or shreds by rubbing it against a serrated surface known as a *grater*.

grater A kitchen tool used to reduce hard food products to small pieces or shreds by moving the food over sharp holes or slots. There are graters for different purposes, including specialized graters for ginger and nutmeg. The most common is the *box grater*, which has four perforated sides, each with different size holes; it is open on the top and bottom, and has a handle on the top for gripping during use. See also *Mouli grater*.

Gravenstein apple See *apple*.

grease 1. The rendered fat from animal products such as bacon, chicken, or beef.
2. To apply fat to a surface in order to prevent foods from sticking to the surface and allowing for easy removal after cooking.

Greek coffee A very rich, strong coffee made in a *brik*, or brass coffee pot with a wooden handle. The coffee may be made in a variety of ways: *sketos*, or strong and bitter without sugar; *metrios*, or medium with one teaspoon of sugar; *glykys* or *vari glykos*, sweetened with honey; or *glykys vrastos*, sweet but boiled more than once so it loses most of its froth. Once the mixture boils, it is left to steep for a minute to allow the grounds to settle to the bottom and then is served immediately. If it is served cold it is known as Greek frappe.

Greek frappe See *Greek coffee*.

green flour See *flour*.

Green Fuerte avocado See *avocado*.

Greengage plum See *plum*.

green mango See *mango*.

green papaya See *papaya*.

green peppercorns See *peppercorns*.

green tea See *tea*.

grenadine ('grehn-uh-deen) A red syrup made from the juice of pomegranates that may or may not contain alcohol. Its name comes from the French *grenade*, which means “pomegranate.” It is often used in pastry for both its flavor and the reddish-pink hue it imparts.

griddle A flat, solid surface used to cook foods with little or no fat. Griddles are typically made of iron or another heavy metal that is a good conductor of heat.

griddle cake A batter-type bread cooked directly on a *griddle*. The most popular griddle cakes are *pancakes*; however, *English muffins* also fall into this category.

grill 1. A metal grate placed over a heat source, usually a flame, to cook food on. 2. An eating establishment that has a casual atmosphere and broad food selection. Also spelled *grille*. 3. A dry-heat cooking method.

grind To reduce a food item to small particles, by grinding, crushing, or milling. The finished texture may be fine, medium, or coarsely ground.

grinder A tool used to grind food, either manually or electrically operated. Small, specialty grinders are used to grind beans for freshly ground coffee and espresso.

griottine (grih-yoh-teen) A French cherry that has been partially cooked and bottled in brandy with sugar. Both the griottine and its liquid are used in desserts, including *cherries jubilee*. Also known as *guinette*.

grissini Thin crisp Italian breadsticks. They originated in Turin in the Piedmont district of Italy.

grits A side dish of cornmeal mush made from coarsely ground corn. The name derives from the Old English *grytta*, which means “coarse meal.” This Southern U.S. favorite can be made with either yellow or white cornmeal and from meal made from the whole kernel or from hulled kernels (*hominy*). The cornmeal is boiled in water or milk until it reaches a soft semi-solid state with a gritty texture, and typically is served at breakfast but has also become popular at other meals as well. Also known as *hominy grits*. See also *hominy*.

Grittibaenz ('grit-ih-by-nzh) A German holiday bread formed in the shape of St. Nicholas. It is made for children and first appeared in the early 1800s.

groats The kernels of a grain such as oats or barley, from which the husks have been removed.

gros sel The French word for an unrefined crystalline salt.

ground cherry Another name for *cape gooseberry*; see *berry*.

groundnut Another name for *peanut*.

gruel ('groo-uhl) A thin, warm cereal made by cooking oatmeal with water or milk.

grunt A colonial American steamed cobbler made of fruit covered with a biscuit-like dough and sprinkled with sugar. Also known as a *slump*.

guar gum A thickener obtained from the beans of a plant that grows in India and Pakistan. It is also added to frozen foods such as pasteurized egg whites and ice cream to prevent freezer damage and to reduce the growth of ice crystals.

guava A tropical fruit with a thin edible skin that encloses a flesh with edible seeds, native to South America. There are several varieties, including a large green apple-size guava that is crisp but not very sweet; and two golf-ball-size guavas that are green skinned when unripe and golden yellow when ripe. One has a cream-colored sweet, juicy flesh while the other has a salmon pink flesh and perfume-like aroma. The fruit is high in pectin and often is used for jams, jellies, and preserves. *Guava juice* is also popular as a drink.

guava juice See *guava*.

guava paste A Latin confection of guava pulp, sugar, pectin, and citric acid that is cooked until very thick and molded into individually wrapped bars. It is typically sliced and eaten as a snack, or served with ice cream or yogurt.

gubana The Italian word for “snail,” referring to a rich fruit and nut-filled sweet bread that is rolled into a spiral to resemble a snail. It is made with equal amounts of dough and filling, and is traditionally served at Easter. The rich filling consists of raisins, walnuts, hazelnuts, pine nuts, almonds, and five different wines and liqueurs. It is a specialty of Friuli, in northeastern Italy.

guéridon See *flambé trolley*.

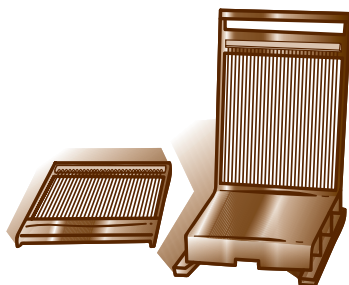
Guittard A family-owned and -operated chocolate company based in San Francisco that has been producing chocolate products since 1868.

Gugelhopf See *Kugelhopf*.

guinette 1. A small red cherry grown in France; see *cherry*. 2. Another name for *griottine*.

guitar A tool used to cut confections. It has taught metal strings attached to a bar that is hinged to a flat, heavy metal, square base. There are interchangeable wire bars in order to achieve cuts of different widths.

gulab jamun ('goo-lahb jah-'moon) A north Indian confection of sweet sticky balls of dark milk fudge that have been boiled in milk until very thick, then deep-fried and steeped in rose water syrup spiced with cinnamon or cardamom.



gum arabic The purified and dried sap of the North African acacia tree, used as a thickener and to stabilize emulsions. It is used in fillings and icings because it maintains a flavorless, nongummy *mouthfeel*.

gumdrop A small, sweet, brightly colored candy made of gelatin and fruit flavor. Gumdrops are shaped like a fat thimble and coated in granulated sugar, which gives them a nice texture contrast to the smooth, “gummy” filling. They are often used for decorating cakes and cupcakes, and are a popular adornment for gingerbread houses during Christmastime.

gum paste An edible product that is used for cake decoration. It is made from confectioners’ sugar, gum tragacanth, glucose, and water, which is kneaded to a soft dough-like consistency. It can be rolled very thin, and once dried, is both delicate and durable. The paste may also be colored before use or brushed with color once dried.

gum paste tool Any of several small, hand-held tools used to create decorative gum paste products, particularly flowers. They are typically made of heavy plastic but may also be available in metal.

gum tragacanth An ingredient in *gum paste* that is thicker than gum arabic. It is obtained from the Middle Eastern Astragalus shrub and is very expensive. It is also the binding agent in gum paste.

gunpowder tea A fine green tea from the Zhejiang province of China. It gets its unique name from the shape of the finished tea. The very dark green tea leaves are rolled into little pellets that look like gunpowder and “explode” into long leaves when steeped in hot water. It has a smoky flavor and slight aftertaste. Also known as *bead tea* or *pearl tea*.

guo kua ('goo-oh kwah) A Chinese breakfast bread that is a specialty of Sichuan. It may be sweet if made with raw brown sugarcane or savory if made with Sichuan peppercorns and scallions.

gur See *sugar*; *jaggery*.