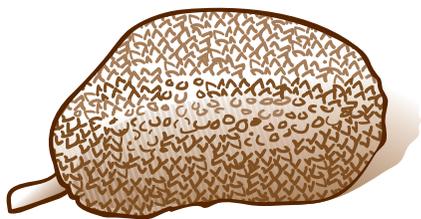


**jackfruit** The oval fruit of a small evergreen tree that is native to India but is now prevalent all over Southeast Asia. The prickly greenish-yellow rind surrounds a rich yellow flesh with light brown seeds. It has a very strong odor; it is generally cut into sections and eaten fresh or boiled in coconut milk and eaten as a vegetable. The

chewy flesh is a cross between a pineapple and a melon, but with a milder taste and less juicy texture. It is considered the largest fruit in the world. The seeds may be boiled in saltwater and eaten as a snack, while the wood of the tree is used extensively in wood carving. Jackfruit is also available canned.



**Jacob's bâton** (jah-cob's bah-'than) A small, stick-shaped *éclair* filled with pastry cream and iced with *fondant*.

**jaconde** ('zha-kohnde) A light, thin sponge cake made with ground almonds, confectioner's sugar, egg whites, and flour, used for decorative linings for cake and charlotte molds. The design is incorporated by stenciling a colored *tuile* paste onto a *silpat* and then covering it with the *jaconde* batter before baking. Once baked the design is set on the outer layer of the cake. Also known as *ribbon sponge*.

**jaggery** See *sugar*.

**jalebis** ('gel-ei-bees) A sweet treat made in markets throughout the Middle East and in India. It consists of a thin batter poured into hot oil and fried until crisp, then soaked in a rosewater syrup.

**jallab** (gall-aab) A sweet, chilled Middle Eastern drink made from dates, grapes, and rosewater and garnished with pine nuts.

**jalousie** ('zhah-loh-zee) A French pastry of long rectangular strips of *puff pastry* filled with *frangipane* (although jam or poached fruit is also common), and topped with lattice-cut puff pastry, then baked and finished with either apricot glaze or a dusting of confectioners' sugar. The name is French for "venetian blind," as the filling is visible through the pastry.

**jam** A sweet fruit spread made from pureed fruit. It must contain a minimum of 45% fruit, combined with sugar and cooked to 220°F (104°C). Some fruits contain a natural gelling agent called *pectin* and during the cooking process, the acid and pectin in the fruit react and cause the mixture to set upon cooling. When the fruit is low in pectin granulated or liquid pectin may be added to achieve the proper set. The technique of fruit preservation can be traced back to the ancient Greeks who used honey in the preservation of fruit, such as quince. The Crusaders introduced fruit preservation to Europe where they improved the flavor and texture with cane sugar. Jam is used as a spread for breads, scones, and biscuits;

as a topping for waffles and pancakes; and as a filling for Danish, cakes, and doughnuts. See also *jelly*, *preserves*, and *marmalade*.

**Jamaica pepper** See *allspice*.

**Jamaican rum** See *rum*.

**jameed** See *labanah mackbouseh*.

**janhagel** ('yahn-hay-ghal) A Dutch almond cookie flavored with allspice and cinnamon, and topped with almonds.

**Japanese pear** See *pear*.

**Japanese plum** See *plum*.

**Japanese rice wine** See *sake*.

**japonaise** (zhah-poh-nays) A French baked meringue made with ground almonds or hazelnuts.

**jar wonton** A Chinese pastry of *wonton wrappers* filled with nuts, dates, lemon zest, and orange juice, then rolled into tubes, the ends twisted, and deep-fried. They are dusted with confectioner's sugar before serving.

**jasmine** ('jazz-mihn) A sweet-scented flower used to flavor teas and pastries.

**jell** To congeal a food substance into a firm state, often by using *pectin* or *gelatin*.

**jellies** Small European confections made from concentrated fruit juice and sugar, cooked to 220°F (104°C), cooled, and combined with gelatin to form a very firm, slightly chewy layer. It is then cut into desired shapes, usually squares, and coated with sugar. These are often served as part of a *mignardise* selection.

**Jell-O** A flavored and sweetened gelatin mix in powder form. It is dissolved in hot water, cold water is added, and it is allowed to gel. This popular American dessert dates back to 1845, when an inventor named Peter Cooper obtained the first patent for a gelatin dessert. Although he packaged the gelatin in neat little boxes with directions for use, it did not become popular until Pearle B. Wait, a carpenter and cough medicine manufacturer, created a fruit-flavored version in 1897. Pearle's wife, May Davis Wait, named it, and the original flavors were strawberry, raspberry, orange, and lemon. Today, over 300 million boxes of Jell-O are sold annually.

**jelly** A sweet fruit spread made from clear fruit juice and sugar. Generally fruits high in *pectin* are made into jellies. In England, *jelly* refers to sweet or savory gelatin-based food. See also *jam* and *preserves*.

**jelly bag** A canvas or cheesecloth bag used to strain fruit, so as to obtain the clear juice for making jelly.

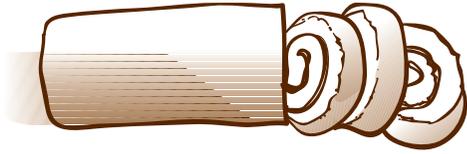
**jelly bean** A very small, egg-shaped candy made with sugar, corn syrup, and food starch. It has a thin, hard exterior and a chewy fruit-flavored center. Jelly beans come in a wide variety of flavors and colors ranging from black licorice to hot pink cotton candy. It is believed they derive from the Middle Eastern confection known as *Turkish delight*. They became associated with Easter in the 1930s, and have been an American tradition ever since. Jelly Belly is the most well-known brand.

**jelly cake** A small sponge cake coated in jelly and rolled in *desiccated coconut*, eaten as is or sometimes split and filled with cream.

**jelly melon** See *kiwano melon*.

**jelly pie** A Southern pie with a filling of cooked *Concord grapes*, sugar, and lemon juice thickened with cornstarch and poured into a blind-baked pie crust (see *blind bake*), then topped with whipped cream. Also known as *grape pie*.

**jelly roll** A thin sheet of sponge cake spread with a thin layer of jam and rolled up into a cylinder. The cake is served cut into thin slices. Also known as *Swiss roll*; see also *English Swiss roll*.



**jesuite** (jeh-'sweet) A small, triangle of *puff pastry* that is filled with *marzipan* paste and covered with *royal icing*. Its triangular shape resembles the hats worn by Jesuits.

**J. H. Male peach** See *peach*.

**Jiffy Pop** See *popcorn*.

**jilk** A stabilizer sometimes used to help aerate *génoise*.

**jimmies** Tiny elongated pieces of chocolate, white, or multicolored candies, used to decorate cakes, cupcakes, and candies. They date to the early 19th century; known also as *sprinkles* in America, *vermicelli* in France, hundreds-and-thousands in England, and *nonpareils* in France.

**Johannisberg Riesling** See *Riesling*.

**johnnycake** A cornmeal flatbread made by early settlers in New England. The name is believed to derive from the Shawnee Indian *jonakin*. Early versions were made simply with cornmeal, salt, and water; modern-day johnnycakes often include eggs, oil, and baking powder. Also known as *Shawnee cake* and *journey cake*. See also *cornmeal flatbread*.

**jointoyer** (jwahn-toy-'yay) A French term that refers to filling in any uneven surfaces of layered cakes and pastries. This is typically done with whipped cream or *buttercream* to ensure a smooth and uniform surface on the top and sides of the cake.

**Jonagold apple** See *apple*.

**Jonathan apple** See *apple*.

**jordan almond** A small confection of an almond encased in a hard sugar coating. These come in a wide range of colors and are popular wedding favors because they symbolize married life as being both bitter (almond) and sweet (sugar).

**journey cake** Another name for johnnycake, believed to be called such because it was easily prepared and carried by travelers. See also *johnnycake*.

**jowar** (joo-'wahr) See *flour*, *sorghum*.

**juggery** ('joooh-gehr-dhi) A tapioca dessert from India, made with *treacle*, coconut, and cream.

**jugo** ('hoo-goh) A Latin American drink made from fresh fruit pulp and ice, and sometimes sugar.

**juicer** A hand tool or electric machine that extracts the juice from fruits. The hand tool is a shallow flat-bottomed bowl for juicing citrus fruits; the fruit is cut in half and placed on a pointed cone in the center of the bowl. When the fruit half is pressed onto the cone and turned, the juice collects at the bottom. Electric juicers extract the juice from a variety of fruits and vegetables, separating pulp and residue using the same concept as the manually operated one.

**jujube** (joo-'joo-bee) 1. A small fruit-flavored candy with a hard gelatinous center. Originally the center contained cough medication; the name derives from the Chinese date *Ziziphus jujube*, the juice of which was used in the candy. 2. Another name for *Chinese red date*, used in Asian desserts.

**julekaka** (jhoo-'leh-kah-kah) A Norwegian Christmas bread made from a sweetened yeast-raised dough flavored with cardamom, citron, and raisins.

**julienne** (joo-lee-'ehn) To cut food into matchstick pieces, which generally measure  $\frac{1}{8}$  inch (3 mm) thick and vary in length.

**jumbal** 1. An English biscuit made with a honey-sweetened dough that is rolled into long, thin pieces, baked, and then covered with lemon icing and flavored with caraway. It dates to the 17th century. 2. A colonial American ring-shaped sugar cookie often flavored with sour cream and scented with rosewater. These crisp, delicate cookies date back to the 18th century and were also made in coconut and walnut flavors.

**juniper berry** See *berry*.

**junket** A British dessert of milk, sugar, and flavorings that are jelled with *rennet*. It has a custard-like texture and is traditionally served with *clotted cream*. The dessert dates back to medieval times.

**juwar** ('juh-wahr) The Hindi word for sorghum flour; see *flour*.

