

# Pp

**pachade** (pah-'shahd) A dessert from the Auvergene region of France that consists of a crêpe batter mixed with fruit, usually plums or prunes, and baked in a deep dish.

**paddle** See *mixer attachments*.

**pain** (pan) The French word for *bread*. Commonly used as a prefix for a bread-related product, such as *pain au levain* (*sourdough bread*).

**pain à l'ancienne** (pahn auhl-ahn-'see-uhn) The French term for “ancient bread,” referring to a lean, rustic bread with a distinct natural sweetness and nutlike character. It is made with a unique, delayed-fermentation method. This method uses ice water to release flavors from the flour by delaying the activation of yeast until after the *amylase* enzymes have begun breaking down the starch into sugar. This creates a reserve of sugar in the fermented dough that adds flavor and caramelizes the crust during baking.

**pain au chocolate** (pahn oh sha-coe-'laht) A chocolate-filled *croissant*. It is made by rolling a rich, dark chocolate bar in a small, rectangular square of croissant dough. It is eaten by French children as an after-school snack, or for breakfast.

**pain au levain** (pahn o luh-'va) A rustic French bread made with a levain starter and traditionally shaped into a *boule*. It is characterized by its crisp crust, delicate flavor, and open cell structure.

**pain de campagne** (pahn duh cuhm-'puhn-yuh) The French term for “country bread,” referring to a rustic bread made with a dough similar to *baguette* dough but also with whole grains, such as whole wheat, white rye, or cornmeal. The grain gives the bread more character and flavor, and contributes to the brownish-gold country-style crust.

**pain d'épeautre** (pahn deh-peh-o-'trah) A simple Swiss breakfast bread made from *spelt* and sometimes flavored with honey.

**pain d'épice** (pahn deh-'pees) The French term for “spice bread,” referring to a rich, breadlike cake made with honey, candied orange, and spices such as cinnamon, ginger, nutmeg, and anise.

**pain de mie** (pahn duh mee) The French term for “bread of the crumb,” referring to white breads, including *Pullman loaf* and breads made from milk dough, such as sandwich bread and hamburger or hot dog buns.

**pain perdu** ('pahn pehr-do) The French term for “lost bread” that refers to a hard bread that is softened in a mixture of milk and eggs and fried, thereby making it useable for consumption. See also *French toast*.

**pairing knife** See *paring knife*.

**pakora** ('pah-koor-ah) An Indian deep-fried fritter made with *besan* and filled with sweet or savory items, eaten as a snack.

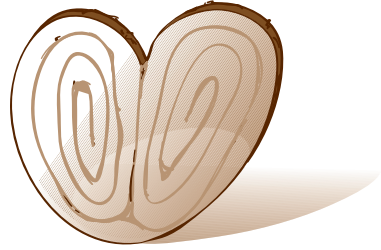
**palacsinta** (pah-lah-'shih-n-tuh) A Hungarian dessert of stacked paper-thin sweet pancakes layered with jam. The six or seven pancakes are sliced into wedges and served with coffee.

**palet** (pa-lay) A crisp petit four flavored with anise, rum, vanilla, and brown sugar. Some varieties include candied citrus peel or ground almonds. *Palets de dames* are made with currants.

**palets de dame** See *palet*.

**palette knife** See *spatula, flexible*.

**palmier** (pahl-'me-yay) The French word for "palm leaves," referring to crisp, buttery strips of puff pastry that have been rolled up to resemble a palm leaf. It is topped with sugar, which caramelizes as it is baked. They are served with coffee or tea, or as an accompaniment to ice cream or dessert. In America, they are sometimes referred to as *elephant ears*.



**palm kernel oil** A pale yellow oil extracted from the kernel or nut of a palm tree. It is very high in saturated fat and milder in flavor than *palm oil*.

**palm oil** A reddish-brown oil extracted from the kernel or nut of an African palm tree. It is very high in saturated fat and is used in Brazilian and West African cooking.

**palm sugar** See *sugar*.

**palm vinegar** See *vinegar*.

**Palo Cortado** (pah-loh kohr-'tah-toh) See *sherry*.

**pamplemousse** ('pahn-pluh-moose) The French word for *grapefruit*.

**pan** (pahn) The Spanish word for *bread*, commonly used as a prefix for bread-related products, such as *pan de Aranada*.

**panada** Another name for *panade*.

**panade** (pah-'nahd) A paste of varying consistency, used as a base for *soufflés* and *choux pastries*. Also known as *panada*.

**panadería** (pan-uh-deh-'ree-ah) The Spanish word for *bakery*.

**panary action** The rising of bread dough by yeast action. *Panare* is Latin for "bread" and refers to fermentation or aeration.

**pan bagna** (pahn 'bahn-yuh) A large bread roll that is split and brushed with olive oil, then stuffed with any of several fillings.

**pancake** 1. A thin, flat cake made by cooking a batter on a griddle over high heat, served as a breakfast item with butter and maple syrup. 2. A cooked batter product with hundreds of varieties around the world that vary in thickness and ingredients, and may be served as breakfast, an appetizer, entree, or dessert. See also *blini, palacsinta, and Swedish pancake*.

**pancake syrup** A syrup served with American pancakes. Maple syrup is the most common, but it may also be fruit based.

**pandanus leaf** The green, strap-shaped leaf of the pandanus tree. It has a vanilla-like flavor and is used to flavor and color Southeast Asian desserts, pastries, beverages, and confections.

**Pan de Aranada** (pahn day 'ah-rah-'nah-dah) A flat, moist bread from Aranada de Duero in the Castilian province of Burgos, Spain.

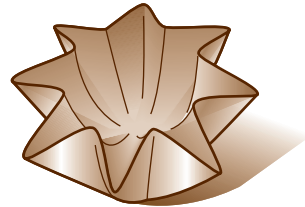
**pan di spagna** (pahn dee 'spahn-yuh) The Italian term for “Spanish bread,” referring to a light spongecake similar to *génoise*.

**pan di Toni** See *panettone*.

**pandoro** (pahn-'doh-roh) The Italian word for “golden bread,” referring to a sweet yeasted bread from Verona, Italy. The bread gets its distinct star shape from being baked in a *pandoro mold*; it is dusted with confectioners' sugar and served at Christmas.

**pandoro mold** A deep, star-shaped mold for making *pandoro* bread.

**pandowdy** A deep-dish dessert from New England that is a mixture of fruit, usually apples, butter, brown sugar or molasses, and spices, topped with a biscuitlike dough and baked. The name derives from a technique used to make the dessert, called “dowdying,” which entails breaking the crust halfway through the baking so that it can absorb the fruit juices and result in a crisp crust. Pandowdy is served warm with whipped cream, ice cream, or hard sauce.



pandoro mold

**pane** ('pah-neh) The Italian word for *bread*, commonly used as a prefix for bread-related products, such as *pane del marinaio*.

**pané del marinaio** ('pah-nay dehl mah-ree-ni-'o) The Italian term for “sailor's bread,” referring to a dome-shaped sweet bread full of raisins, pine nuts, and candied orange. It is spiced with fennel seeds and flavored with *Marsala*. Its name derives from its popularity in Genoa, a seaport town on the Italian Riviera.

**pané di ramerino** ('pah-nay dee rah-may-'ree-no) A lightly sweetened Italian egg bread filled with raisins and flavored with rosemary. It resembles a *hot cross bun* and was traditionally eaten in Tuscany on Holy Thursday, but can now be found throughout the year.

**paneer** (pah-nayr) A fresh, unaged *farmers cheese* made from whole buffalo or cow's milk. It does not melt when heated and does not contain *rennet* so it is vegetarian. It is traditionally pressed into a firm cube that is chopped or sliced for cooking. It is widely used in Indian and Middle Eastern cuisine as a source of protein. Also spelled *panir*.

**panela** (pah-'nehl-ah) See *sugar*.

**pane Siciliano** ('pah-neh sihs-il-lee 'ah-noh) The Italian term for “Sicilian bread,” referring to a rustic, enriched bread made with semolina flour, which adds a slightly sweet, nutty flavor and pale-yellow hue. It is S-shaped and topped with sesame seeds.

**panetteria** (pah-nah-teh-'ree-ah) The Italian word for *bakery*.

**panettone** (pahn-ah-'toh-nay) A traditional Italian festive bread baked in a tall cylindrical mold. It is a sweet and rich, yeasted bread packed with dried fruits and sometimes almonds. It is believed to have been created in Milan during the 15th century, and its name is said to derive from *pan di Toni*, the baker believed to have created it. Folklore says that a wealthy young Italian wished to marry the baker's daughter, but her lower-class status prevented this from happening, so the wealthy Italian gave the baker the ingredients to create a special bread that became so popular the baker prospered enough for them to marry.

**panforte** (pahn-'fohr-tay) The Italian term for “strong bread,” referring to a strongly spiced flat, rich cake from Siena, made with honey, spices, nuts, and dried

fruits. It is served in thin slices during Christmastime, and dates back to medieval times. Also known as *Siena cake*.

**panini** (pah-'neen-nee) A small Italian bread roll stuffed with savory items such as prosciutto and cheese. Depending on the region, they may be soft or crisp and round to star-shaped.

**panino** (pah-nee-no) Italian for roll or sandwich.

**panir** (pah-'neer) See *paneer*.

**panko** ('pang-koh) Coarse Japanese bread crumbs that lend a crunchy, crisp, airy texture to fried foods.

**panmarino** (pah-mah-'ree-no) The Italian name for a potato-rosemary bread. Using mashed potatoes in the dough yields a tender product because potato starch softens the dough.

**panna** ('pah-nah) The Italian word for *cream*.

**panna cotta** ('pah-nah 'koh-tah) The Italian term for “cooked cream,” referring to a light, refreshing eggless custard often molded and served with fresh fruit or sauce. It is made by simmering cream, milk, sugar, and a flavoring such as vanilla, and setting it with gelatin.

**pannekoeken** (pahn-neck-coe-ken) A sweet or savory Dutch pancake. The sweet version is made with apples and served with a light brown syrup made from sugar beets.

**pannequet** (pan-neh'kuh) A French sweet or savory pancake. The sweet version is typically filled with a pastry cream flavored with candied fruits, liqueur, or praline and either flamed or browned under a broiler.

**panocha** See *sugar*.

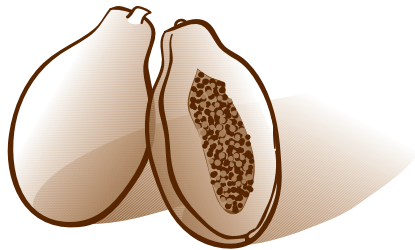
**panola** (pah-'noh-lah) A sweet Mexican pudding made from dried corn and spices.

**pan tramvai** (pahn trahm-'vah-ee) A sweet bread from Milan that is basically half bread and half raisins.

**pa-pao-fan** (pah-'poh-fahn) The Chinese term for “eight treasures,” referring to a rice pudding elaborately decorated with eight different nuts and/or dried or candied fruits. It is typically served at special occasions with an almond-flavored syrup.

**papaw** (pa-paw) The fruit of a native North American tree, a member of the cherimoya family. It ranges in size from 2 to 6 inches long (5 to 15 cm) and resembles a fat, dark brown banana. It has an aromatic, pale yellow flesh that tastes like a cross between a sweet banana and a pear. It has a unique custard-like texture and is not widely available.

**papaya** (puh-'pie-yuh) A tropical fruit with a mildly sweet, tender flesh and exotic, slightly musky aroma. The leafy trees are cultivated in warm temperate climates around the world, including Hawaii, Florida, Mexico, Central and South America, India, Africa, Southeast Asia, and the Philippines. The mostly large, oval fruits are eaten fresh, sprinkled with lime, or used in salads and as a garnish, or pureed as a flavoring ingredient in sorbets, ice creams, and pastry creams. With the exception of the green papaya, they make an excellent fruit



display owing to their striking contrast of bright orange flesh and dark seeds. The most common varieties are:

**Green** With deep green skin and firm, crunchy, creamy white flesh; used as a vegetable in Asian cuisine.

**Maradol** A common Caribbean variety. Similar to *Solo*, but larger with an oblong shape and salmon-colored flesh.

**Solo** A pear-shaped American variety approximately 6 inches (15 cm) long and 1 to 2 pounds (455 to 910 g). It has a thin, golden yellow skin and rich golden yellow-orange flesh, with a smooth, juicy texture and sweet-tart flavor. The large, center cavity is packed with small, shiny, grayish-black seeds that are edible but usually discarded.

**Strawberry** A smaller version of the *Maradol* but pear-shaped.

**papelón** (pah-peh-'yohn) Hardened raw sugarcane pulp. A Venezuelan drink called *papelón con limón* is made with water and lime, sweetened with papelón.

**papelón con limón** (pah-peh-'yohn kohn 'lee-mohn) See *papelón*.

**paper cone** A small, disposable piping bag made from parchment paper. These are typically filled with chocolate and used to decorate and write on cakes.

**papillon** ('pah-pee-yohn) The French word for “butterfly,” referring to a pastry made by stacking thin strips of puff pastry and twisting the slices in the middle so that they resemble a bow tie or butterfly. The pieces are heavily dusted with sugar and baked until lightly caramelized. Small papillons are also sometimes referred to as *pig's ears*.

**papillote** ('pah-pee-yoht) See *en papillote*.

**pappadam** ('pah-pah-duhm) A crisp, wafer-like Indian *flatbread* made with lentil flour. It is usually sold dried at the market, and then roasted, grilled, or fried at home.

**para** (pah-'rah) See *Brazil nut*.

**paratha** (pah-'rah-tah) An Indian *flatbread* made with whole wheat flour and sometimes flavored with herbs and spices, and baked on a griddle. There are many variations depending on the region, whether round, square, or rectangular and stuffed with fruit or vegetables, or simply brushed with *ghee*.

**parchment paper** A nonstick paper used to line baking pans and make *paper cones*. The paper is available in light, medium, and heavy grades and comes in rolls, full- and half-sheet pan rectangles, and circles or pre-cut triangles.

**pareve** ('pah-uh-vuh) A Jewish term to describe a food that has been made without dairy or animal ingredients. To be considered pareve, breads and cakes must be made with vegetable oils, and not butter or other animal fats or dairy products. Kosher dietary laws require dairy and animal products to be eaten separately, but pareve products may be eaten with either simultaneously.

**parfait** (pah-'fay) 1. An American dessert of ice cream layered with a flavored syrup and sometimes fruit, and topped with whipped cream, nuts, and a maraschino cherry. It is traditionally served in a *parfait glass*, which is a tall, narrow, footed glass with a fluted top. 2. The French word for “perfect,” referring to a still-frozen dessert made by folding whipped cream into a flavored *pâte à bombe* mixture. It has a light, airy texture and is typically molded to enhance its appearance.

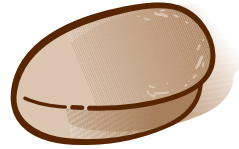
**parfait glass** See *parfait*, no. 1.

**paring knife** A small, short-bladed knife used for slicing and peeling fruits and vegetables. Also spelled *pairing knife*.

**Paris-Brest** ('pah-ree brehst) A French pastry that consists of *pâte à choux* piped into a ring, topped with sliced almonds, and baked; once cooled, it is sliced in half horizontally and filled with a praline-flavored cream. The pastry was created in 1891 in honor of the bicycle race from Paris to Brest, France. The shape is meant to resemble a bicycle tire. Other variations omit the almonds and may be filled with whipped cream or *crème diplomat*.

**Parisien** (pah-rhee-zhee-'uhn) French cake that is lemon-flavored *spongecake* filled with *frangipane* and candied fruits, then covered in *Italian meringue* and lightly browned. It dates back to the 18th century.

**Parker House roll** A soft yeast roll with a center seam that splits open easily. The roll is formed by flattening the center of a round piece of enriched white-flour dough and folding it over to make a crease. The roll is named after the Parker House Hotel in Boston, where it was created.



**parkin** A British version of gingerbread, made with oatmeal and golden syrup. It is formed as a loaf or cookie, and is served on Guy Fawkes Day (November 5), in honor of the 17th-century man who fought to have Roman Catholic priests recognized in the Protestant Parliament.

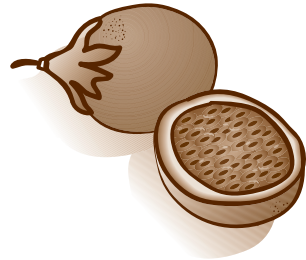
**Parmesan cheese** A hard, sharp-flavored aged Italian cheese made from skim or part skim cow's milk. The cheese is often grated onto food to enhance its flavor; the authentic version is called *Parmigiano-Reggiano*.

**Parmigiano-Reggiano cheese** (pah-r-meh-zhon-oh reh-j-ee-'ah-noh) See *Parmesan cheese*.

**partially hydrogenated fat** A fat that has been partially hydrogenated to render it soft and plastic.

**paskha** ('pahs-kuh) A sweet Russian molded cheese that is a mixture of *pot cheese*, candied or dried fruit, and almonds. It is shaped as a four-sided pyramid with the letters *XB* on top, which stands for "Christ has risen," and is traditionally served at Easter with *kulich*.

**passion fruit** The fruit of a lush tropical vine with large, colorful flowers. The fruit is round to oval, with a hard purplish-brown skin that wrinkles when ripe and soft, jelly-like pulp with edible seeds. The fruit is native to Brazil, where it is known as *granadilla*, but today is cultivated in Hawaii (where it is known as *lilikoi*), New Zealand, Australia, California, and Florida and is available year-round. The flavor is intensely sweet-tart and tastes like a combination of honey, lime, banana, and guava. The fruit is cracked open and the pulp scooped out and eaten straight, but more commonly the strained pulp is used to flavor drinks, ice cream, yogurt, and many other foods. The name was given by early European missionaries, who saw symbols of Christ's crucifixion, such as a crown of thorns, in its flowers and named the fruit after the Passion of the Christ. Although harder to find, there is also the *vanilla passion fruit*, also known as *banana passion fruit*. It is shaped like a small, straight banana with pointed ends. The soft skin wrinkles and turns from green to pale yellow as it ripens. The flesh has a greenish-orange hue, with a hint of vanilla and banana, and the edible seeds are larger and darker than the more common variety. Available March to June.



**passion fruit liqueur** A liqueur made from *passion fruit*. It is slightly acidic, with an intense flavor and aroma.

**pasta frolla** ('pahs-tah 'froh-lah) The Italian term for “tender dough,” referring to a rich, sweet pastry dough that is used for many Italian desserts and pastries, such as *crostata*, *pastiera*, and fruit tarts.

**pastel de nata** ('pas-tell da nya-tah) A Portuguese pastry that is a flaky pastry shell filled with sweet custard cream.

**pasteurization** (pas-chuh-rize-'a-shun) The process by which the bacteria in milk are killed by heating it to a high temperature (161°F/72°C) for a minimum of 15 seconds. The process was developed by Louis Pasteur in the mid-1800s.

**pasticceria** (pah-stee-tcheh-'ree-ah) The Italian word for pastry shop.

**pastiera** (pahs-tee-'ehr-rah) A Neapolitan lattice-topped pie with a *pasta frolla* crust filled with cooked wheat grain, ricotta cheese, butter, milk, eggs, sugar, candied orange peel, walnuts, cinnamon, and orange flower water, then dusted with confectioners' sugar. Served at Easter.

**pastillage** ('past-tee-ahz) A very white, pliable pastry dough used to make pastry decorations such as ribbons, bows, and large-scale three-dimensional pieces. The dough is a combination of confectioners' sugar, cornstarch, gelatin, and sometimes *gum arabic*; it is kneaded until it is soft and smooth, and rolled to the desired thickness and cut and formed. It is very strong and dries rock hard. Although the dough is easy to roll and cut, it dries out quickly. Food coloring may be worked into the dough prior to rolling, or the finished piece may be *airbrushed* or painted with rehydrated cocoa powder or edible food coloring.

**pastille** (pas-'teel) A small, round, hard, flat, or drop-shape French confection. It is made from a mixture of cooked sugar syrup and *gum arabic*, flavored with mint, citrus oils, or licorice. It may be colored and is sometimes covered in chocolate. The name is believed to be after its creator, a confectioner named Jean Pastilla.

**pastilles de leche** (pahs-'stehl-laze day 'lay-chay) A chewy, fudge-like holiday confection from the Philippines. It is made by cooking milk, sugar, and lemon zest until very thick and then spreading it out in a ½-inch (1.2 cm) layer on a sugared surface. The candies are then cut into individual 2-inch (5 cm) pieces and rolled in sugar, then wrapped in brightly colored tissue paper that is cut in designs such as stars, leaves, and flowers.

**pastis** (pas-'tees) 1. A strong, licorice-flavored liqueur popular in the south of France. The name derives from the French *pastis*, which means “confused” or “mixed” because the drink has a cloudy appearance when mixed with water, which is how it is always drunk. 2. A pastry made in southwestern France, whose ingredients and preparation vary from region to region. See *Gascon pastis*, *landaise*, and *pastis bourrit*.

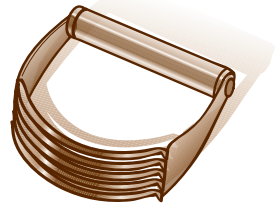
**pastis bourrit** (pas-tees boo-'rhee) A raised-dough *pastis* from Béarn, southern France. It is flavored with vanilla and rum or anisette and typically served with caramel custard at weddings, or sliced, toasted, and eaten as a snack or accompaniment with sweet or savory dishes.

**pastry** 1. A variety of sweet baked goods, such as *danish* and *éclairs*. 2. A variety of unleavened pastry doughs, such *pâte sucrée* and *pâte brisée*, that typically consist of flour, liquid, and fat.

**pastry bag** A hand-held, cone-shaped bag with a small opening at the bottom and a wide opening on top, used to pipe creams, light doughs, and such onto surfaces. A variety of pastry tips can be inserted into the bottom of the bag for different effects; the wide top enables the bag to be filled with the ingredient and twisted, so that the pressure forces the product through the tip to form the decorative shapes. Pastry bags are available in different sizes and may be made

from canvas, nylon, or disposable plastic. The canvas bags have a tendency to absorb the odors of the ingredients but can be refreshed by gentle cleaning in boiled lemon water. Also known as *pipng bag*.

**pastry blender** A hand-held tool used to cut fat into a pastry dough. It consists of a metal or wooden handle with five or six U-shaped, sturdy steel wires attached. The pastry blender is often used in place of hand mixing to keep the fat from being warmed while it is worked into the dough.



pastry blender

**pastry brush** A hand-held tool used to brush a coating ingredient onto a pastry or other item before or after baking, most commonly used for egg wash on pastries, glazes on fruit, and melted butter on baked goods. The bristles are attached to a wooden or plastic handle, and range from hard to soft depending on whether they are nylon, silicone, plastic, or natural fibers. Nylon bristles may melt if they are not heat-resistant; they are also hard and may scratch or tear dough, so softer bristles are generally recommended for delicate brushing. The brushes come in a range of lengths and widths.

**pastry chef** The person responsible for the production of all pastry products and desserts, as well as for managing the pastry kitchen and its staff.

**pastry cloth** A large, lightweight canvas or plastic-coated cotton cloth used to roll out pastry dough without its sticking to the surface. The canvas version should be dusted with flour and the excess flour shaken off before storing it. Some plastic cloths have different sizes of circles drawn on them to act as a guide for rolling doughs to particular sizes.

**pastry comb** See *cake comb*.

**pastry cream** A creamy, rich, cooked custard that may be flavored with vanilla, chocolate, coffee, fruit purees, or liqueurs. It is used as a filling for pastries such as *éclairs* and *Napoleons*, and as a base for creams such as *crème diplomat*. Also known as *crème pâtissière*.

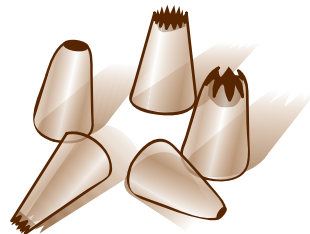
**pastry cutter** A sharp-edged cutter in a variety of sizes and shapes, used to cut out cookie doughs and make interesting garnishes for cakes and desserts. Possible shapes include circles, ovals, squares, stars, hearts, and flower petals.

**pastry dough** Any form of dough that is used to make baked pastry shells or pies. It generally consists of flour, fat, salt, and perhaps sugar and eggs. The dough may be made flaky or short, and is generally rolled before being used to line a pie or tart pan. See also *pâte brisée*, *pâte sablé*, *pâte sucrée*, and *pie dough*.

**pastry flour** See *flour*.

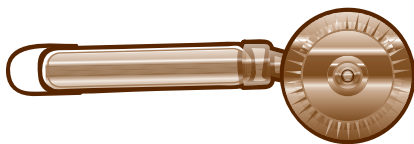
**pastry scraper** See *bowl scraper*.

**pastry tip** A metal or plastic attachment for a pastry bag, used to pipe batters, doughs, fillings, creams, icings, and ganaches into decorative shapes. There is a wide variety of tips available, and they may be purchased as sets or individually. Metal tips should be washed and dried immediately after use to prevent rusting and carefully stored to prevent their bending. Plastic tips are available in light and heavy gauge.





**pastry wheel** A hand-held tool used to cut small strips of dough into various shapes, sizes, and designs. It consists of a small, straight- or flute-edged wheel attached to a short wooden handle. The fluted variety will give the dough sides a wavy pattern; some brands of wheels have a combination of straight and fluted edges.



**pâte** (paht) The French word for *dough* or *batter*.

**pâte à bombe** (paht ah boh-m) A base for making *mousses*, *bombes*, French *parfaits*, and iced *soufflés*. It is a mixture of sugar and water cooked to the *softball stage* and poured over egg yolks while whipping to the ribbon stage; it may then be flavored with fruit purees, chocolate, vanilla, or coffee. The name is sometimes used interchangeably with the word *bombe*.

**pâte à choux** (paht ah shooh) A French pastry dough used for making many pastry products and desserts, including *éclairs*, *cream puffs*, *gâteau Saint-Honoré*, and *croquembouche*. It is made by boiling milk or water with salt, sugar, and butter, adding the flour all at once, and stirring with a wooden spoon until it is thick and slightly dried. The mixture is then paddled until it cools to a temperature of 140°F (60°C), so that the eggs can be added one by one until they are fully incorporated. The finished dough is soft, shiny, slightly sticky, and able to hold a very soft peak. It is piped into the desired shapes and sizes, and baked at a high temperature in order to create the steam that leavens the pastry and creates its distinct soft, tender, hollow interior and crisp, golden-brown exterior. Choux pastries may be made in advance and frozen. Also known as *choux paste* and *éclair paste*.

**pâte à glacer** (paht ah glah-say) A commercially made chocolate glaze imported from France and available from specialty vendors. It comes in white or dark chocolate, and gives a shiny, glossy appearance with a smooth texture and chocolate flavor. Also known as *chocolate glaze*.

**pâte brisée** (paht bree-zay) The French term for “broken dough,” referring to a flaky pastry dough made by the *biscuit method*. The term “broken” is a reference to the broken pieces of fat that are cut into the dough; the size of the fat and length of mixing time determine the dough’s flakiness. The dough’s mixing method and lower percentage of fat and sugar make it sturdier and easier to handle than *pâte sucrée*, so it is generally used for larger tarts. It is also a good choice for savory tarts because it is not sweet. The dough may be wrapped and stored in the refrigerator for up to five days or frozen for several months.

**pâte d’amande** (paht duh-mahnde) See *marzipan*.

**pâte fermentée** (‘paht fuhr-mehn-‘tay) A *pre-ferment* that is taken from a piece of white flour dough, reserved after mixing and added into the next batch of dough. This reserved dough enhances the flavor of the bread and is the only yeasted pre-ferment that contains salt. Also known as *old dough*.

**pâte feuilletée** (‘paht fuh-yuh-‘tay) The French term for *puff pastry*.

**patent flour** See *flour*.

**pâte sablée** (‘paht sah-‘blay) The French term for “sand dough,” referring to a sweet, rich, crumbly short dough made by the *creaming method*. The dough is softer and more delicate than *pâte brisée* and is recommended for small tarts, petit fours, and cookies. The dough may be wrapped and stored in the refrigerator for up to five days or frozen for several months.

**pâte sucrée** (‘paht sue-‘kray) The French term for “sugar dough,” referring to a sweet, rich, crisp short dough made by the *creaming method*. The dough is softer

and more delicate than *pâte brisée* and is recommended for small tarts, individual pastries, petit fours, and cookies. The dough may be wrapped and stored in the refrigerator for up to five days or frozen for several months.

**pâtisserie** (pah-'tis-uh-ree) A French word that refers to the art of pastry making, a shop where pastries are made and sold, and a general category of sweet baked products, such as cakes and pastries.

**pâtissier** ('pah-tees-syah) The French word for pastry cook. See *brigade*.

**patranque** (pa-trahn-'kuh) A French dish consisting of stale bread that is soaked in a cheese-flavored milk until soft and then fried in butter on both sides. A specialty of the Auvergne, this dish traditionally uses a soft, unripened cheese.

**patty cake** A small, round, individual butter cake that is baked in a *patty pan*. It is cut in half and filled with jam, then iced with fondant or buttercream.

**patty pan** A metal baking tray for baking *patty cakes*. There are 12 to 16 individual holes, with slightly curved indentations that measure  $\frac{3}{4}$  inch (2 cm) deep.

**pavé** (pah-vay) The French word for “paving stone,” referring to a square or rectangular sponge cake layered with buttercream. It can also be a thick block of gingerbread or a square sweet or savory molded mousse.

**Pavlova** (pav-'loh-vah) An Australian dessert of a large, round meringue disc spread with *crème chantilly* and topped with assorted fruits. The meringue has a light, crisp exterior and soft, delicate interior. The dessert was created in 1935 by chef Herberst Sachse; folklore has it that it was named in honor of the Russian prima ballerina Anna Pavlova, supposedly because when the owner of the hotel where Sachse worked saw the dessert, he remarked that the marshmallow center was as soft as the ballerina's personality, the whiteness was as white as her skin, and the sides resembled her tutu.

**peach** A *stonefruit* that is native to China but now cultivated in Europe, Africa, South America, Australia, and the United States. The peach was originally known as the *Persian apple* because Persia was the first to introduce it to Europe, and subsequently to the Americas. In the United States, Georgia, California, and Virginia are the largest producers of the commercial crop, while in Europe peaches are primarily cultivated in the Mediterranean region. Peaches are classified as either *clingstone* or *freestone* and there are hundreds of varieties that vary in size, shape, and color. The most common varieties are:

**Babcock** A small, semi-freestone peach from California. It has a slightly fuzzy, pale pink skin blushed with red and a very white flesh with a red center. Available May to August.

**Dixi-red** A semi-clingstone, medium peach from Georgia. It has a bright red skin and juicy, yellow flesh. Available early May to September.

**Elberta** A large, semi-oval, freestone peach from Georgia. It has a deep golden skin that is blushed with red and a firm, juicy yellow flesh. Available June to September.

**Indian Red** A freestone or clingstone peach with a soft, fuzzy deep red skin and sweet, juicy, white flesh blushed with red. Available August to September.

**J. H. Male** A large freestone peach from Connecticut. It has a slightly fuzzy, yellow skin that is blushed with red and a smooth, juicy flesh. Available mid-June to October.

**Melba** A large freestone peach from Texas. It has a pale yellow skin and honey-like, sweet white flesh. Available June to October.

**Nectar** A large freestone peach from California. It has a pinkish-red skin and soft, juicy white flesh that is blushed with red. Available May to August.

**Redhaven** A medium freestone peach from Michigan. It has a yellow skin streaked with a bright red and sweet, juicy flesh. Available early May to September.

**Rio Oso Gem** A freestone peach from California. It has a bright red skin and smooth, buttery yellow flesh. Available mid-June to October.

**Saturn** A small, circular freestone peach with a flat top. It has a pale yellow flesh blushed with red and a smooth, firm, sweet, juicy white flesh. Available June to August.

**White-fleshed** Peaches that are usually freestone, with a tender, smooth, red skin and sweet, juicy, creamy white flesh. Available May to October.

**Yellow-fleshed** Peaches that are usually freestone, with a fuzzy, red blushed yellow skin and sweet, juicy, golden-yellow flesh. Available May to October.

**peach Melba** A French dessert of two poached peach halves served over vanilla ice cream and topped with Melba sauce and sometimes sliced toasted almonds. It was created by August Escoffier in honor of Dame Nellie Melba, an Australian opera singer rumored to be his mistress. Also known as *pêche melba*.

**peanut** The oily, nutlike seed of a legume plant, whose fertilized flowers bend down into the soil and develop into pods. The light tan seed has a thin, papery dark brown skin; the netted shell is tan as well, with an hourglass shape that holds two seeds. Peanuts are grown extensively in the U.S. South, with much of the crop used to make peanut butter and peanut oil. The two most well known varieties are the *Virginia peanut* and the *Spanish peanut*. The Virginia is larger and more oval than the smaller, rounder Spanish. They are available shelled and unshelled, and are high in fat and protein. Upon harvesting, most peanuts are dry-roasted and sometimes salted; however, *boiled peanuts* (which are peanuts that have been cooked in salted water) are a snack in the South. The peanut is also known as *groundnut* and *goober*.

**peanut butter** A smooth, creamy peanut paste invented in 1890 and marketed as a health food. Peanut butter gained national popularity after its introduction at the St. Louis World's Fair, 1904. Many commercial peanut butters contain ground roasted peanuts, salt, oil (often times hydrogenated), and some sugar. Natural peanut butter contains only ground peanuts and salt. Peanut butter may be purchased as either smooth or chunky, with the latter having bits of chopped peanuts. Peanut butter is used extensively in the bake shop to flavor creams and cookies.

**peanut butter cookie** A soft, chewy, peanut butter flavored cookie that typically has a criss-cross pattern on top, which are made with the tines of a fork before baking.

**peanut oil** The oil obtained by pressing peanuts. It is light in color and has a distinctive peanut smell and slight peanut flavor. Peanut oil is used extensively for frying, as it has a high *smoke point* of 450°F (232°C).

**pear** A tender, juicy fruit native to western Asia and now cultivated in temperate climates around the world, particularly France, California, Oregon, and Washington. There are thousands of varieties, and they vary in shape, size, color, and flavor. The most common varieties are:

**Anjou, Red Anjou** A large pear with a stocky neck and sweet, juicy flesh. The skin is either greenish cream or red. Good fresh or cooked. Available September to July.



**Asian See** *Asian pear.*

**Bartlett, Red Bartlett** A bell-shaped aromatic, sweet, juicy pear with a smooth texture. The skin turns from green to yellow as it ripens; the red variety has the same flavor and texture. Good fresh or cooked. Available June to March.

**Bosc** A large, narrow pear with an elongated neck. It has a pebbled, russet skin and firm, crisp, grainy texture. Good fresh or cooked, but should not be refrigerated. Available June to March.

**Comice** A medium, squat pear with a rounded shape and short neck. It has a greenish-yellow skin that is sometimes tinged with red and a buttery, sweet flavor, and juicy, tender texture. Excellent dessert pear. Available September to March.

**Forelle** A very small pear, only 2½ inches (6.2 cm) long, the skin turns from green to bright yellow as it ripens and is speckled with red. It is mildly sweet with a crisp texture. Available September to March.

**Seckel** A petite, slightly rounded pear with a yellow-green skin that is heavily blushed with a reddish-brown. It has a sweet, slightly spicy flavor and crisp, juicy texture. Good fresh or poached and pairs well with cheese. They do not keep well. Available September to February.

**Winternelis** Medium pear with a rough-textured greenish-brown skin. It has a spicy flavor and mildly gritty texture. It has a long shelf life and is available September to March.

**pear belle Hélène** See *belle Hélène.*

**pearl dust** A colored, edible dusting powder used to give a pearlescent sheen to *gum paste* flowers, rolled *fondant*, and *pastillage*. The dust may be mixed with a clear alcohol, such as gin, to make it liquid enough to be painted on a surface. Also known as *Luster Dust*.

**pearl millet** See *millet.*

**pearl sugar** See *sugar.*

**pearl tapioca** See *tapioca.*

**pearl tea** See *gunpowder tea.*

**peasant bread** A category of rustic breads characterized by their coarse crust. These breads were originally made by European peasants who lived on small farms.

**pebbled Persian bread** See *hushva nan.*

**pecan** The nut of a variety of hickory tree, native to North America, grown mainly in the U.S. southern states. It has a thin, hard, tannish-brown shell that is about 1 inch (2.5 cm) long and encases a rich, buttery, golden-brown nutmeat. Pecans are used in the production of pies, fillings, and confections. The peak season is September through December. Their high fat content makes them susceptible to rancidity and so they should be stored airtight in a cool, dry place or in the freezer. They are available in the shell, shelled, whole, or in pieces.

**pecan pie** An American pie that is a pie crust that is filled with a mixture of eggs, brown sugar, corn syrup, butter, and pecans. This sweet, rich pie is a Thanksgiving and Christmastime dessert, often served with vanilla ice cream or whipped cream.

**pèche melba** (pesh 'mehl-ba) The French name for *peach melba*.

**pectin** ('peck-tihn) A natural gelling agent present in some fruits. Different fruits contain different amounts of pectin: apples, blueberries, lemons, limes, plums, and cranberries are high in pectin, while apricots, blackberries, and raspberries are medium in pectin, and cherries, strawberries, pineapple, peaches, nectarines,

figs, and grapes are very low in pectin. In the presence of acid and high amounts of sugar, pectin produces a clear gel with a glossy sheen. It is also available as a powder or liquid, and is used to thicken or gel fruit products such as jams, jellies, marmalades, bakery fillings, glazes, and fruit confections.

**Pedro Ximénez** (peh-droh 'hee-mehn-ez) See *sherry*.

**peel** 1. A flat, long-handled metal or wooden shovel used to load or unload bread or other products from the oven. Also known as *baker's peel*. 2. The rind or skin of a fruit or vegetable. 3. To remove the rind or skin from a fruit or vegetable, typically with a peeler or small knife.

**Peeps** An Easter confection of sugar-coated chick- or bunny-shaped marshmallow. These candies are very sweet and come in a different colors, including yellow, pink, green, and purple.

**pekoe souchong tea** ('pee-koh 'soo-chohng) See *tea*, *grading*.

**pekoe tea** ('pee-koh) A grade of tea in which the leaves medium size and slightly coarse. See also *tea*.

**pentosan gum** A polysaccharide found in plants that has a higher proportion of rye flour (8%) than any other flour. Pentosans are important in the production of rye breads because they increase the water absorption of the dough and also limit the gluten's ability to develop. Their fragility can cause them to break easily and result in a sticky dough, so the flour should be mixed in gently.

**penuche** (peh-'noo-chee) A creamy brown-sugar fudge from Mexico.

**Pepino melon** See *muskmelon*.

**pepita** (puh-'pee-tah) The delicate, dark-green edible seed of the pumpkin, used in Mexican cooking and eaten as a snack food. They are available raw, salted, or roasted and may be hulled or unhulled.

**pepper** Commonly used as a shortened reference to peppercorns, which typically refers to black pepper. See *peppercorn*.

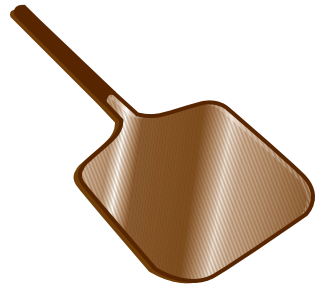
**peppercorn** The berry of the pepper plant, native to Indonesia. The berries grow in grapelike clusters, and were once so prized that they were regarded as currency in some societies. Their distinct, spicy-hot flavor is used to season savory foods, but some pastry chefs use them, particularly pink and white peppercorns, to obtain a sweet-hot/spicy flavor contrast in ice creams, sauces, creams, and desserts. The most common varieties of peppercorns are:

**Black** A peppercorn picked when green and slightly under ripe, then dried until hard and black. It is the most pungent of the peppercorns and has a strong, slightly hot flavor and aroma. They are available whole, cracked, and coarsely or finely ground, but freshly ground peppercorns yield the freshest, fullest flavor; ground peppercorns quickly lose their flavor.

**Green** Harvested before they are ripe, these are difficult to obtain fresh and are usually sold packed in brine or freeze-dried. They are peppery but more mildly flavored and fruitier than black peppercorns.

**Pink** See *pink peppercorn*.

**White** A smoother, more mildly flavored peppercorn obtained by fully ripening the berries and removing the red skins before they are dried. They blend into foods better and do not leave the flakes that black peppercorns do. They are available whole and ground, but freshly ground peppercorns yield the freshest, fullest flavor.



baker's peel

**pepper mill** A hand-held kitchen tool that grinds peppercorns.

**peppermint** A pungent, peppery member of the mint family, with bright green leaves and square stems tinged with purple. It has a high menthol (mint oil) content, which gives it its distinct fresh flavor; it is often used as a flavoring in confections, ice creams, tea, and chewing gum.

**peppermint Schnapps** A distilled spirit with a distinct peppermint flavor. It is one of the most well known of the Schnapps varieties. See also *Schnapps*.

**pera** ('pay-rah) The Italian word for pear.

**percolation** (pehr-koh-'lay-shun) A method that is used to extract liquid from a product, such as coffee. The liquid is heated in the bottom of a container and then pumped to the top through a tube where it douses the product and the liquid drips down to the bottom. This process is repeated until the desired flavor is achieved.

**percolator** (pehr-koh-'lay-tohr) An electric coffee pot that works by pumping boiled water over the perforated container that holds the coffee grinds.

**perforated sheet pan** A sheet pan with tiny holes throughout the surface, which promote formation of a crisp crust and even bottom baking of breads and rolls in a rotating oven. It also helps evenly distribute steam around the baking item. These pans are not recommended for use in a deck oven because the bottom of the baking goods may become too dark.

**perilla** See *shiso*.

**Perlette grape** See *grape*.

**permanent emulsion** See *emulsion*.

**Pernod** ('pehr-noh) A licorice-flavored French liqueur.

**Persian apple** See *peach*.

**Persian lime** See *lime*.

**Persian melon** See *muskmelon*.

**Persian walnut** Another name for *English walnut*; see *walnut*.

**persicot** (pehr-see-'koh) A homemade French liqueur used to flavor pastries and confections, made by steeping peach stones, almonds, and spices in a sweetened alcohol.

**persimmon** (puhr-'sihm-muhn) The fruit of any of a group of trees in the ebony family. Most common are the large orange oriental persimmons, which are eaten out of hand; but there is also a native U.S. persimmon that is smaller and darker, harvested in the fall and whose cooked puree is used in pudding and fudge. The most common varieties of the commercially grown oriental persimmon are:

**Cinnamon** A lesser known but attractive Hachiya variety, shaped like a tomato, with golden yellow-orange skin and golden-yellow flesh dotted with cinnamon specks. It is very sweet and low in astringency, and can be eaten firm or slightly softened. Available October to December.

**Fuyu** Smaller than the Hachiya, this tomato-shaped variety has a reddish-orange skin and flesh. It is sweet and tangy, and can be eaten firm or slightly softened. Available October to December.

**Hachiya** The most common available in the United States, it is heart-shaped with a bright orange skin and sweet, tangy, jelly-like pulp. When unripe, these are highly astringent so they must be eaten ripe. When ripe, they feel like an overfilled water balloon.

**Sharon** A sweet, round Fuyu variety grown in Israel. Available December to February.

**persipan** A paste made from ground peach or apricot kernels, sugar, and *glucose*. It is kneaded until it forms a dough, and may be used as a substitute for *marzipan* and *almond paste*.

**pestiños al anís** (pess-'tee-nyos al 'ah-ness) A Spanish fried pastry flavored with anise. These are made with a pastry dough that has been mixed with lemon-anise infused oil and white wine. The dough is cut into small rectangles and fried, then dipped in honey syrup and dusted with confectioners' sugar.

**pestle** See *mortar and pestle*.

**pet-de-nonne** (peht-duh-non) The French term for “nun’s farts,” referring to a fritter made with small balls of *choux paste* that are fried until golden brown, then sprinkled with sugar. They are served warm with fruit sauce or filled with cream or jam and served cold.

**Peter Heering** A ruby-red Danish liqueur with a mildly sweet black cherry flavor. It was created in the 1830s by Peter Heering. Also known as *Cherry Heering*.

**petit-beurre** (puh-'tee-burr) A French butter cookie that is topped with coarse sugar; traditionally oblong in shape with fluted edges.

**petit déjeuner** (pah-'teet 'day-zhoo-nay) Name for the first meal of the day in France, typically a cup of tea, coffee, *café au lait*, or hot chocolate and *croissants* or bread, served with honey and jam.

**petit four** ('peh-tee fohr) The French term for “small oven,” referring to a small, bite-size confection. According to *Câreme*, the name dates back to the 18th century and is named for the small ovens that were used to bake these products; Also, the items were baked *à petit four*, meaning they were baked at a low temperature after the large cakes had been taken out of the oven and the temperature had dropped. In America, many people mistakenly associate the term with only a square, bite-size confection with a *frangipane* base and layered with raspberry or apricot jam, topped with *marzipan* and glazed with *fondant*. Traditionally the fondant is white, but it may be colored as well. Although many people refer to all small sweets served after a meal or with coffee or tea as petit fours, they are actually categorized as follows:

**Petit Four Glacé** The term *glacé* is French for “iced” or “glazed” and refers to the largest and most diverse group of petit fours. They are made from cakes layered with jam, *ganache*, pastry cream, or buttercream and glazed with a thin coating of chocolate, caramel, or fondant. They may be cut into rounds, squares, diamonds, and rectangles, and are garnished with a decorative piping of chocolate or icing or topped with candied fruits, flowers, or nuts. Other popular products that fall into this category are *éclairs* and sugar-coated fruits.

**Petit Four Sec** The term *sec* is French for “dry” and refers to small cookies or biscuits such as *madeleines* and *financiers*, baked meringues, *palmiers*, and other plain items that are ready to eat after baking.

**Petit Four Demi-Sec** The term *demi-sec* is French for “half dry” and refers to petit fours that combine a petit four sec with a cream, jam, or ganache filling, such as *macaroons*.

**Petit Four Varité** The term *varité* is French for “variety” and refers to all other petit fours that do not fall into the above categories, such as savory petit fours.

Petit fours that are traditionally served after a meal or a dessert course are referred to as *mignardise*. They are also popular with afternoon tea or coffee.

**petit four cup** A small paper cup with a fluted edge, for holding a petit four. They come in different colors and may be made of thin paper or foil. They

enhance the appearance of the petit four and also make it easier to pick up and package.

**petit four cutter** A small metal cutter used to cut out individual petit fours. They are typically sold in sets and are available in different shapes, including hearts, hexagons, fluted circles, and teardrops. They range in size from 1 to 2 inches (2.5 to 5 cm) high and 1 to 1½ inches (2.5 to 3.7 cm) in diameter.

**petit four demi-sec** See *petit four*.

**petit four glacé** See *petit four*.

**petit four mold** A miniature shallow metal or plastic form for making petit fours. They come in a variety of shapes, including circles, squares, ovals, diamonds, and triangles, and may have a fluted or straight edge; they range in size from 1¼ to 1½ inches (3.1 to 3.7 cm) in diameter and are usually ½ inch (1.2 cm) deep. They are often sold in sets of assorted shapes.

**petit four sec** ('peh-tee fohr sehk) See *petit four*.

**petit four variété** ('peh-tee fohr vehr-uh-'tay) See *petit four*.

**petit pain** ('peh-tee pahn) The French term for “small bread,” quite similar to the American bread roll.

**petit Suisse** ('peh-tee swees) A rich, creamy French cheese that contains between 60 and 75% milkfat, which gives it a soft, cream cheese–like consistency. It has a mild, sweet-tangy flavor and pairs well with bread and fruit. It is typically formed into small cylinders or flat squares.

**petticoat tail** See *shortbread*.

**Pfeffernüsse** (pfeh-f-ferh-noorz-zuh) The German word for “peppernuts,” referring to a small, round, spicy Christmas cookie flavored with black pepper, cinnamon, cloves, ginger, cardamom, and nutmeg. During the holidays they are rolled in confectioners’ sugar or glazed with a white icing. They are very hard and contain no fat, so they keep for a long time.

**pH** A measurement of the acidity and alkalinity of a product, on a scale of which 7 is neutral, below 7 is acidic, and above 7 is alkaline. The pH of an ingredient plays an important role in baked goods. It can affect the color, flavor, gluten strength, and crumb texture; the addition of an acid such as cream of tartar and fast-acting baking powder tends to decrease the pH of batters and doughs, while the addition of an alkali such as baking soda increases the pH. The increase of pH in cookies weakens the gluten and yields a more tender cookie that spreads more and crisps more quickly; it also results in a coarser, drier crumb and increases browning. Recipes that call for naturally acidic products, such as honey (3.5 to 4.5 pH) and cocoa powder (5 to 6 pH), use baking soda to neutralize the acidity and assist in leavening. Cream of tartar and other acids prevent the crystallization and browning of sugar owing to a lower pH. A small amount of baking soda added to chocolate brownies and gingerbread increases the pH and yields a darker, richer-looking product. See also *water pH*.

**Philadelphia Cream Cheese** A major brand of *cream cheese*, named for the city of Philadelphia, where it was introduced in 1880.

**phyllo dough** ('fee-loh) The Greek word for “leaf,” referring to a paper-thin sheet of dough made from flour and water, and sold in a stack of sheets or leaves. Phyllo is used extensively in the pastry shop to make desserts such as *baklava* and crisp garnishes or edible containers or wraps for desserts. The dough dries out very quickly, so it is important to keep it covered with a damp cloth when working with it. It is available fresh in some Greek and Middle Eastern markets, or more commonly frozen in supermarkets, and should be thawed in the refrigerator



overnight before use. It can be stored airtight in the refrigerator for a few days, but once used should not be refrozen or it will become brittle. Also spelled *filo*.

**physalis** ('fih-zal-his) Another name for *cape gooseberry*.

**picanchâgne** (pee-kahn-shahn-'yeh) A pastry that consists of a rich, sweet dough filled with sliced pears and shaped into a large ring and brushed with apricot glaze. It is a specialty of Bourbonnais, France, and its name derives from a French children's game called Piques Comme en Chane, which means "to bristle like an oak tree" and refers to handstands that children do during the game. The small cooked pears in the pastry stick up like the legs of the children doing handstands.

**pickling** The act of preserving food, such as cucumbers and watermelon rind, in a vinegar mixture or *brine*.

**pie** A savory or sweet dish baked with a bottom, and sometimes a top, crust. The origin of the pie is believed to date back to the ancient Egyptians, from whom the early Romans probably learned the dish. These first pies were made in containers of grass reeds, which held the fillings. The first known pie recipe is a rye-crusted goat cheese and honey pie that was published by Romans in the 14th century. The first pies made in England predominately had meat fillings; their thick crusts were referred to as *coffyn*. Pie came to America with the first English settlers, and the colonists cooked their pies in long, narrow pans they similarly called *coffins*. As in Roman times, early American pie crusts often were not eaten; they simply held the filling during baking. It was during the American Revolution that the term *crust* replaced *coffin*. As ingredients such as butter and shortening became more readily available, the improved flavor and texture of the bottom crust became an edible addition to the pie.

In America, pies have evolved into a traditional dessert and are associated with American culture, as in the phrase "as American as apple pie." They are traditionally baked in a shallow pie pan and consist of a bottom crust filled with a sweet or savory filling; they may or may not have a top crust as well. The crust is typically made from pie dough, but crusts are also made from crushed cookie crumbs, such as graham crackers or chocolate or vanilla wafers. The crust may be *blind-baked* and filled with a pre-cooked filling, or baked together with the filling and/or top crust. Pie fillings include fruit mixtures, custard, and chiffon. In general, fruit pies are made by lining a pie pan with raw dough that is then filled with fruit and topped with raw dough that may be whole or cut into a lattice design; custard pies are made by lining a pie pan with raw dough, filling it with custard mixture, and baking until set; it usually does not have a top crust. Chiffon pies are made by filling a prebaked pie shell with a flavored mixture that has been lightened with whipped egg whites or whipped cream. Starch or gelatin sets the filling so it does not require additional baking. If the pie does not have a top crust, it is often garnished with fresh fruit, whipped cream, or meringue. See also *pie dough*, *banana cream pie*, *Boston cream pie*, *coconut cream pie*, *Key lime pie*, and *lemon meringue pie*.

**pièce montée** (pee-ehs mohn-'tay) The French term for "mounted piece," referring to a lavish, ornamental pastry created to decorate tables at a banquet or party. These were popular with nobility during the Middle Ages, often made in animal shapes. They reached their height of popularity in the 18th and 19th centuries, and mainly depicted historical or allegorical subjects. They can be constructed using *pulled sugar* or *blown sugar*, *nougat*, *chocolate*, *crystallized fruit*, *petit fours*, *dragées*, and *marzipan*. Although they are less popular and more modest in size today, they are still made for special occasions.

**pièce montée à l'espagnole** (pee-'ehs mohn-'tay al-ehs-pahyn-'yol) The Spanish version of a *pièce montée* with separate trays of confectioneries arranged in layers on top of each other and separated by pillars that stand on the outer edges of the tray beneath.

**pie crust** See *pie*.

**pie dough** A *pastry dough* made by the biscuit method (see *mixing methods*).

It is used to line a pie pan for a bottom crust and may also be used to put a top crust or lattice top on the pie. It is made with a low-gluten flour, salt, cold water or milk (which will make it richer but brown more quickly), shortening or butter, and sometimes sugar. The choice of fat depends on cost and type of dough desired. Shortening produces a flaky product and is easy to work with, but lacks flavor. Butter is more expensive and more difficult to work with since it melts faster, but provides a rich, buttery flavor. Many chefs use a combination of the two to gain the benefits of both. If butter replaces all the shortening in the recipe, it should be increased by  $\frac{1}{4}$  and the water decreased slightly, as butter contains moisture.

The two types of pie dough are mealy and flaky. *Mealy pie dough* is produced by cutting in the fat until it resembles coarse cornmeal. The benefits of this type are that the crust is tender because less gluten is developed and the crust is less likely to absorb moisture from the filling and become soggy. For these reasons some chefs prefer to use it as a bottom crust. *Flaky pie dough* is produced by cutting in the fat until it resembles hazelnut pieces. In order to ensure a flaky, tender pie crust, it is important to use only the amount of cold liquid necessary to bring the dough together and to not overmix the dough.

**pie filling** See *pie*.

**pie pan/pie tin** A metal, glass, or disposable aluminum pan used to bake pies. It has slanted sides and comes in sizes that range from 8 to 10 inches (20 to 25 cm) in diameter and 1 to 2 inches (2.5 to 5 cm) deep.

**pie plant** See *rhubarb*.

**pie weight** A small, ceramic or metal pellet or bead used in a batch of others to weight down pie dough in order to *blind-bake* the crust, preventing it from blistering as it cooks.

**pignoli** (peeg-no-lee) The Italian term for pine nuts. See *pine nut*.

**pig's ear** See *papillon*.

**pikelet** (pihk-eh-'leht) A thin English pancake or griddle cake flavored with cinnamon. It measures no more than 4 inches (10 cm) in diameter and is served with raspberry jam and fresh cream.

**piki** ('pee-kee) A crisp, gray-blue *flatbread* made by the Hopi Indians of Arizona. The batter is made from blue cornmeal, water, and ash; the ash usually comes from the chamisa bush and along with the blue cornmeal, gives the bread its unique color and nutrients. It is baked on a hot *piki stone*, which varies in size and shape but is typically a long rectangle of granite 2 inches (5 cm) thick.

**piki stone** See *piki*.

**pillar** A cylindrical piece of plastic that is used to separate the layers in a wedding cake, thus creating a tiered appearance. They range in size from 4 to 8 inches (10 cm to 20 cm) and are also referred to as a column. See also *wedding cake*.

**piloncillo** ('pee-yohn-'chill-yoh) See *sugar*.

**piña colada** ('pee-yuh koh-'lah-dah) The Spanish term for "strained pineapple," referring to a chilled tropical drink made with rum, coconut cream, and pineapple juice.

**pinch** See *dash*.

**pineapple** A juicy, sweet-tart tropical fruit that is indigenous to Central and South America but commercially grown in Hawaii. The name derives from its appearance, since it resembles a pine cone; *apple* was added to indicate that it is

a fruit. The fruit is available year-round, with peak season March to July. The most common varieties are:

**Baby Hawaiian** A small Gold pineapple 5 to 8 inches (12.5 to 20 cm) high. It has a sweet, crunchy texture with an edible core and brown exterior.

**Cayenne** A large, commercial variety from Hawaii. It is longer and more cylindrical than other varieties and has a golden yellow skin and flesh with long, sword-like green leaves sprouting from the top.

**Gold or Common** A very large variety ranging from 17 to 22 inches (42.5 to 55 cm) long, with an intensely sweet bright yellow flesh and golden exterior.

**Red Spanish** A large, squat, commercial variety grown mainly in Florida and Puerto Rico. It has reddish golden-brown skin and several pointed leaves on top.

**South African Baby** A very sweet, aromatic pineapple 5 to 7 inches (12.5 to 17.5 cm) high. It has a golden flesh with an edible core and golden exterior.

**Sugar Loaf** A large Mexican variety seldom available in the United States owing to its poor shipping ability. It has intensely flavored golden flesh and an exterior that is still green when ripe.

**pineapple guava** See *feijoa*.

**pineapple sage** See *sage*.

**pine nut** The edible seed of pine trees that grow in Italy, China, North Africa, Mexico, and the southwestern United States. The nuts are high in fat and expensive owing to the labor-intensive process of harvesting them. The two main varieties are the *Italian pine nut* or *Mediterranean pine nut* and the *Chinese pine nut*. Both have a thin shell that encases an ivory-colored nutmeat approximately ½ inch (1.2 cm) long. The more expensive Italian and Mediterranean pine nut is shaped like a tiny torpedo and has a light, delicate flavor. The Chinese pine nut is shaped like a squat triangle and has a pungent pine flavor and aroma. All pine nuts are highly susceptible to rancidity and should be stored in an airtight container in the refrigerator or freezer. They are a popular ingredient in desserts, pastries, and confections, and are often toasted to enhance their flavor and aroma. Also known as *Indian nut*, *piñon nut*, and *pignoli*.

**pineapple upside down cake** See *upside down cake*.

**pinhead oats** See *oats*.

**pink lady** A rose-colored cocktail that consists of gin, grenadine, lemon or lime juice, egg whites, and cream.

**Pink Lady apple** See *apple*.

**pink peppercorn** The dried berry of the baies rose plant, cultivated in Madagascar and imported via France. Although these expensive berries are not true peppercorns, they resemble them in size and shape, though they have a distinct rose-colored hue and strong, slightly sweet flavor.

**piñon nut** (pihn-'yohn) The Spanish word for *pine nut*.

**Pinot Noir** ('pee-noh nwahr) A red grape used to produce a broad spectrum of wines, such as Champagne, lesser Burgundies, and sparkling wines.

**pint** 1. A U.S. measurement of liquid volume, equivalent to 16 fluid ounces or 480 ml. 2. British slang for a beer.

**pipe** To push a product such as choux paste, buttercream, chocolate, or another smooth mixture out of a pastry bag or paper cone onto a pastry surface in order to create a particular shape or decorative effect. This technique is used extensively in the pastry shop.

**piped cookie** See *cookie*.

**Pippin apple** See *apple*, *Newton Pippin*.

**piping bag** See *pastry bag*.

**piping chocolate** A fluid chocolate used to decorate cakes and pastries. It is typically put into a paper cone and piped onto a pastry using a fine point. The chocolate may be purchased ready-made from specialty vendors or made by adding a small amount of *inverted sugar* to melted chocolate. *Tempered chocolate* may be used as a substitute.

**piping gel** A smooth, jelly-like, translucent, ready-made mixture of sugar, corn syrup, and *gum arabic*. It may be tinted with food coloring and used to decorate cakes and pastries, via a *pastry bag* and *pastry tip* or *paper cone*.

**pip** Another term for a small seed, usually found in fruits such as grapes, apples, and oranges.

**piquant** (pee-'kahn) The French word for "pungent," used to describe a flavor that may be spicy, tart, or strong.

**pirouette** (pir-oh-'eht) A thin rolled wafer cookie shaped like a hollow cigarette. The ends are often dipped in chocolate. It makes a great accompaniment to ice creams and sorbets because its crisp texture contrasts well with a creamy dessert.

**pirozhki** (peh-'rawsh-kee) A small Russian turnover filled with a sweet, usually fruit, or savory mixture. They may be baked or fried, and shaped like a rectangle, triangle, or crescent.

**pisang goreng** (pee-sung goh-'rehng) A warm snack from Indonesia, made by dipping thinly sliced bananas into a batter of rice flour, sugar, salt, eggs, water, and baking soda and then deep-frying them.

**pisco** ('pee-skoh) A strong, pale yellow South American brandy that is primarily produced in Peru and Chile. It is typically made from a Muscat wine and has a spicy, exotic flavor with a hint of orange blossom.

**pistachio** (pih-'stash-ee-oh) A distinctly green nut produced by a tree in the cashew family, native to Asia. Pistachios are cultivated in California, Turkey, Italy, and Iran. The nut has a hard tan shell that is sometimes dyed red or green with vegetable dyes. The nuts may be shelled or unshelled, salted or unsalted, and eaten raw or roasted. They are used in confections, ice creams, and as garnishes. If buying the nuts unshelled, choose ones that are partially open; otherwise the nutmeat has not properly matured. To enhance the green color of the nut, briefly blanch the nuts in boiled, salted water. Toasting will bring out their delicate nut-like flavor and aroma.

**pistole** A packaging term for *couverture* that refers to small, round discs of chocolate. Some pastry chefs prefer purchasing chocolate this way because it reduces the amount of chopping; the uniform size and shape assist in even melting as well.

**pit** 1. The stone or seed of fruits such as apricots, plums, peaches, and cherries.  
2. To remove the stone or seed of a fruit.

**pita, pita bread** ('pee-tah) A round Middle Eastern *flatbread* that has a horizontal opening about one-third of the way down the bread. This creates a deep pocket that is typically stuffed. Pita may be grilled or baked and sliced into wedges for dipping. It may be made from white or wheat flour, or a combination of both. Also known as *pocket bread*.

**pitaya** (pee-'tay-ah) A Latin American fruit that is a member of the cactus family. It is shaped like a large egg and has a prickly skin that ranges in color from pink to yellow. The juicy flesh has small, edible seeds and is pink or ivory depending on the variety. It is not widely available outside Latin America, but may be found in cans or jars in Latin American markets.

**pith** The spongy, white layer in citrus fruits that lies between the rind and the flesh. It is often attached to the rind when it is zested, but should be removed because it will impart a bitter flavor.

**pithivier** ('pee-tee-vyay) A French dessert that consists of two large round circles of puff pastry that are filled with *frangipane*, the edges are scalloped, and the egg-washed top is scored into a sunburst design. This is a specialty of the town of Pithiviers, in the Órleans region of France. It is traditionally served as a *Twelfth Night cake* in that region.



**pitter** A small, hand-held tool used to extract the pits of cherries and olives.

**pitti** (pitt-ee) A sweet, chewy *flatbread* from the Hunzu Valley of Pakistan. It is made from a combination of wheat berry sprouts and apricots, and served with goat cheese and apricot preserves.

**pixbae** (pee-'bah) The small fruit of the peach palm, native to Latin America and the Caribbean. It resembles a persimmon, with a hard, shiny red skin. It must be boiled before eating, and tastes like a cross between a chestnut and a sweet potato. It is typically ground into meal and fermented to make alcoholic beverages, or mashed and used to flavor pastries.

**pizelle** (pih-'zeh) A large, round, crisp cookie with an ornate design imprinted on the surface from the iron on which it is baked. While still warm, the cookie may be formed into a shape that can then be filled with cream or mousse. Its crispy texture makes a nice contrast to creamy desserts such as ice cream, custard, and sorbet. See also *pizelle iron*.

**pizelle iron** A two-piece form for cooking *pizelles*. It consists of two 5-inch (12.5 cm) round, engraved cast iron plates hinged together. These irons are available in manual and electric models. The manual has a long handle attached to each plate and makes one cookie at a time; the electric, which is larger, makes one or two large pizelles or four mini-pizelles.

**plantain** See *banana*.

**plastic chocolate** Another name for *modeling chocolate*.

**plastic fat** See *shortening, high-ratio plastic*.

**plättar** ('plah-tahr) A small, Swedish pancake served with *lingonberries*.

**plett pan** (pleht) A cast iron griddle with shallow sides, used to make *Swedish pancakes*. It is approximately 3 inches (7.5 cm) in diameter.

**plisson** (plee-'zoh) A thick, sweet dessert cream made by heating milk and sugar very gently, without boiling, and repeating the process until it thickens. It is a specialty of Poitou, France.

**plombière** (plom-bee-'ayr) A French dessert of a custard-based ice cream mixed with whipped cream and candied fruit that has been steeped in *Kirsch* and frozen in a square mold. The name derives from the French *plomb*, which means "lead," because originally the dessert was made in a lead mold.

**Plugra** ('ploog-grah) A European-style butter made with added cultured cream. The high butterfat content and creamy texture make excellent *laminated doughs* and pastries.

**plum** A stonefruit of a variety of trees in the genus *Prunus*, a member of the rose family. There are both clingstone and freestone varieties, and the three main categories are Japanese, European, and American. *Japanese plums* originated in China and are typically larger with a softer, juicy flesh and

skin of many shades of yellow, red, and purple. *European plums* originated in southwestern Asia, but have been cultivated in Europe for over 2,000 years; they are typically blue or purple, with a firm flesh and round or oval shape. *American plums* were developed from wild plum trees in North America; they are not as commercially produced as the European or Japanese plums. The most common plum varieties are:

**Beach** A wild, dark purple plum found in sandy areas along the Atlantic coast. It is tart and bitter, so the fruit is used mostly in jams and jellies.

**Beauty** A Japanese variety developed in California. It is heart-shaped with a bright red skin and dark yellow-red flesh. Available March to August.

**Casselman** A large, cone-shaped Japanese variety developed in California. It has purplish skin speckled with yellow and firm, yellow flesh. Available June to August.

**Damson** A small European variety that originated in Syria. It has a blue-purple skin and juicy, golden flesh that is slightly acidic. It is popular for jams and preserves. Available May to August.

**Greengage** A round, medium European variety named for Sir William Gage, who brought it to England. It originated in Italy and was brought to France in the 16th century, where it is known as *reineclaudes*. It has a yellow-green skin with a blush of red and green flesh that is good fresh or cooked. Available March to August.

**Kelsey** A large, heart-shaped Japanese variety with yellow-green skin and firm, sweet flesh. Available May to August.

**Laroda** An oval Japanese variety developed in California. It has a dark, reddish-purple skin and firm, fragrant, amber flesh. Not recommended for cooking. Available May to August.

**Mirabelle** A petite, round European variety from Syria. It has a very thin yellow skin and juicy, sweet, firm red flesh. Available May to August.

**Queen Ann** A large, heart-shaped Japanese variety developed in California. It has dark purple skin and sweet amber flesh that is good fresh or cooked. Available May to August.

**Santa Rosa** A Japanese variety developed by Santa Rosa resident Luther Burbank. It is large with a deep purplish-red skin and a firm, juicy yellow flesh that is slightly tart. Available March to September.

**Shiro** A medium Japanese variety developed in California. It has a yellow skin and very flavorful yellow flesh that is good fresh or cooked. Available March to July.

**Wickson** A large, heart-shaped Japanese variety developed in California. It has yellow-green skin and flavorful yellow flesh. Not recommended for cooking. Available May to August.

**plum cake** A British cake flavored with rum, currants, and candied orange peel.

**plumcot** The hybrid fruit created by crossing a plum (50%) and an apricot (50%), developed by horticulturist Luther Burbank. It has a tart golden yellow skin and sweet bright yellow flesh. Available May to July. See also *aprium* and *pluot*.

**plump** To soak dried fruit such as raisins in a liquid to soften and rehydrate them so that they are “plump” and juicy.

**plum pudding** An English steamed pudding, originally made with plums but later including suet, dried fruit, nuts, spices, and usually dark *treacle*. It is flamed with brandy and served warm during Christmastime with a *hard sauce*. Also known as *Christmas pudding*.

**plunger** A small, hand-held tool used to cut decorative pieces for decorating cakes. It consists of a small cutter attached to a spring-loaded tube. When the top is pushed down onto the rolled fondant, marzipan, or gum paste, the tool cuts out the design and holds it in the plunger. The cutter is then placed on a cell pad, so that when the plunger is pressed again, it releases the cutout design. Plungers are available in flower designs and also bells, birds, and abstract shapes.

**pluot** (plu-oh-t) The fruit of a hybrid, produced by crossing an apricot (75%) and a plum (25%). The fruit resembles a plum in taste and appearance, but has a more intense, sweet flavor. Available May to September. The most common varieties are:

**Dapple Dandy** The most widely available variety, it is large with a reddish purple skin dotted with yellow specks. The very sweet flesh ranges from golden yellow to bright red.

**Emerald Baut** The sweetest variety with a green-yellow skin and yellow flesh.

**Flavor Fall** A late-season variety with a deep purple skin and sweet yellow flesh.

**Flavor Gator** A variety with very sweet yellow flesh that has a marbled red and yellow-green skin.

**Flavor King** A medium sweet variety with low acidity and a yellow speckled red skin and red-blushed yellow flesh.

**Flavorosa** A medium variety with a deep purple skin and pinkish-red flesh. Typically the first variety available during the season.

**Flavor Queen** A very sweet variety with complex flavor and with a pale yellow-green skin and golden yellow flesh.

**Nectacotum** A variety with very sweet, nectarine-like flavor, pale yellow speckled red skin, and red-yellow flesh.

**Sweet Treats** An intensely sweet variety with a pale yellow-green skin and red flesh.

**poach** To cook food by gently simmering it in a liquid just below the boiling point. Fruit is often poached in a sugar syrup with ingredients such as red or white wine and/or spices in order to infuse those flavors into the fruit.

**pocket bread** Another name for *pita*.

**poe** (po) A chilled custard dessert from Tahiti. It is a mixture of pureed tropical fruits such as pineapple, mango, or papaya and brown sugar, vanilla bean, and arrowroot-thickened fruit juice. It is baked in a buttered dish until set and served with coconut cream.

**poha** ('poh-hah) The Hawaiian name for *cape gooseberry*; see *berry*.

**poirat** (pwah-'rah) A pie filled with sweetened pears that have been soaked in honey, baked with a top crust, and served hot with fresh cream poured through the open holes in the crust. It is a traditional pastry of Berry, France.

**poire** (pwahr) The French word for *pear*.

**poire H  l  ne** (pwahr heh-'leen) See *belle H  l  ne*.

**Poire William** (pwahr 'weel-yahm) A clear, pear-flavored *eau-de-vie* made in France and Switzerland. It is distilled with a pear-infused brandy; the premiere brands have a whole pear in the bottle, which is accomplished by placing the bottle over the budding fruit and allowing it to grow inside. Poire William is used to flavor creams, sauces, and confectionery fillings.

**polka** A g  teau that consists of a ring of *choux pastry* on a base of *short dough*. After baking, the choux is filled with pastry cream and heavily dusted with

confectioners' sugar. A red-hot iron in the shape of a criss-cross pattern is pressed into the sugar and caramelizes the pattern onto the top. The design is said to resemble the steps of the polka dance.

**polka bread** A round, flat French bread with deep criss-cross grooves on top, which allows it to be divided without being cut. It is from the Loire Valley. The criss-cross pattern is said to resemble the steps of the polka dance.

**polonaise** (poh-loh-'nays) A brioche that is soaked in *Kirsch* or rum and filled with a mixture of pastry cream and candied fruit. The pastry is covered in meringue and garnished with sliced almonds, then browned in the oven.

**polvorone** (pohl-voh-'rohn-aa) The Spanish name for *Mexican Wedding cookie*.

**polydextrose** A food additive primarily used as a *bulking agent*, *humectant*, and tenderizer in baked goods, confections, candies, and frozen dairy products.

**polysaccharide** The term for "many sugars," referring to large molecules that are made up of many sugar molecules linked together. They are distinguished by the type and amount of sugar molecules and how they are linked together.

**polysorbate** A food additive primarily used as an *emulsifier* in baked goods, chocolate products, frozen desserts, icing mixes, and shortenings. It is also sometimes used as a dough conditioner and dispersing agent in gelatins.

**polyunsaturated fat** Also known as polyunsaturated fatty acids. See *unsaturated fat*.

**pomace** ('puh-muss) The residue that remains after the fruit for a wine or juice has been pressed. It consists of skins, pulp, seeds, and pits and is processed to make pomace brandy, *marc*, and *grappa*.

**pomegranate** ('pom-uh-gran-uh-t)

A many-celled large red berry, the fruit of a tropical Asian tree. Cultivated in Asia, the Mediterranean, the Middle East, and California, this labor-intensive fruit is about the size of a medium orange, with a thin, leathery skin that ranges in color from pink to deep red and encases a seed-packed interior. The tiny, edible seeds are individually surrounded by a translucent, bright red, jelly-like flesh that has a juicy, sweet-tart flavor. Pomegranates are excellent fresh or as a unique garnish for sweet or savory items. The juice may also be extracted to flavor sorbets, creams, and sauces. The ripe fruit should be heavy for its size and show no sign of deterioration. It may be stored in a cool, dry place for one to two weeks or in the refrigerator for up to a month. The seeds and juice should be stored in an airtight container in the refrigerator for one week or frozen up to three months. They are rich in potassium and vitamin C. Available August to December, but most commonly found in September and October.



**pomelo** ('pom-eh-loh) A very large citrus fruit that is native to Malaysia and believed to be related to the grapefruit. The fruit varies in size, shape, color, and flavor, but may weigh up to 25 pounds (11 kg). The soft, thick rinds may be yellow, yellowish-brown, lime green, or pink. The juicy flesh ranges in color from light yellow to deep pink and may be tangy-tart to spicy-sweet. It is a popular ingredient in many Asian dishes and is also known as a *Chinese grapefruit*. Also spelled *pommelo* and *pummelo*.

**pomme** (pom) The French word for *apple*.



**pommelo** (pom-'eh-loh) See *pomelo*.

**pompe** An assortment of sweet or savory French pastries that vary from region to region. *Pompe aux pommes* is a pastry from the Auvergne region; it is a buttery, flaky pastry spiced with cinnamon and filled with jam, fruit mixtures, usually plums, and sometimes cream cheese. In Provence, *pompe à l'huile* is a flat Christmas cake served with mulled wine; it is made from a leavened dough that contains olive oil and is flavored with orange flower water, lemon zest, and sometimes saffron, then garnished with sugared almonds.

**pompe à l'huile** See *pompe*.

**pompe aux pommes** See *pompe*.

**pompelmo** (pohm-'pehl-moh) The Italian word for *grapefruit*.

**pone** (pohn) The Native American word for "baked."

**Pont l'Eveque** (pon lay-'vehk) An uncooked, ripened cheese made from whole or partially skimmed cow's milk. It has a fat content of 50%; it is square with a golden yellow-orange rind and a soft, creamy pale interior that has a sweet-tart flavor. The cheese dates back to the 13th century and pairs well with fruit, nuts, and dessert wines.

**pönnukörkur** (poor-new-koor-kuhr) A large, thin pancake from Iceland, served with whipped cream and jelly.

**pontefract cake** A small, round, flat British cake flavored with anise.

**pont-neuf** (puh'nt-nuhf) A small French pastry with a sweet-dough tartlet base that is filled with *frangipane* and crushed macaroons. Thin strips of dough are placed in a cross pattern on top, the pastry is baked, then it is glazed with apricot jam while still warm and dusted with confectioners' sugar before serving. It is named after the Parisian bridge.

**pony** A liquid measurement used for preparing drinks; it is equal to 1 fluid ounce, or 30 grams.

**poolish** ('poo-leash) A loose *pre-ferment* made of equal amounts flour and water and a small amount of yeast (.08 to 1%). It is of Polish origin and is used to increase the extensibility of bread dough and add a sweet, nutty, mildly acidic flavor and aroma. It also improves loaf volume.

**poor knight's pudding** A British dessert of bread soaked in milk and beaten eggs, then fried in butter. The pieces are spread with fruit or jam and sandwiched together.

**popcorn** A snack of dried corn that is heated either in oil or by dry heat until the moisture in the hull of the kernel "pops" open from the pressure created by the heat. It is a low-calorie snack believed to date back over 6,000 years, and must be made with a variety of corn that pops. Pre-packaged microwave popcorn was developed in the 1940s and is available buttered and/or salted or natural. Theatre popcorn is popped in a popcorn machine and is available with or without a melted butter topping. Raw corn kernels may also be purchased and popped in a skillet with oil. *Jiffy Pop* is a brand of popcorn that combines unpopped popcorn kernels with an aluminum pan and folded aluminum foil lid; as the pan is heated, the popping corn causes the foil to unfold and puff up. It was created in 1958 by Fred Mennen of Indiana, and is currently manufactured by Con Agra Foods.

**popover** A puffy, muffin-size *quickbread* with a crisp brown crust and moist, tender, somewhat hollow interior. It is made with a batter of eggs, milk, butter, and flour, and sometimes flavorings such as cheese, herbs, and/or spices. It is baked at high heat, and the high proportion of liquid creates steam that leavens the bread.

**popover pan** A heavy baking pan used for making *popovers* and *Yorkshire pudding*. It is similar to a *muffin pan*, but has deeper, tapered indentations that are spaced farther apart.

**poppy seed** The small, dried dark bluish-black seed of the poppy plant, used extensively in cakes, fillings, pastries, and as a topping for bread. It takes about 900,000 seeds to produce 1 pound (455 g). The seeds may be purchased whole or ground, and are also available in white and brown varieties. They have a high oil content and are susceptible to rancidity, so they should be stored in an airtight container in a cool, dry place. Also known as “mohn” in Hebrew where it is used extensively as a filling in cakes and pastries such as *hamentaschen*.

**porridge** (‘por-ihj) A thick dish made of cereal or grain, usually oatmeal that is cooked in water or milk. It is usually served warm for breakfast with sugar and cream or milk.

**Port** A sweet, fortified wine from Portugal. The finest ports still come from the Douro region, where production is strictly regulated to ensure quality. These wines are referred to as *porto*. Port is made by adding grape alcohol to red wine while it is fermenting; this stops the fermentation process and results in a sweet wine that has about 10% residual sugar and 20% alcohol. The two main categories of Port are those that are aged predominately in wood or a tank and those that are aged in the bottle. The wood-aged Ports are ready to drink after they have been bottled and shipped, and should be consumed within two years after bottling. Unlike bottle-aged Ports, they do not need to be decanted. The major styles of Port are as follows:

**Colheita** A tawny Port from a single harvest. It is aged a minimum of seven years and is ready to drink after bottling.

**Crusted** A full-bodied, moderately priced Port that is a blend of two to three wines from different years. It is generally aged in the bottle for three to four years and gets its name because a heavy crust or sediment forms and must be decanted before drinking.

**Late-bottled vintage** Made from a single vintage and aged in wood for four to six years. These are ready to drink after bottling and are considered high-quality ruby Ports, but do not have the complex flavor or richness of vintage.

**Ruby** The least complex of the reds, it is a blend of young wines from different years that have been in barrels for two to three years. It has a fruity, straightforward flavor and is generally the least expensive.

**Single quinta vintage** A vintage that is produced from a single high-quality wine estate. These are generally wood-aged for two years and then bottle-aged for ten or more years. They are slightly less expensive than vintage and have a less intense richness.

**Tawny** Made from a blend of grapes from several years, they are either young or aged. Young tawnies are less than three years old and have a basic flavor and lighter color. Aged tawnies are usually designated on the label as 10, 20, 30, or 40 years. The long barrel-aging gives them a deep red or tawny color and nutty, sweet flavor with a hint of vanilla. They have a soft, silky texture and are made with the highest quality wines.

**Vintage character** High-quality ruby Ports that are blended from several vintages and wood-aged. They are fairly inexpensive and ready to drink when bottled. They have a light, fruity flavor and are usually sold under proprietary names, such as Fonseca Bin 27.

**Vintage** Regarded as the best and most expensive of all Ports, they are made from grapes from a single vintage and bottled within two years. They

may be aged up to 50 years and have an intense, rich flavor. The long-bottle aging requires the ports to be decanted before drinking.

**White** Made from a variety of white grapes, these represent only a small portion of all production. The basic varieties are aged briefly in tanks, but there are some finer brands that are aged briefly in wood. They have a slightly nutty flavor and range in sweetness from light and dry (*leve seco*) to very sweet (*lagrima*). They are typically drunk chilled straight up or mixed with soda water and served with a twist of lime.

**porto** A label given to true Ports, produced and bottled in the Portuguese city of Oporto. See *Port*.

**Port-Salut** (por-'suh-loo) A mild, smooth, semi-soft French cheese with an orange rind and pale yellow interior. It dates back to the 19th century, when it was made by Trappist monks at the Port-du-Salut monastery in Brittany. It has a savory flavor that pairs well with fruit.

**posset** ('pos-ih) A hot drink of milk, wine, or ale and sugar and spices. Some versions add eggs to make it even richer. It dates back to medieval times.

**Postum** The proprietary name for a caffeine-free, powdered coffee substitute made from cereal grain.

**pot** A round, deep cooking container with one or two handles and a lid. Pots are available in various sizes, from 1 pint (480 ml) to 2 gallons (8.5 L).

**potato starch** A non-gluten-forming starch derived from potatoes. It has twice the thickening power of flour, and in baked goods provides tenderness and added moisture. It has no cereal flavor and swells and gels at a lower temperature. Since it contains no protein, some chefs replace a portion of the flour in cake batters so the cake will bake at a lower internal temperature and retain moisture. See also *starch*.

**pot cheese** A soft, fresh cheese similar to *cottage cheese* but drier because the majority of liquid has been pressed out.

**potica** ('paht-ee-kah) A Czech pastry of paper-thin pastry dough filled with a rich mixture of nuts, milk, and honey, then rolled up like a strudel and served in slices to highlight the spiral filling.

**pound** A U.S. measurement of weight, equivalent to 16 ounces or 454 grams. In professional recipes, the pound is also expressed with the # symbol.

**potato flour** See *flour*.

**pot de crème** (poh duh krehm) French for "pot of cream," referring to a rich, creamy custard typically baked and served in small ramekins. Vanilla is the classic flavoring, but coffee and chocolate are popular variations.

**pound** A standard measurement used in the United States that is the equivalent to 16 ounces by weight or 453.6 grams metric. 2. To beat or punch dough or other food with excessive force in an effort to tenderize or alter the texture in some manner.

**pound cake** A fine-textured loaf cake that got its name because it was originally made with 1 pound (455 g) each of butter, sugar, eggs, and flour. Many variations have evolved over the years, and now include baking powder or baking soda as *leaveners* and flavorings such as spices, nuts, dried fruit, and extracts.

**poured fondant** A shiny, pourable sugar icing used to coat *petit four glacé*, pastries, cakes, confections, or as a filling. The natural color is white, but it may be colored or flavored. Although it can be made by hand, it is labor-intensive, so it is typically purchased ready-made from specialty vendors. The *fondant* should be heated to approximately 100°F (38°C) before use, but if overheated it will be matte rather than shiny. Water may be added to adjust the consistency.

**poured sugar** The result of pouring prepared sugar syrup onto a lightly oiled surface or mold, to use for decorating pastries and desserts. The mixture may be colored and made into different shapes and sizes; it is used as a decorative base or component or background of a sugar showpiece or as a support for unstable decorations. Also known as *castor sugar*.

**powdered gelatin** See *gelatin*.

**powdered milk** See *dry milk*.

**powdered sugar** See *sugar*.

**praline** ('pray-leen) 1. A brittle, sweet confection made in the U.S. South. A mixture of caramelized almonds and/or hazelnuts nuts is poured into small, round, flat patties on a lightly oiled marble surface and cooled. The candies can be eaten as is or crushed and used as a garnish or in fillings for cakes and pastries and confections. In Louisiana, pralines are made with brown sugar and pecans. The name derives from the French *praliner*, which means "to brown in sugar."

**praliné** (prah-lee-'nay) A confectionery term that refers to a bite-size, chocolate-coated confection.

**praline paste** ('pray-leen) A thick, smooth paste made by grinding caramelized almonds or hazelnuts to release their natural oils. It is used as a flavoring agent in creams, confectionery fillings, and other pastry products.

**pratie bread** A fried *quickbread* from northern Ireland, made with mashed potatoes. It was devised as a way to use up leftover mashed potatoes and is typically served for breakfast, like pancakes.

**pre-ferment** A mixture of flour, water, yeast, and sometimes salt that is mixed together and allowed to ferment before being incorporated into the final dough. A pre-ferment gives the fullest range of flavor to the wheat flour and adds to the extensibility of the dough. It reduces production time and produces breads with more complex flavor and increased moisture retention and loaf volume. Unlike *sourdough* cultures, which can be perpetuated for years, pre-ferments have a limited life expectancy and typically last no more than 48 hours before they start to lose leavening power. The three main types of pre-ferments are *biga*, *pâte fermentée*, and *poolish*.

**preserve** 1. A cooked fruit mixture that is sweetened with sugar and set with pectin. Chunks of the fruit are visible in the product and add to its flavor and texture. It is a popular spread for toast. 2. To prepare food so as to extend its shelf life; methods include *canning*, *smoking*, *freeze-drying*, *pickling*, and *dehydrating*.

**preserved lemon** A lemon that has been cured in a mixture of lemon juice and salt. This specialty product is used extensively in Moroccan cooking and makes an interesting ingredient for flavoring pastries, desserts, and confections.

**pressed cookie** See *cookie*.

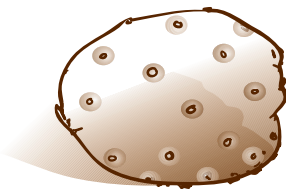
**press pot** Another name for *French press*.

**pretzel** ('preht-zuhl) A snack food made from wheat flour and yeast, and dipped in lye solution before baking; it may or may not be topped with coarse salt. Pretzels can be either hard and crisp or soft and chewy. *Soft pretzels* are shaped like an interlocking, twisted, loose knot meant to resemble hands folded in prayer. They are often sold hot by street vendors and spread with mustard. *Hard pretzels* also come in the traditional knot shape, but are also available in nuggets and thin or thick sticks. The first American commercial pretzel factory was established in Litzel, Pennsylvania, in 1861. In Germany, the pretzel is a preeminent symbol of baking that dates back hundred of years; pretzels were given as gifts to children who finished their prayers, and to this day, wooden or iron pretzels still hang above some baker's doors.

**prezzo fisso** ('preht-zoh 'fee-soh) The Italian term for “fixed price,” referring to a complete restaurant meal for a preset price.

**prick** To make tiny holes in an unbaked product, such as pie or tart dough, in order to prevent it from blistering while baking.

**prickly pear** The pear-shaped fruit of a cactus. Its prickly skin ranges in color from green to reddish purple and encases a soft, porous flesh studded with black seeds and color that ranges from pale yellow-green to deep pink. It has a melon-like aroma and a somewhat bland, sweet flavor. Prickly pear puree is available from specialty vendors, and the deep magenta color and unique flavor makes an interesting sorbet. It is also a popular ingredient in Mexican, Latin, and Mediterranean cooking. Also known as *cactus pear*.



**princess cake** A dome-shaped Swedish cake that consists of *sponge cake* layered with whipped cream and custard, and covered in colored *marzipan*. It is typically decorated with *marzipan* flowers and leaves. This cake is known as *prinsesstårta* in Sweden, where it is traditionally served at celebratory occasions.

**prinsesstårta** (prayn-ses-'stuhr-tah) See *princess cake*.

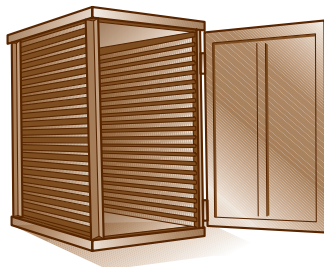
**prix fixe** (pree fihks) The French term for “fixed price,” referring to a complete restaurant meal for a preset price.

**profiterole** (proh-'fih-ter-ohl) A small cream puff filled with a sweet or savory filling. The classic version is made by filling the *choux puffs* with *crème chantilly*, ice cream, or *pastry cream* and arranging them in a small pyramid topped with chocolate sauce. In the production of *croquembouche* and *gâteau Saint-Honoré*, the profiteroles are filled with flavored pastry cream or *crème diplomat* and dipped in caramel.

**progrès** (proh-greh) A cake composed of crunchy baked meringue discs sandwiched together with praline, coffee, or chocolate *buttercream* and garnished with confectioners' sugar and roasted almonds. The meringue layers are made with a mixture of whipped egg whites, sugar, and ground almonds or hazelnuts.

**proof** 1. See *12 Steps of Baking* appendix. 2. A term used to describe the amount of alcohol in spirits and liqueurs.

**proof box** An atmosphere-controlled piece of baker's equipment used to proof bread and other yeast-risen products. Industrial *proofers* come in a variety of shapes that range from under-the-counter machines on rollers to walk-in ones with room for several racks. Many of these models can be set to a specific temperature and humidity setting, as well as be electronically turned on and off. An inexpensive alternative is to place the yeast product in a closed cabinet with an electric or gas burner under a bain-marie of water. Once heated, the water will create the warm moisture that is necessary to proof the bread. Although this is an effective alternative to a proof box, it is difficult to control the temperature and humidity level, so the product should be watched carefully to prevent overproofing.



**proofer** Another name for a *proof box*.

**Prosecco** (proh-sehk-koh) A popular Italian *spumante* wine that is made from the grape of the same name. The white grape grows in the eastern part of the Veneto region and produces a sparkling wine that has a crisp flavor. Although they are primarily dry, a sweet variety is also available. It is traditionally blended with the juice of fresh white peaches to make the refreshing beverage *bellini*, but may also be enjoyed on its own.

**protease** A class of enzymes that digest gluten proteins. They are important in bread baking because an excess of them will result in a slack, sticky dough.

**protein** A large molecule made up of amino acids. Protein is obtained from animal and vegetable sources and plays an important role in baking and pastry making; the proteins in eggs coagulate when heated, which enables them to thicken custards, sauces, and fillings. The proteins in wheat flour affect the amount of water absorbed in the dough; the gluten-forming proteins, glutenin and gliadin, make up about 80% of the proteins in the endosperm. In addition, when baked goods cool, the protein molecules bond and solidify, which sets the structure of the product.

**prove** Another word for *proof*. See *12 Steps of Baking* appendix.

**prover** Another name for *proof box*.

**prune** The dried fruit of the red or purple plum. Originating in Rome, prunes have been a traditional snack and pastry ingredient in Europe for centuries. They are harvested in the fall to obtain maximum sweetness and plumpness, and are traditionally dried in the sun, but modern dehydrating technology has largely replaced this technique. Prunes come in different sizes, including small, medium, large, and jumbo. They have a bluish-black skin that should be soft and malleable to the touch. 2. A variety of Italian plum.

**pruneau** ('prew-noh) The French word for *prune*.

**prunelle** ('proo-nehl) A sweet, brandy-based liqueur that is pale green and flavored with wild plums.

**prune puree** A smooth paste made from finely ground prunes. It can be used as a fat substitute in baked goods to reduce the calories by 30% and render it cholesterol free. Despite its nutritional benefits, prune puree adds sugar and moistness to the product, which can interfere with structure development and may also give a distinct pruny flavor. See also *lekvar*.

**pudding** A variety of desserts that may be served warm or cold. Custard-based or baked puddings include *bread pudding*, *tapioca pudding*, and *rice pudding*. They are generally creamy and are flavored with ingredients such as chocolate, vanilla, fruits, nuts, or spices. Steamed puddings such as *plum pudding* are steamed in a *pudding mold* and have a firm, cake-like texture.

**pudding mold** A deep, cylindrical mold with fluted or grooved sides and a fluted top and center tube, used to steam puddings. The mold sometimes has a lid that can be clamped on. It may be made of aluminum, steel, or glazed earthenware; molds range in size from 2-cup (480 ml) to 2-quart (1 L 920 ml) capacity.

**puddy pie** A campfire treat of two slices of white bread that have been buttered and filled with a variety of fillings such as a fruit mixture, peanut butter, or cheese, then put in a hinged iron and cooked over a fire. The bread slices are pinched together by the iron, enclosing the filling until bread is toasted on both sides. Gladys Flynn introduced the pudgy pie to the co-author of this book.

**pudim molotoff** (poo-deem 'mo-loh-toph) A rich egg-custard from Portugal, thickened with cornstarch and baked in a mold lined with butter and sugar. Once

cooled, it is turned out and garnished with toasted almonds and served with a sweet fruit sauce.

**pueblo bread** An adobe-baked bread made by Native Americans of the Southwest. The bread is round and tender while warm but becomes crisp as it cools and then is more akin to a cracker than bread.

**Puerto Rican cherry** See *acerola*.

**puff pastry** A rich, buttery, flaky French *pastry dough* used extensively in the production of pastries and baked goods such as *Napoleons*, *palmiers*, and *cream horns*. It is believed to date back to ancient Greece, but historians debate whether it was invented by Claude Lorrain, a 17th-century landscape painter who served as a pastry cook's apprentice, or by Feuillet, the chief pastry cook of the house of Condé. As a *laminated dough*, its preparation is labor-intensive and takes a skilled pastry cook to produce a light, flaky result.

To make puff pastry, a *détrempe* is rolled out and covered with a sheet of butter; margarine, shortening, goose fat, lard, or oil may be used in place of the butter but flavor will be sacrificed. The quantity of rolled-in fat may range from 50 to 100% of the weight of the flour. The dough is then folded, turned, rerolled, and folded again repeatedly, with a minimum of 30 minutes rest time, in the refrigerator, between each fold. The dough may be folded a maximum of eight times; the number of turns and folds determines the number of layers, which can be over 1,000. When the dough is baked at high temperature, the fat melts and creates steam, which leavens the dough to between six and eight times its original thickness. Since it is not a sweet dough, it is often used for savory items as well. Also known as *pâte feuilletée*. See also *Blitz puff pastry*, *reverse puff pastry*, and *demi-feuilletage*.

**puff pastry dough** See *puff pastry*.

**pugliese** (poo-'lyeh-she) A round, rustic Italian bread with a crunchy crust and soft, tender crumb, and with a big-hole structure and nutty flavor. The bread is from Apulia. It is a very wet dough traditionally made with durum flour, but if not available, may be substituted with only one-third the amount of semolina flour and the rest with either unbleached high-gluten flour or bread flour.

**puit d'amour** (pwee dah-more) A small hollowed-out shell of baked *puff pastry* that is filled with jam or vanilla *pastry cream*. It is dusted with confectioners' sugar. It is believed to be named after the 1843 opera of the same name.

**pulled sugar** A decorative sugar technique made by pouring a prepared sugar syrup onto a lightly oiled marble surface and moving it around and folding it over with a spatula until it is cool enough to be handled by hand. In order to get the best shine, it should be pulled as cold as possible. The cooled sugar mass is pulled out into long strands, twisted, brought back together, folded, and the process is repeated until it has a smooth, shiny appearance. It is important not to overpull the sugar or it will appear dull and crack. When the pulling is complete, the sugar is put under a heat lamp to keep warm while various objects such as flowers or ribbons are shaped. The pulled sugar pieces and unused sugar blocks are highly susceptible to moisture and should be stored in an airtight container in a cool, dry place. The unused sugar blocks may be reserved and re-used at a later time. See also *blown sugar*.

**pullman loaf** A long, narrow, rectangular loaf of bread. It was named after the inventor of the railroad Pullman car, George Mortimer Pullman, because the finished loaf resembles the long, narrow car. It gets its shape by being baked in a *pullman loaf pan*, which has a lid that slides over the top, forcing the dough to conform to the shape of the pan. The finished bread has a soft, even, golden-brown crust and tender white crumb. It is typically used for sandwiches, *canapés*, and *melba toast*.

**pullman loaf pan** See *pullman loaf*.

**pulque** ('pool-keh) A thick, milky white, slightly alcoholic Mexican drink that is made from the fermented juice of the agave plant. The drink dates back to the Aztecs, and is often flavored with chiles, nuts, fruits, spices, or herbs.

**Pulco** A French citrus product with a strong lemon-lime flavor, used to flavor sauces, creams, and fillings.

**pulse** 1. A setting on a food processor or blender that rough chops the ingredients in stop-and-start action. 2. The dried seeds of legumes, including peas, beans, and lentils.

**pulverize** To reduce to a powder or dust by grinding, crushing, or pounding.

**pummelo** (puh-'mehl-oh) See *pomelo*.

**pumpernickel** ('puhm-puhr-nihk-uhl) A term that refers to both the coarsely ground flour made from the rye berry and the bread made from it. In the United States, pumpernickel bread is typically darkened with an artificial caramel color.

**pumpernickel flour** See *rye flour*.

**pumpkin** A large, round member of the gourd family with thick orange skin and a mildly sweet orange flesh. Although it is often referred to as a vegetable, it is actually a fruit. Pumpkins were a staple food of Native Americans, who introduced it to the colonists. The colonists used the flesh to make beer and soup, and toasted the seeds, also known as *pepitas*, to eat as a snack. *Pumpkin pie* was served at the first settler's Thanksgiving feast and this tradition remains today. Fresh pumpkins are available in the fall and winter, but canned puree is available year-round. In addition to pie, pumpkin puree is used to flavor *ice creams*, *mousses*, *custards*, *quickbreads*, and *cookies*.

**pumpkin pie** A traditional Thanksgiving pie with a bottom crust and a creamy filling of pureed pumpkin, sugar, eggs, cream or evaporated milk, and spices such as cinnamon, nutmeg, cloves, and ginger. It is often topped with whipped cream.

**pumpkin seed** See *pepita*.

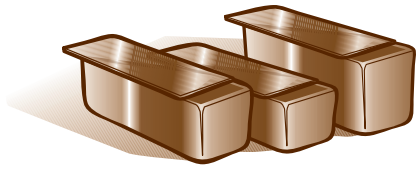
**pumpkin seed oil** A pungent, viscous, army-green oil made from roasted pumpkin seeds. Owing to its strong flavor, it should be used sparingly or in combination with milder oils.

**punch** 1. A beverage that is a mixture of liquor, wine, fruit juices, and carbonated products. It may be drunk cold or warm and is typically served in a large glass decorative bowl called a *punch bowl*. 2. See "fold/punch," *12 Steps of Baking* appendix.

**punch bowl** A wide bowl made of glass, silver, silver plate, or other metal that holds several gallons of liquid. Used for serving punch; most commonly set up so that guests may serve themselves.

**Punschtorte** ('poon-shtor-tuh) The Austrian name for "punch cake," referring to a cake made by soaking the sponge layers in a punch-like rum syrup, filling it with apricot jam, and coating it in pink *fondant*.

**punt** The indentation in the bottom of a Champagne or wine bottle that allows for a strong handhold when pouring. It also catches the sediment and reinforces the bottle strength.



pullman loaf pan



**puree** ('pyuh-ray) 1. To grind or mash a food until completely smooth. This may be accomplished with a blender, food processor, or sieve. 2. A fruit or vegetable that has been mashed to a fine, smooth consistency. Fruit purees are used extensively in the pastry shop to make sauces, sorbets, and as a flavoring agent in fillings, creams, and chocolates.

**pure olive oil** See *olive oil*.

**pure vanilla** See *vanilla*.

**puri** ('poor-ee) A deep-fried Indian *flatbread* made with *atta flour*, whole wheat flour, *ghee*, and sometimes spices such as cumin, turmeric, or black pepper. It is a popular street food and also served as an accompaniment to curries and chutneys.

**putu ayu** ('poo-too 'ah-yoo) An Indonesian confection that resembles a tiny Bundt cake. It is made from ground rice cake and dyed with the juice of *pandanus leaf*. The bottom is green and the top is a creamy white.

**putu piring** ('poo-too pehr-'reyng) A sweet steamed rice cake from Malaysia. These are made from coarse-grained rice and filled with chopped *palm sugar* before being steamed in a funnel-shaped mold. They are served hot with grated coconut.

**pyramide cheese** ('pih-rah-meed) A small French goat cheese covered with an edible, dark-gray vegetable ash. It is shaped like a pyramid and, depending on the aging process, has a texture that ranges from soft to crumbly and a flavor that ranges from mild to pungent. It pairs well with bread and fruit.

**pyrolysis** (pie-roh-'lihs-ihs) A process in bread baking that occurs when no steam is injected into the oven during the baking process. The dry atmosphere prohibits the starches from gelatinizing and results in a bread with a matte, dull crust.

