

How to Use This Glossary

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

Pronunciation Key

aat	ôfork, all	ŋsing
āape	œboeuf	ththin
äfather	oowood, put	ththis
eend	ōōfool	zhtreasure
ēme	oioil	əago, taken, pencil, lemon, circus
iit	ouout	▪indicates primary stress (symbol in front of and <i>above</i> letter)
īice	uup	▪indicates secondary stress (symbol in front of and <i>below</i> letter)
ohot	ūuse	
ōhope	ürule	
òsaw	upull	

à la cart menu—American-style ice cream

A

- à la carte** (,ä-lə-'kärt) **menu** A menu that offers each food and beverage item priced and served separately. (p. 310)
- abrasion** A scrape or minor cut. (p. 11)
- * **abundant** Plentiful. (p. 406)
- * **acceptable** Of good quality. (p. 572)
- * **accessible** Available. (p. 663)
- accident report log** Shows the details of any accident that happens in a business. (p. 201)
- accompaniment** An item that comes with an entrée, such as a choice of potato, rice, or pasta and a choice of vegetable. (p. 312)
- * **accompaniment** Something that goes well with another thing. (p. 416)
- * **accurate** Correct and updated. (p. 78)
- * **achieve** To do. (p. 619)
- active listening** The skill of paying attention and interacting with the speaker. (p. 85)
- * **adapting** Positively changing. (p. 206)
- additive** Substance added to a food to improve it in some way. (p. 287)
- * **adequate** Enough. (p. 190)
- * **adhere** Follow. (p. 172)
- advertising** A paid form of promotion that persuades and informs the public about what a business has to offer. (p. 191)
- * **affect** Act upon. (p. 38)
- affirmative action** Programs to locate, hire, train, and promote women and minorities. (p. 205)
- aftertaste** A secondary flavor that comes after the main flavor has subsided. (p. 742)
- al dente** "To the bite," meaning that the pasta is tender, but still firm. (p. 620)
- albumin** (al-'byü-mən) The clear white of an egg. (p. 433)
- * **alter** To change. (p. 337)
- * **alternative** Substitute. (p. 435); Option. (p. 771)
- American-style ice cream** Ice cream that has no eggs, is uncooked, and is made with milk, cream, sugar, and flavorings. (p. 771)

- amino acid** Small units that can be combined in certain ways to produce complete proteins. (p. 281)
- * **analyze** Study all the components of. (p. 68)
- angel food cake** A type of foam cake that is made with egg whites, but not egg yolks. (p. 756)
- * **anticipate** To predict. (p. 135)
- antipasto** (**ˌan-tē-ˈpas-(,)tō**) Italian for before the meal. A typical antipasto tray includes cold meats, such as Genoa salami and various hams, assorted cheeses, olives, marinated vegetables, and sometimes fruits. (p. 481)
- AP weight** The weight of a product before trimming. (p. 351)
- * **appeal** Attraction. (p. 314)
- appetizer** A small portion of hot or cold food meant to stimulate the appetite that is served as the first course of a meal. (p. 133)
- apprentice** One who works under the guidance of a skilled worker to learn a particular trade or art. (p. 65)
- * **appropriate** Correct. (p. 461)
- aroma** Distinctive pleasing smell. (p. 410)
- * **array** A wide selection. (p. 58)
- * **artistic** creative. (p. 456)
- * **aspect** Part of a problem or challenge. (p. 349)
- aspic** (**ˈas-pik**) A savory jelly made from meat or vegetable stock and gelatin. (p. 480)
- as-purchased (AP) price** The bulk price. (p. 349)
- as-served (AS) portion** The actual weight of the food product that is served to customers. (p. 350)
- * **atmosphere** Overall mood. (p. 71)
- au jus** (**ō-ˈzhü(s)**) Accompanied by the juices obtained from roasting meat. (p. 499)
- autocratic** A management style in which information and policies move from the top down. (p. 172)
- average check method** Prices items near an average check that you would like each customer to spend. (p. 322)
- avulsion** (**ˌə-ˈvəl-shən**) An injury in which a portion of the skin is partially or completely torn off. (p. 11)
-
- B**
- bacon** Meat that comes from the side of a pig, and is cured and often smoked for flavor. (p. 432)
- bacteria** (**bak-ˈtir-ē-ə**) Tiny, single-celled microorganisms. (p. 14)
- bag-in-the-box system** A cardboard box with a bag of concentrated soda syrup inside. (p. 122)
- bain marie** (**ˌban-mə-ˈrē**) Water bath used to keep foods such as sauces and soups warm. (p. 242)
- bake** Cook with dry heat in a closed environment, usually an oven. No fat or liquid is used. (p. 382)
- baker's percentage** In a formula, includes the percentage of each ingredient in relation to the weight of flour in the final baked product. (p. 333)
- baking blind** To prepare pie shells in advance. (p. 767)
- baking cup** A paper liner that keeps muffins from sticking to the muffin pan. (p. 738)
- baking powder** A leavening agent made up of baking soda, an acid such as cream of tartar, and a moisture absorber such as cornstarch. (p. 694)
- baking soda** A chemical leavening agent that must be used with acid to give off CO₂ gas. (p. 694)
- balance** Dividing space to meet customer and preparation staff needs. (p. 182)
- balance scale** A scale with two platforms. One platform holds the item being weighed. The other platform holds weights. These weights are added or removed until the two platforms are balanced. (p. 335)
- banquette** (**ban-ˈket**) A type of seating arrangement in which customers are seated facing the server with their backs against the wall. (p. 146)
- bar code** A series of bars, spaces, and sometimes numbers that contain coded information and are designed to be scanned into a computer system. (p. 365)
- barding** Wrapping a lean meat with fat, such as bacon, before roasting. A few minutes before doneness, you remove the meat from the oven, unwrap the fat, put the meat back in the oven, and allow the surface of the meat to brown. (p. 588)
- barley** A hardy, adaptable grain that can grow in both warm and cold climates. (p. 626)
- barnacle** (**ˈbär-ni-kəl**) A crustacean that attaches itself to rocks, boats, or other sea life. (p. 552)
- barquette** (**bär-ket**) Dough formed into a small boat-shaped shell. (p. 502)
- base** A stock that is purchased in a powdered or concentrated form. (p. 510)
- basic pie dough** Sometimes called 3-2-1 dough. This ratio refers to the weight of three parts flour, two parts fat, and one part water. (p. 765)
- baste** A process in which fat drippings are spooned over a large bird every 15–20 minutes. (p. 577)
- basting** Moistening foods with melted fats, pan drippings, or another liquid during cooking. (p. 383)
- batch cooking** The process of preparing small amounts of food several times throughout a food-service period. (p. 300)
- batonnet** (**ˈbä-tō-nä**) Matchstick-shaped cuts that are ¼-inch thick. (p. 259)
- batter** A semiliquid mixture that contains ingredients such as flour, milk, eggs, and seasonings. (p. 384)

- Bavarian** A dessert made of whipped cream, gelatin, and a flavored custard sauce. (p. 773)
- beat** Agitate ingredients vigorously to add air or develop gluten. (p. 699)
- béchamel** A basic French white sauce made with milk and a thickener. (p. 517)
- bench box** A covered container in which dough can be placed before shaping. (p. 718)
- bench rest** A time when rounded portions of dough are placed in bench boxes or left covered on the work bench. (p. 718)
- ***beneficial** Helpful. (p. 472)
- benefits** Services or payments provided by an employer in addition to wages. (p. 110)
- bid** A price quote. (p. 359)
- biscuit** A small, round quick bread. (p. 445)
- biscuit method** Requires cutting or rubbing the fat into the dry ingredients. This is done until the fat and dry ingredients resemble cornmeal. Then, the liquid ingredients are added. (p. 731)
- bisque ('bisk)** Specialty soup that is usually made from shellfish and contain cream. (p. 531)
- bivalve ('bī-'valv)** A mollusk that has two shells that are hinged together. (p. 550)
- blanching** Using the boiling method to partially cook food. (p. 390)
- blend** A combination of herbs, spices, and seeds. (p. 404)
- blending** Mixing or folding two or more ingredients together until they are evenly combined. (p. 699)
- blending method** Combines the liquid, sugar, liquid fat, and eggs at the same time in baking. Then, the dry ingredients are added to the mixture. (p. 731)
- blind taste test** A food test in which food samples are not labeled so that the testers will not know which product they are tasting. (p. 424)
- boiling** A moist cooking technique in which you bring a liquid, such as water or stock, to the boiling point and keep it at that temperature while food cooks. (p. 389)
- boiling point** Temperature at which a liquid boils. (p. 389)
- bolster** Helps keep out food particles from between the tang and the handle on a knife. (p. 253)
- boneless fish** Fish that have cartilage instead of bones. Many boneless fish also have smooth skin instead of scales. (p. 542)
- booth** A type of seating arrangement in which the table rests against, or is attached to, a wall. (p. 145)
- bouchée (bü-'shā)** A shell made from puff pastry, used for appetizers or desserts. (p. 502)
- bouquet garni (bü-'kā gār-'nē)** A combination of fresh herbs and vegetables tied in a bundle with butcher's twine. The bundle is dropped into the stock pot and allowed to simmer. (p. 410)
- bouquetière (,bü-kə-'tyēr)** Bouquet of three or more vegetables. (p. 658)
- braising** A long, slow cooking process; meat is first seared and the pan deglazed before the moist cooking technique is used. (p. 392)
- bread flour** Flour that has a high gluten-forming protein content to allow bread to rise fully. (p. 688)
- breeding** A coating made of eggs and crumbs. (p. 384)
- break even** When costs equal income. (p. 175)
- breakfast meats** Meats such as ham, bacon, Canadian bacon, sausage, hash, and steak. (p. 432)
- brochette (brō-'shet)** A combination of meat, poultry, fish, and vegetables served on a small skewer. (p. 502)
- broiling** To cook food directly under a primary heat source. (p. 387)
- broth** A liquid made from simmered meat and vegetables. (p. 527)
- brown rice** Rice with a tan color, a chewy texture, and a slightly nutty taste. (p. 625)
- brown stock** A stock that is made from either beef, veal, chicken, or game. It gets its color from roasting the ingredients without water, in a hot oven. (p. 511)
- brunoise (brün-'wäz)** 1/8-inch thick cubes. (p. 259)
- buffet** A style of service in which all the food is attractively displayed on a table for the customers to see. (p. 148)
- bulk** Large quantities of a single food product. (p. 349)
- business plan** A document that describes a new business and a strategy to launch that business. (p. 76)
- busser** A foodservice worker who helps maintain an inviting table and keeps the service station stocked with supplies. (p. 118)
- butler service** The server carries the prepared food on a silver tray to standing or seated customers. Customers then serve themselves. (p. 148)
- butterflied** When a fish is dressed, then cut so the two sides lie open, yet are attached by skin. (p. 545)
- bypassing** When people or materials must walk or be moved past unrelated stations during foodservice. (p. 183)
- by-products** Usable leftover parts of food after preparation. (p. 351)

C

- cafeteria** A restaurant where customers serve themselves, or order at a counter. (p. 71)
- cake flour** Flour that is lower in protein than bread flour and pastry flour and produces a softer and more tender product than bread flour. (p. 688)
- calamari** The Italian name for squid. (p. 556)

- calculate** To work with numbers. (p. 84)
- calibrate ('ka-lə-brāt)** To adjust (as a thermometer) for accuracy. (p. 35)
- California menu** All three meals are available all day; some restaurants list them on the same menu. (p. 310)
- Canadian bacon** A breakfast meat from boneless pork loin. It is smoked and brined, with a thin layer of fat on its surface. (p. 432)
- canapé ('ka-nə-ˌpā)** An appetizer that is served on a small piece of bread or toast. (p. 456)
- cancer** The division and growth of cells that interferes with normal body functions. (p. 295)
- caper** A flower bud of a Mediterranean shrub, used for seasoning. (p. 563)
- cappuccino (ˌka-pə-ˈchē-(,)nō)** A beverage made from espresso and steamed and foamed milk. (p. 123)
- caramelization ('ker-ə-məl-ə-ˌzā-shən)** The process of cooking sugar to high temperatures to create aroma and flavor. (p. 379)
- carbohydrate** The nutrient that is the body's main source of energy. (p. 280)
- carcass** What is left of the whole animal after it has been slaughtered. (p. 589)
- cardiopulmonary resuscitation (ˌkär-dē-ō-ˈpül-mə-ner-ē ri-ˌsə-sə-ˈtā-shən)** Emergency care that is performed on people who are unresponsive. (p. 12)
- cardiovascular (ˌkär-dē-ō-ˈvas-kyə-lər)** Heart-related. (p. 282)
- carryover cooking** The cooking that takes place after you remove something from a heat source. (p. 382)
- cashier** The employee who correctly reads the amount of the bill, processes the payment, and makes change. (p. 118)
- casserole** A mixed food dish baked and served in a casserole dish. (p. 619)
- casual-dining establishment** Restaurant that features a relaxed environment and mid-range prices. (p. 142)
- catering director** Coordinates the food for each function. (p. 60)
- cavity** Hollow interior. (p. 582)
- centerpiece** A decorative object placed on tables to add beauty and interest. (p. 158)
- cephalopod ('se-fə-lə-ˌpād)** A mollusk that has a thin internal shell. Cephalopods have tentacles, or false legs, attached to the head near the mouth. (p. 550)
- certification** Proof that you are an expert in a specific topic, such as culinary arts, baking, and pastry making. (p. 63)
- chafing ('chā-fiŋ) dish** A device that holds a large pan of food over a canned heat source. (p. 148)
- chain restaurant** A restaurant that has two or more locations that sell the same products and are operated by the same company. (p. 75)
- chapatti (chə-pä-tē)** An Indian whole-wheat flatbread. (p. 489)
- * **characteristic** Feature. (p. 528)
- charcuterie** The name of a guild that prepared and sold cooked items made from pigs. (p. 458)
- cheddaring** A technique in which slabs of cheese are stacked and turned to squeeze out the whey; done for hard cheeses. (p. 471)
- cheesecloth** A loose-woven cotton cloth used in cheesemaking and cooking. (p. 518)
- chef's coat** A working coat that traditionally has two rows of buttons down the front, long sleeves, and turned-up cuffs. (p. 26)
- chemical dough conditioners** Substances that are added to hard lean doughs to strengthen the glutes that give hard lean dough products their dense structure. (p. 708)
- chewy cookie** A cookie with a high ratio of eggs, sugar, and liquid, but a low amount of fat. (p. 748)
- chiffon (shi-ˈfän) cake** A variation of a genoise cake made by using whipped egg whites to lighten the batter. (p. 756)
- chiffonade (ˌshi-fə-ˈnäd)** To finely slice or shred leafy vegetables or herbs. (p. 255)
- cholesterol (kə-ˈles-tə-ˌrōl)** A fatlike substance that is found in all body cells and in all animal foods. (p. 282)
- chowder** A specialty soup made from fish, seafood, or vegetables. (p. 531)
- chutney** A condiment made of fruit, vinegar, sugar, and spices. (p. 642)
- clarified butter** Purified butterfat. This means that the butter is melted with the water and milk solids are removed. (p. 521)
- clarify** To remove particles as they float to the top of a liquid. (p. 528)
- * **clarity ('kler-ə-tē)** How clear something is. (p. 518)
- classical French service** The most elegant and elaborate style of service; involves presenting or preparing some foods tableside. (p. 146)
- * **classify** To sort. (p. 542)
- cleaning** Removing food and other soil from a surface. (p. 18)
- clear soup** Made from clear stock or broth. Clear soups are not thickened. (p. 527)
- client base** The customers who come regularly to a business. (p. 119)
- cliente** The people who will be a business's main customers. (p. 189)

- clip-on** A special list that is fastened directly to the menu. (p. 318)
- club sandwich** A triple-decker sandwich that features cold, sliced cooked turkey and ham, or bacon. (p. 499)
- coagulate** When proteins change from a liquid or semiliquid state to a drier, solid state. (p. 378)
- cobbler** A deep-dish fruit dessert. (p. 644)
- colander** A container with small holes in the bottom for rinsing and draining food. (p. 621)
- cold soup** A specialty soup that may be cooked or uncooked and then chilled. (p. 531)
- cold-pack cheese** Also known as club cheese; made from one or more varieties of cheese, finely ground and mixed until it is spreadable. (p. 474)
- collagen** Soft, white tissue that breaks down into gelatin and water during slow, moist cooking processes. (p. 588)
- * **collapsing** Falling. (p. 756)
- combination cooking** Uses both moist and dry cooking techniques. (p. 376)
- commercial operation** An operation that earns more than enough to cover daily expenses. (p. 70)
- commitment** The dedication that you show to doing something. (p. 89)
- * **compensate** Make up for the lack of something. (p. 92)
- compensatory time** Paid time off to reimburse workers for overtime. (p. 106)
- competitor** Business that offers similar products or services to the ones you offer. (p. 189)
- competitors' pricing method** Charges approximately what the competition charges for similar menu items. (p. 322)
- * **complement** To go together well with another thing. (p. 416)
- complete protein** A protein source that provides all of the amino acids. (p. 281)
- * **complex** Involved and possibly difficult. (p. 309)
- * **composed** Made up of. (p. 588)
- compote** Fresh or dried fruits that have been cooked in a sugar syrup. (p. 642)
- compotier (,kām-pōt-tē-'yā)** A deep, stemmed dish used to serve compotes, candies, and nuts. (p. 645)
- compound butter** Softened butter with seasonings added to it. (p. 521)
- condiment** Mustard, pickle relish, and ketchup, etc., traditionally served as an accompaniment to food. (p. 152); Something served as an accompaniment. (p. 416)
- conduction** Heats food by direct contact between a hot surface and the food. (p. 234)
- * **confirm** To make sure. (p. 361)
- connective tissue** Tissue that holds muscle fiber together. (p. 571)
- * **consistency** Texture. (p. 731)
- * **consistent** Free from variations. (p. 330)
- consommé (,kän(t)-sə-'mā)** A concentrated, clear soup made from a rich broth. (p. 528)
- contaminated** Unfit to be eaten. (p. 14)
- * **content** Amount. (p. 605)
- continental menu** A breakfast menu that provides mostly a selection of juices, beverages, and baked goods. (p. 311)
- continuous breadmaking** Also called commercial baking, mixing and kneading are done in a spiral mixer. (p. 715)
- * **contrast** As a comparison. (p. 765)
- * **contribution** Role. (p. 691)
- contribution margin method** A pricing method that uses a general contribution of customers to costs besides food for running a kitchen. You would add the average contribution margin per guest to the item's standard food cost. (p. 322)
- convection** A process in which the liquid closest to the bottom of the pan is heated and rises to the top. (p. 234, 389)
- convection oven** An oven that has a fan that circulates the oven's heated air. (p. 682)
- conversion factor** The number that comes from dividing the yield you want by the existing yield in a recipe. (p. 338)
- convert** To adjust ingredient quantities in a standardized recipe. (p. 335)
- cooking line** The arrangement of kitchen equipment. (p. 221)
- cookware** Pots, pans, and baking dishes. (p. 262)
- corn** A grain that can be eaten fresh or as a dried grain. (p. 627)
- corporation** A business formed when a state grants an individual or a group of people a charter with legal rights to form a business. (p. 77)
- * **correspond** To compare closely to. (p. 714)
- cost per portion** The cost of a portion that you would serve to an individual customer. (p. 353)
- cottage fries** French fried potatoes that are cut into ½-inch thick circles, usually served during breakfast. (p. 443)
- coulis (kü-'lē)** A sauce made from a fruit or vegetable purée. (p. 518)
- count** The number of individual items used in a recipe. (p. 337)
- counter scale** A scale with a platform small enough to be placed on a counter. (p. 225)
- counter service** Customers sitting at a counter, rather than a booth, banquette, or table. (p. 143)
- course** A part of a meal that is served at one time. (p. 118)

- couscous** (ˈküs-,küſ) A wheat product made from semolina that is milled from wheat. (p. 627)
- cover** An individual place setting that includes utensils, glasses, and dishes. (p. 127)
- covers** Individual meals served in a restaurant. (p. 322)
- cream soup** A velvety-smooth thick soup. It is made with cooked vegetables that are sometimes puréed. (p. 530)
- creaming** Vigorously combining softened fat and sugar to add air. (p. 699)
- creaming method** Sugar and pre-softened shortening are creamed together with a mixer on low speed until the mixture is light and fluffy. Eggs are then added one at a time. (p. 731)
- crêpe** (ˈkrāp) A small, thin pancake made with egg batter. (p. 489)
- crisp cookie** A cookie with very little moisture in the batter. It also has a high ratio of sugar. (p. 748)
- * **critical** Necessary. (p. 714)
- critical control point** A step in the flow of food where contamination can be prevented or eliminated. (p. 32)
- croissant** A flaky, crescent-shaped roll. (p. 488)
- cross-contamination** The movement of harmful microorganisms from one place to another. (p. 14)
- crosshatch** Grill mark set at a 90-degree angle. (p. 579)
- cross-train** Giving employees work experience in many different tasks. (p. 59)
- croutons** (ˈkrü-tānz) Small pieces of bread that have been grilled, toasted, or fried and sometimes seasoned, used as a garnish for salads. (p. 463)
- crudité** (,krü-dī-ˈtā) Raw sliced vegetables served with dips. (p. 479)
- crumb** The internal texture of a baked product. (p. 688)
- crust** The outer surface of a bread or roll. (p. 708)
- crustacean** (,krəs-ˈtā-shens) A shellfish with a hard outer shell and a jointed skeleton. (p. 553)
- cuisine** A style of cooking. (p. 69)
- culinary scientist** Sets new standards in food technology by creating new food products and cooking methods. (p. 60)
- curdle** (ˈkər-dəl) To separate, as in egg yolks and whites that have been cooked at too high of a temperature. (p. 437)
- curing** Preserving pork with salt, sugar, spices, flavoring, and nitrites. (p. 597)
- custard** Dessert made of eggs, milk or cream, flavorings, and sweeteners. (p. 771)
- custard-style ice cream** Ice cream made with cooked vanilla custard that consists of cream, milk, eggs, sugar, and flavorings. (p. 771)
- cut in** To mix solid fat with dry ingredients until lumps of the desired size remain. (p. 699)
- cycle menu** A menu that is used for a set period of time, such as a week, a month, or even longer. At the end of this time period, the menu repeats daily dishes in the same order. (p. 310)

D

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

- diabetes** An illness that affects the body's ability to convert blood sugar into energy. (p. 294)
- diagonal** A cut that results in an oval or elongated slice of a cylindrical fruit or vegetable. (p. 255)
- * **dictate** To determine through necessity. (p. 309)
- Dietary Guidelines for Americans** Information on proper eating habits for healthy Americans ages two years and older. (p. 290)
- digestible** The nutrients, such as protein, are more accessible to the body. (p. 663)
- * **diminish** To decrease. (p. 638)
- dining room supervisor** Coordinates and assigns duties to the hosts, servers, and bussers. (p. 60)
- direct contamination** Raw foods, or the plants or animals from which they come, are exposed to toxins. (p. 14)
- direct labor cost** Wages paid to employees. (p. 173)
- direct marketing** A form of advertising in which materials, such as letters and advertisements, are mailed directly to customers. (p. 192)
- disability** A physical or mental impairment that substantially limits one or more major life activities. (p. 206)
- * **discard** To throw away. (p. 559)
- discrimination** Unfair treatment based on age, gender, race, ethnicity, religion, physical appearance, disability, or other factors. (p. 106)
- disposable income** Money that people have left over for extras after paying bills. (p. 321)
- disposal point** The point at which food remaining after being eaten is disposed of properly. (p. 44)
- * **distinct** Separate. (p. 401)
- distraction** Something that turns your attention to something else. (p. 85)
- docking** Process of making small holes in the surface of an item before baking. (p. 722)
- * **document** To write down the details of what happened. (p. 12)
- dolly** A small wheeled cart. (p. 225)
- double pan** A sheet pan placed inside a second pan of the same size. (p. 753)
- double-entry bookkeeping** Record-keeping in which transactions are recorded in at least two places so that records are balanced. (p. 173)
- dough** Combination of dry and liquid ingredients for a baked product; contains less liquid than a batter. (p. 698)
- doughnut** A sweetened, deep-fried pastry that often is ring-shaped. (p. 445)
- drained weight** The weight of a food product without the packing medium. (p. 652)
- drawn** Fish that have had their gills and entrails removed. (p. 544)
- dredging** Coating foods with flour; coating poultry parts with seasoned flour. (p. 384, 579)
- dressed** Drawn fish that have had their fins, scales, and sometimes their head removed. (p. 544)
- dressing** A sauce that is added to salads to give them flavor and to help hold the ingredients together. (p. 468)
- dried milk solids** Milk product used in baked goods. (p. 689)
- drip loss** The loss of moisture that occurs as a fish thaws. (p. 546)
- drop batter** Batter thick enough it needs to be dropped from a portion scoop. (p. 731)
- drop cookie** A cookie with soft batter or dough that uses the creaming process. (p. 751)
- drupe** A fruit that has soft flesh, thin skin, and one pit, or stone. (p. 638)
- dry cooking technique** Cooking technique that uses oil, fat, the radiation of hot air, or metal to transfer heat. (p. 376)
- dry cure** Food is coated in salt, sweeteners, and flavorings, and then wrapped in paper or cheesecloth. (p. 457)
- du jour menu** A menu that lists dishes that are available on a particular day. (p. 310)
- * **duration** The amount of time something lasts. (p. 292)
- dust** To sprinkle very lightly with flour. (p. 766)

E

- edible ('e-də-bəl) portion (EP)** After preparation, the consumable food product that remains. (p. 350)
- * **effect** Result. (p. 382)
- * **efficient** Productive. (p. 222)
- egg substitutes** Substitutes for people with dietary concerns such as high cholesterol. (p. 434)
- * **elaborate** Detailed. (p. 463)
- elastic** Stretchy and flexible. (p. 739)
- elastin** A hard, yellow tissue that does not break down during cooking. Also referred to as gristle. (p. 588)
- electronic scale** A scale that has a spring that is depressed when an item is placed on its platform. The weight is displayed on a digital readout. (p. 336)
- * **elements** Parts. (p. 151)
- emergency** A potentially life-threatening situation that usually occurs suddenly and unexpectedly. (p. 9)
- empathy** The skill of thinking about what it would be like in another's place. (p. 107)
- * **emphasize** Point out. (p. 502)

- employee recruiter** Helps businesses find the right employees. (p. 76)
- employment agency** A business that put employers in touch with potential employees. (p. 96)
- emulsified shortening** A type of fat that helps create a smooth consistency throughout the mixture. (p. 756)
- emulsifier** An additive, such as egg yolk, that allows unmixable liquids, such as oil and water, to combine uniformly. (p. 474)
- en papillote (ən ,pā-pē-'yō)** A method of steaming that involves wrapping fish or shellfish in parchment paper with vegetables, herbs, and sauces or butters. (p. 559)
- * **enforce** Carry out. (p. 198)
- English muffin** Made from bread dough that is cut into rounds and then toasted. (p. 446)
- * **enhance** Increase the quality of. (p. 379)
- enriched rice** Rice that has a vitamin and mineral coating added to the grain. (p. 625)
- * **entice** Attract. (p. 317)
- entrée ('än-trā)** Main dish. (p. 309)
- entrepreneur (,änn-trə-p(r)ə-'n(y)ür)** A self-motivated person who creates and runs a business. (p. 74)
- entry-level** Jobs for which you do not need to have training or experience. (p. 64)
- environmental impact statement** Describes the impact of the proposed facility and any negative effects it might have on environment. (p. 200)
- ergonomics (,ər-gə-'nä-miks)** The science of efficient and safe interaction between people and the things in their environment. (p. 207)
- escargot (,es-kär-'gō)** The French word for snails. (p. 557)
- espresso (e-'spre-(,)sō)** A beverage made by forcing hot water and steam through finely ground, dark-roasted coffee beans. (p. 122)
- ethics ('e-thiks)** Your internal guidelines to distinguish right from wrong. (p. 108)
- ethnic menu** A menu that represents food choices from a specific country. (p. 312)
- ethylene ('e-thā-,lēn) gas** An odorless, colorless gas that is emitted naturally as fruits ripen. (p. 639)
- * **evaluate** Study. (p. 63)
- evaluation** A report of how well you perform your duties, and what you can do to improve. (p. 105)
- evaporate** To escape as vapor. (p. 376)
- executive chef** Manages all kitchen operations. (p. 60)
- expense** Money that goes out of a business. (p. 174)
- extender** An item made from leftover, low-cost ingredients. (p. 319)
- extract** A concentrated flavor such as lemon and vanilla. (p. 401)
- * **extracted** Drawn out. (p. 392)
-
- F**
- fabricated cut** A smaller portion of meat taken from primal cuts. (p. 589)
- * **factor** Issue. (p. 184)
- factor method** A common pricing method for restaurants with successful past performance records. You must first determine what the food cost percent should be. Then, take that food cost percent and divide it into 100%, which will give you your factor. Multiply the factor by the menu item cost. (p. 321)
- family service** Meal service in which food is delivered on a large platter or dish to an individual table and customers serve themselves. (p. 145)
- fat** Substance that regulates bodily functions and helps carry some vitamins through the system. (p. 282)
- fat cap** The fat that surrounds muscle tissue. (p. 588)
- fatty fish** Fish that have a relatively large amount of fat. (p. 542)
- fermentation (,fər-mən-'tā-shən)** A process in which yeast breaks down sugars into carbon dioxide gas and alcohol. (p. 694)
- fermented ((,)fər-'men-ted)** Chemically changed in brines or vinegars flavored and seasoned with dill, garlic, sugar, peppers, or salt. (p. 416)
- fiber** A unique form of a complex carbohydrate that does not provide energy. (p. 280)
- * **field** Line of work. (p. 106)
- fillets** The sides of fish. (p. 544)
- fine-dining restaurant** A restaurant that provides an environment featuring excellent food, elegant decor, and superior service. (p. 71, 142)
- finger food** Hors d'oeuvres presented on platters from which each guest serves him- or herself. (p. 477)
- first aid** Assisting an injured person until professional medical help can be provided. (p. 9)
- first in, first out** An inventory system in which food products that are oldest are used first, so that all products are fresh when used. (p. 38)
- fish stock** A stock that is made by slowly cooking the bones of lean fish or shellfish. (p. 513)
- fixed menu** A menu that offers the same dishes every day for a long period of time. (p. 310)
- flake** Break away in small layers. (p. 559)
- flaky dough** A pie dough in which flour is not completely blended with the fat. (p. 766)

flambé (fläm-'bā) To cook a food tableside using flames as part of the preparation. (p. 147)

flammable Quick to burn. (p. 6)

flat A shallow box or container used to hold foods. (p. 349)

flat fish Fish that have a backbone running horizontally through the center of the fish. They swim horizontally and have both eyes on the top of their heads. (p. 542)

flatware Dining utensils, such as spoons, forks, and knives. (p. 155)

flavor enhancer Increases the way you perceive the food's flavor without changing the actual flavor. (p. 400)

flavored oil An oil that has been enhanced with ingredients such as herbs, spices, and garlic. (p. 416)

flavoring An ingredient that actually changes the natural flavor of the foods it is added to. (p. 400)

flexibility The ability to adapt willingly to changing circumstances. (p. 89)

floret A small flower that makes up the head of some plants. (p. 647)

flow of food The path food takes from when it is received by an establishment to when it is disposed of as waste. (p. 31)

fluting A manner of decorating crust by making uniform folds around the edge of the pie. (p. 767)

focaccia An Italian bread that is flavored with olive oil and herbs. (p. 489)

focal point A service point. (p. 145)

fold To use a rubber spatula to carefully mix the egg whites and batter to not lose volume. (p. 446); Gently adding light, airy ingredients such as eggs to heavier ingredients by using a smooth circular movement. (p. 699)

fondant A mixture of sugar, water, and flavorings that serves as a base for icings. (p. 762)

fondue Dipping foods into a central heated pot. (p. 645)

food allergy An allergic reaction triggered by the immune system in response to a particular food. (p. 294)

Food Code Guidelines for handling food safely. (p. 200)

food cost percentage The ratio of the cost of food served to the sales of food served. (p. 173)

food court A single area in malls or shopping centers with many quick-service restaurants. (p. 143)

food preparation Cooking and preparing foods to be eaten. (p. 42)

food thermometer A device used to check the temperatures of foods. (p. 34)

foodhandler A worker who is in direct contact with food. (p. 26)

foodservice consultant Offers advice and information to other foodservice business owners and managers. (p. 75)

foodservice director Manages the banquet operations of hotels, banquet facilities, hospitals, and universities. (p. 60)

forcemeat A mixture of ground, raw meat or seafood that is emulsified with fat. (p. 456)

forecasting Anticipating future trends. (p. 175)

formula A special type of recipe used in the bakeshop. (p. 331)

*** foundation** Starting point. (p. 488)

franchise A company that sells a business owner the right to use its name, logo, concept, and products. In return, the business owner agrees to run the business as outlined by the franchise company. (p. 75)

free enterprise A system in which businesses or individuals may buy, sell, and set prices with little government control. (p. 78)

free-form loaf Bread loaves that are shaped by hand, then baked, seam side down, on flat pans or directly on a hearth. (p. 718)

freezer burn Discoloration and dehydration caused by moisture loss as food freezes. (p. 546)

French toast Bread that has been dipped in a batter and then sautéed. (p. 448)

fresh cheese A soft cheese that is not ripened or aged after it is formed into a final shape. (p. 473)

frittata (frē-'tä-tə) A flat, open-face omelet. Eggs are beaten and mixed with the precooked filling ingredients, and then cooked over low heat without stirring. (p. 439)

frozen yogurt American ice cream with the addition of yogurt. (p. 771)

frying Cooking foods in hot fat or oil. (p. 384)

full-service restaurant A restaurant where servers take customer orders and then bring the food to the table. (p. 71)

fumet (fyü-'mā) A fish stock with lemon juice or other acids are added to the water; stronger flavor than fish stock. (p. 513)

*** function** An event. (p. 242); Purpose. (p. 445)

fungi ('fən-gj) Spore-producing organisms found in soil, plants, animals, water, and in the air. (p. 16)

G

garde manger (,gärd ,män-'zhā) The chef responsible for preparing cold food items. (p. 59)

garde manger brigade A team of chefs under the garde manger chef who handle cold food preparation. (p. 457)

garnish An edible food that is placed on or around food to add color or flavor. (p. 314)

- * **gauge** Type and thickness of the material. (p. 262)
- gelatinization (jə-ˌlɑ-tə-nə-ˈzā-shən)** The process of starch granules absorbing moisture when placed in a liquid. (p. 517)
- general safety audit** A review and inspection of all safety procedures and equipment. (p. 12)
- genetically (jə-ˈne-ti-k(ə-)lē) engineered food** Food that is made by recombining genes. (p. 199)
- genoise (zhā-ˈnwäz)** European sponge cake. (p. 756)
- giblets** The edible internal organs of a bird. (p. 571)
- gipfels** Tighter half circles made by Swiss and German bakers in croissant dough. (p. 710)
- glassware** Glasses used to hold beverages such as juice, water, iced tea. (p. 155)
- glaze** A stock that is reduced and concentrated. (p. 513)
- glucose** A usable energy source for your body. (p. 280)
- gluten** A firm, elastic substance that affects the texture of baked products. (p. 688)
- glycogen (ˈglī-kə-jən)** A storage form of glucose. (p. 293)
- grading** Applying specific quality standards to food products. (p. 198)
- grain** The direction of muscle fibers, or treads, in meat. (p. 607); A single, small, hard seed. (p. 624)
- granola (grə-ˈnō-lə)** A blend of grains, nuts, and dried fruits. (p. 444)
- gravy** A type of sauce made from meat or poultry juices; a liquid such as milk, cream, or broth; and a thickening agent such as a roux. (p. 521)
- griddle** A flat, solid plate of metal with a gas or electric heat source. (p. 386)
- grilled sandwich** A sandwich where the bread is browned on the outside on the griddle. (p. 496)
- grilling** A cooking method that places food on a heated grill. (p. 386)
- gross pay** The total amount of money you are paid for working. (p. 109)
- * **guide** Something that provides information. (p. 321)
- * **guidelines** Rules for doing things. (p. 75)
-
- H**
- HACCP** Hazard Analysis Critical Control Point; the system used to keep food safe from the kitchen to the table. (p. 31)
- hair restraint** Any barrier that holds back head or facial hair to keep it from contaminating food. (p. 26)
- * **hallmark** Distinguishing feature. (p. 330)
- hand sanitizer** A special liquid that kills bacteria on your skin; it is often used without water. (p. 27)
- hand service** Bringing dishes to the table without using a tray. (p. 131)
- hand tools** Handheld items used to cook, serve, and prepare food. (p. 262)
- hard lean dough** A basic yeast dough often made solely from flour, water, salt, and yeast. (p. 708)
- hard wheat flour** Flour that comes from kernels that are firm, tough, and difficult to cut. (p. 688)
- hash** Chopped meat that is mixed with potatoes and onions, and then browned. (p. 432)
- hash browns** Potatoes that are shredded and may include onions and seasonings. (p. 443)
- * **hasten** Speed up. (p. 647)
- hazard** A source of danger. (p. 14)
- heat lamp** A lamp that uses light in the infrared spectrum to keep food warm during holding. (p. 384)
- heat transfer** A measure of how efficiently heat passes from one object to another. (p. 262)
- heat treated** Glass that is heated and then cooled rapidly. (p. 155)
- Heimlich maneuver** A series of thrusts to the abdomen that can help dislodge something that is stuck in a person's airway. (p. 11)
- herb** A plant that grows in temperate climates; used as flavoring that adds color and aroma to foods. (p. 406)
- high-fat cake** A cake that generally uses baking powder as its leavening agent. (p. 755)
- high-heat cooking** Cooking methods such as broiling and grilling used for tender cuts of meat like tenderloins and strip steaks. (p. 605)
- highlighting** Emphasizing a particular menu item. (p. 128)
- high-ratio layer cake** A cake that contains a high ratio of both liquids and sugar, giving the cake a very moist and tender texture. (p. 758)
- holding** The process of keeping foods warm or cold before serving them. (p. 42)
- hollandaise (ˌhā-lən-ˈdāz)** A sauce made from lemon juice, butter, and eggs. (p. 517)
- home fries** French fries that are usually diced or sliced, served during breakfast. (p. 443)
- hominy** Corn product made by soaking dried corn in lye so that the kernels become swollen. (p. 627)
- honesty** When you are truthful and loyal in your words and actions. (p. 89)
- hors d'oeuvre (ôr-ˈdärv)** A very small portion of food served before a meal. (p. 148)
- hors d'oeuvre variés** A combination of plated items with enough hors d'oeuvres for one person. (p. 477)
- hospitality industry** Provides food and lodging to customers. (p. 68)

host The employee who greets the customers by smiling warmly and welcoming them. (p. 116)

human resources Managing staff. (p. 172)

hummus ('hə-məs) A Middle Eastern dish made from mashed chickpeas, lemon juice, garlic, and tahini. (p. 478)

hydrogenation (hī-,drä-jə-'nā-shən) A process in which hydrogen is added under pressure to polyunsaturated fats, such as soybean oil, and changes liquid oil into a solid fat. (p. 282)

hygiene Using good grooming habits to maintain health. (p. 26)

I

* **ideal** Perfect. (p. 38)

* **impact** To have a direct effect upon. (p. 293)

* **implement** To put into practice. (p. 350)

* **imprecise** Inexact. (p. 678)

* **improved** Made better. (p. 31)

in season During a fruit's or vegetable's main growing season. (p. 638)

income The money that comes into a business. (p. 174)

incomplete protein A protein source that does not provide all of the amino acids. (p. 281)

independent restaurant Has one or more owners and is not part of a national business. (p. 75)

* **indicate** To show. (p. 572)

* **indication** A sign. (p. 421)

indirect labor cost An operation's costs for employee health insurance, taxes, and vacations. (p. 173)

induction A heating source that uses electricity to heat cookware by magnetic energy generated by coils under the stovetop. (p. 234)

infuse To extract a substance's flavors by placing it in a hot liquid. (p. 124)

ingredient list In a recipe, includes all ingredients that will be used in the dish. (p. 333)

inhibitor (in-'hi-bə-tər) A substance that slows down the chemical breakdown of food. (p. 358)

initiative (i-,ni-shə-tiv) The energy required to begin new tasks and see them through. (p. 105)

inspection A test of a business's practices against standards. (p. 198)

insurance A contract between a business and an insurance company. It provides financial protection against losses. (p. 78)

* **interact** To talk and work together. (p. 119)

internship A program in which an advanced student works at a business to get hands-on training. (p. 66)

interstate commerce Business that happens over two or more states. (p. 205)

* **invaluable** Very helpful. (p. 682)

inventory The amount of supplies a business has on hand. (p. 175)

invoice A bill from a supplier for providing goods or services. (p. 225)

IQF (individually quick frozen) Fish or shellfish that have been quickly frozen piece by piece. Because the freezing happens so fast, few ice crystals form. (p. 553)

irradiated (i-'rā-dē-,āt-ed) food Food that has been exposed to radiation to kill harmful bacteria. (p. 199)

island A kitchen counter or equipment arrangement that can be approached from all sides. (p. 221)

issuing The process of delivering foods from storage to the kitchen as needed for use. (p. 357)

Italian meringue (mə-'ranj) Meringue that is made with a boiling sugar syrup instead of granular sugar. (p. 762)

J

job application A form that employers use to collect personal information and previous work experience from job applicants. (p. 96)

job description A list of specific duties and skills needed for a job. (p. 179)

job interview A formal meeting between you and your potential employer. (p. 97)

job lead Possible employment opportunity. (p. 96)

job portfolio A collection of papers and samples that can be given to a potential employer. (p. 96)

job rotation A system by which employees are rotated through a series of jobs, allowing them to learn a variety of skills. (p. 66)

julienne (jü-lē-'en) 1/8-inch thick matchstick-shaped cuts. (p. 259)

K

kaiser ('kī-zər) roll A round, crusty roll. (p. 489)

kale A cabbage with curly green or multicolored leaves. (p. 465)

* **keep** To stay fresh. (p. 547)

ketchup A tomato-based sauce used throughout the world as a flavoring. (p. 416)

keyword A word that makes it easier for employers to search for important information. (p. 98)

kind Species. (p. 570)

kitchen brigade A kitchen system where specific tasks are assigned to each member of the kitchen staff. (p. 59)

kitchen manager Orders ingredients and makes sure that they are prepared correctly. (p. 60)

kneading Working a dough by hand or in a bench mixer with a dough hook to develop gluten and evenly distribute ingredients. (p. 700)

L

- * **labor** Hard work. (p. 619)
- labor union** An organization of workers in a similar field. (p. 106)
- laceration** (**ˌla-sə-ˈrā-shən**) A cut or tear in the skin that can be quite deep. (p. 11)
- lacto-ovo-vegetarian** (**ˌve-jə-ˈter-ē-ən**) Someone who eats both dairy products (lacto) and eggs (ovo). (p. 293)
- lacto-vegetarian** Someone who eats or drinks some dairy products, such as cheese and milk, but does not eat eggs. (p. 293)
- lamb** Meat that comes from sheep that are less than one year old. (p. 597)
- * **lapse** Problem due to inattention. (p. 171)
- larding** Inserting long, thin strips of fat or vegetables into the center of lean meat. (p. 588)
- latticework** A grid pattern on a pie crust made with individual strips of crust. (p. 765)
- law** An established rule. (p. 205)
- leach** To dissolve. (p. 298)
- leadership** The ability to motivate others to cooperate in doing a common task. (p. 90)
- lean fish** Fish with little fat. (p. 542)
- leavening agent** A substance that causes a baked good to rise by introducing carbon dioxide (CO₂) or other gases into the mixture. (p. 694)
- leavens** (**ˈle-vəns**) Causes dough to rise. (p. 706)
- legume** (**ˈle-ˌgyüm**) The seeds and pods from certain plants. (p. 280); A plant that has double-seamed pods that contain a single row of seeds. (p. 660)
- * **lend** To adapt. (p. 403)
- * **lessen** To reduce. (p. 299)
- * **lesser** Lower. (p. 638)
- let down** A condition in which the ingredients in a dough completely break down. (p. 715)
- license** A written permission to participate in a business activity. (p. 78)
- light meat** Lighter colored wing and breast meat found on birds that rarely fly. (p. 571)
- line cooks/station cooks** Cooks that work the food production line. (p. 59)
- liner** An ingredient that adds visual interest and texture in a canapé. (p. 477)
- lipoprotein** (**ˌlī-pə-ˈprō-,tēn**) A chemical package that circulates cholesterol through the bloodstream. (p. 282)
- lockout/tagout** OSHA procedure; all necessary switches on malfunctioning electrical equipment are tagged and locked from use. (p. 7)
- log** A written record of day-to-day activities and procedures. (p. 36)

- loss prevention** The steps a business takes to eliminate waste and theft. (p. 184)
- lowboy** A half-size refrigerator that fits under the counter in a work station. (p. 226)
- low-fat cake** A cake that is leavened from air that is whipped into the egg batter. (p. 755)
- low-heat cooking** The best method for preparing large cuts of meat, such as top round. (p. 605)
- lug** A box, crate, or basket in which produce is shipped to market. (p. 638)
- * **luxury** Expensive and extravagant. (p. 549)

M

- macrobiotics** A diet that includes unprocessed foods and organically grown fruits and vegetables. (p. 293)
- * **mainstay** Main part or support. (p. 443)
- * **maintain** To keep. (p. 489)
- make change** To count back the correct amount of change to a customer from the money he or she has paid for a check. (p. 85)
- * **mandatory** Required. (p. 549)
- mandoline** (**ˌman-də-ˈlīn**) A hand-operated machine used for slicing vegetables and fruits. (p. 653)
- manual dishwashing** Washing dishes, glasses, cookware, and utensils by hand. (p. 45)
- marbling** Fat within the muscle tissue. (p. 588)
- marinade** (**ˌmer-ə-ˈnād**) An acidic sauce usually used to soak meat before it is cooked, to give the meat flavor and tenderness. (p. 410)
- marinara sauce** Made by adding olive oil and spices to a basic tomato sauce. (p. 520)
- marinated vegetable** A vegetable that has been soaked in a liquid, typically made of vinegar, oil, herbs, and spices. (p. 481)
- * **mark** To show. (p. 651)
- market form** The form poultry is in when it is purchased. (p. 571)
- market segment** A particular type of clientele. (p. 189)
- marketing plan** A specific plan to market a business, including advertising, public relations, and promotions. (p. 191)
- marketplace** The location, people, and atmosphere of a particular geographic area. (p. 188)
- markup-on-cost method** A common menu pricing formula. To find the selling price, take the food cost of an item and divide it by the desired food cost percent. (p. 322)
- masa harina** (**ˈmä-sə ä-ˈrē-nä**) A finely ground hominy used in tortillas and breads. (p. 627)

- mass marketing** Marketing to all possible segments at once. (p. 189)
- master work schedule** A schedule which shows the work shifts of all employees of a business. (p. 181)
- material safety data sheet** Identifies any hazardous chemicals and their components. (p. 201)
- maturity** A bird's age. (p. 571)
- mayonnaise** A permanent suspension of egg yolks, oil, and vinegar or lemon juice. (p. 490)
- meal-based menu** A menu that shows dishes available for a single meal. (p. 310)
- mealy dough** A pie dough in which the fat is blended into the flour more completely than it is for flaky dough. (p. 766)
- mealy potato** A potato with thick skin and starchy flesh. (p. 650)
- meat** The muscle of animals, such as cattle and hogs. (p. 588)
- * **mediocre** Average. (p. 517)
- medium** Meat that is browned on the surface with a thick outer layer of gray and a pink center. (p. 610)
- medium rare** Meat that is browned on the surface with a thicker outer layer of gray and a red to slightly pink center. (p. 610)
- medium well** Meat that is browned on the surface with a thick outer layer of gray and a center that is barely pink. (p. 610)
- mentor** An experienced employee who has a solid understanding of his or her job. (p. 180)
- menu** A listing of the food choices a restaurant offers for each meal. (p. 308)
- menu board** A handwritten or printed menu on a board on a wall or easel. (p. 318)
- meringue (mə-'ranj)** Whipped egg whites. (p. 756)
- mesclun ('mes-klən)** A popular mix of baby leaves of lettuces and other more flavorful greens, such as arugula. (p. 466)
- metric system** A mathematical system that uses powers of 10 to measure things. (p. 335)
- microwave** An invisible wave of energy that causes water molecules to rub against each other and produce the heat that cooks food. (p. 234)
- minerals** An essential part of your bones and teeth; regulates body processes. (p. 286)
- minimum internal temperature** The lowest temperature at which foods can be safely cooked. (p. 33)
- minimum wage** The lowest hourly amount a worker can earn. (p. 106)
- mirepoix (mir-'pwä)** A mix of coarsely chopped vegetables that is used in a stock to add flavor, nutrients, and color. (p. 510)
- mise en place place (,mē-,zän-'plās)** Assembly of all the necessary ingredients, equipment, tools, and serving pieces to prepare food. (p. 222)
- * **mode** Functioning arrangement. (p. 222)
- modern American plated service** Meal service in which the food is completely prepared, portioned, plated, and garnished in the kitchen. The servers carry the plated food from the kitchen and place the prepared dishes in front of the customer. (p. 144)
- modified starch** Also called waxy maize, a type of corn product used for fruit pies that will be frozen. (p. 767)
- modified straight-dough method** Method that breaks the straight-dough method into steps. (p. 713)
- moist baking** Adding vegetables and liquid to a large piece of fish or a whole fish. (p. 559)
- moist cooking technique** Uses liquid instead of oil to create the heat energy that is needed to cook the food. (p. 376)
- mold** A pan with a distinctive shape. (p. 686); A form of fungus. (p. 16)
- mollusk ('mä-ləsk)** A shellfish with no internal skeletal structure. Instead, it has a shell that covers its soft body. (p. 550)
- monosodium glutamate** A flavor enhancer. MSG comes from seaweed. It intensifies the natural flavor of most of the foods it is added to. (p. 403)
- monounsaturated (,mä-nō-,ən-'sa-chə-,rā-təd) fat** A fat that is liquid at room temperature and does not raise cholesterol levels. (p. 283)
- Monte Cristo** A closed, shallow-fried or deep-fried sandwich. (p. 497)
- mother sauces** The five basic sauces: béchamel, sauce espagnole, tomato, velouté, and hollandaise. (p. 519)
- mousse ('müs)** A light and airy dessert made with both meringue and whipped cream to enhance the lightness. (p. 774)
- muffin** A quick bread made with egg and baked in a cupcake mold. (p. 445)
- muscle fibers** Fiber in meat that determines the meat's texture and contribute to its flavor. (p. 588)
- musculoskeletal (,mäs-kyə-lō-'ske-lə-təl) disorder** Workplace injury caused by repeated trauma to muscles or bones. (p. 207)
- * **muted** Soft. (p. 480)
- mutton** Meat from sheep older than 1 year. (p. 597)

N

- * **nature** Basic structure. (p. 100)
- net pay** The amount of money you actually receive after deductions. (p. 109)
- net weight** The weight of the contents of a can. (p. 652)

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

O

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

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

P

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

- pasteurized** Food that is heated at very high temperatures for a short time to destroy bacteria. (p. 434)
- pastrami (pə-'strā-mē)** A seasoned smoked meat. (p. 499)
- pastries** Also known as Danishes, made from yeasted, sweetened dough with butter. (p. 444)
- pastry chef** Responsible for making baked items, such as breads, desserts, and pastries. (p. 59)
- pastry flour** Flour that has a protein content between bread and cake flour. (p. 688)
- pathogens** Disease-causing microorganisms. (p. 14)
- patronage ('pa-trə-nij)** Spending money at a business. (p. 119)
- peel** A wooden board that a baker uses to slide breads onto the oven floor or hearth. (p. 706)
- percentage** A rate or proportion of 100. (p. 680)
- * **perception** Awareness. (p. 422)
- * **performance** The way a foodservice business operates. (p. 198)
- periodic-ordering method** A purchaser decides how much product will be used in a given time period. The purchaser then reviews the amount of product that is on hand, what will be needed, and how much parstock of the product is needed. (p. 363)
- perishable ('per-i-shə-bəl)** Products that can spoil quickly, especially if they are not stored properly. (p. 41)
- * **perpendicular (,pər'pən-'di-kyə-lər)** Standing at right angles. (p. 156)
- perpetual inventory** A continuously updated record of what a business has on hand for each item. (p. 362)
- pesto (pes-(,)tō)** A sauce made with olive oil, pine nuts or walnuts, parmesan, and fresh basil, garlic, salt, and pepper. (p. 490)
- phyllo ('fē-(,)lō)** A very thin, layered pastry dough. (p. 489)
- physical inventory** A list of everything that an operation has on hand at one time. (p. 362)
- phytochemicals (,fi-tō-'ke-mi-kəls)** Natural chemicals such as those found in plants, fruits, vegetables, grains, and dry beans. (p. 295)
- pigment** The matter in cells and tissue that gives them their color. (p. 378)
- pilaf method** Sautéing a grain in oil or butter before adding liquid. (p. 630)
- pilot light** A continuously burning flame that lights the burner when you turn on the range. (p. 239)
- pita ('pē-tə)** A round-shaped bread cut open to form a pocket. (p. 489)
- pith** White membrane of a fruit. (p. 402)
- plate composition** The way in which foods are arranged on a plate. (p. 425)
- platform scale** A scale with a platform to hold large or heavy items to be weighed. (p. 225)
- plating** The arrangement of food items and garnishes on a plate. (p. 314)
- poach** To cook food in a flavorful liquid between 150°F (66°C) and 185°F (85°C). (p. 391)
- point-of-sale system** A system involving a computer that has either a number or a button code for each item on the menu that sends the order to the kitchen. (p. 130)
- polenta (pō-'len'tə)** Corn product made from cornmeal that is gradually sprinkled into simmering water or stock and cooked until it becomes a thick paste. (p. 627)
- polyunsaturated (,pä-lē-,ən-'sa-chə-,rā-təd) fat** A fat that is liquid at room temperature. (p. 285)
- pork** The meat from hogs that are less than one year old. (p. 595)
- porous ('pör-əs)** For eggs, flavors and odors can be absorbed through the shell. (p. 433)
- * **portion** Part. (p. 595)
- portion scale** A scale that weighs portions. (p. 225)
- portion size** The amount or size of an individual serving. (p. 331)
- positioning** The way a foodservice business presents itself to the community. (p. 191)
- positive reinforcement** Praising an employee when a job or task is done correctly. (p. 180)
- potency** Strength. (p. 740)
- poultry** Birds that are raised for human consumption. (p. 570)
- pound cake** A cake that contains a pound each of butter, flour, sugar, and eggs. (p. 755)
- pour batter** Batter thin enough to be poured from the mixing bowl. (p. 731)
- * **precise** Exact. (p. 335)
- preferment** The process of removing a portion of the dough. It is kept dormant for 8 to 24 hours and then added to the next day's bread products. (p. 713)
- prep cook** Prepares ingredients to be used on the food production line. (p. 59)
- preparation procedure** The steps you must take to prepare a dish. (p. 331)
- prepared mustard** Mustard that contains a combination of ingredients including ground white, black, and brown mustard seeds, vinegar, salt, and spices. (p. 416)
- preprocessed legumes** Legumes that have already been soaked. (p. 660)
- preset** To set items on the table before food is served. (p. 133)
- preset menu** A meal served to a group of customers who have decided in advance on the menu and the time of service. (p. 158)

- pressure-frying** Cooking foods more quickly and at lower temperatures. (p. 580)
- primal cut** Sometimes called wholesale cuts, large, primary pieces of meat separated from the animal. (p. 589)
- * **principle** Rule. (p. 580)
- printed menu** Any form of printed menu list that is handed to customers as soon as they sit down. (p. 318)
- prioritize** Put things in order of importance. (p. 91)
- prix fixe ('prē-'fēks) menu** Offers a complete meal for a set price. With a prix fixe menu, the customer chooses one selection from each course offered. (p. 310)
- probation (prō-'bā-shən)** A short period of time when you first start work that gives your employer a chance to monitor your job performance closely. (p. 107)
- * **process** Series of actions. (p. 298, 577)
- processed cheese** A combination of ripened and unripened cheese pasteurized with flavorings and emulsifiers and poured into molds. (p. 474)
- processing** Preparing and cleaning food so that it can be eaten (p. 40); the act of changing meat by artificial means. (p. 597)
- produce** Fresh fruits and vegetables. (p. 41)
- product name** A name given to a recipe. (p. 331)
- product yield** The amount of food product left after preparation. (p. 350)
- profit** The money a business makes after paying all of its expenses. (p. 70)
- profit and loss statement** A financial statement that shows exactly how money flows in a business. Also called an income statement. (p. 175)
- * **promote** Advertise. (p. 142)
- promotion** A specific effort to market a particular item or special. (p. 191)
- proofing** Final fermentation stage that allows the leavening action of yeast to achieve its final strength before yeast cells are killed by hot oven temperatures. (p. 719)
- proofing/holding cabinet** Also called a proofer, a freestanding metal box on wheels that is temperature- and humidity-controlled. (p. 242)
- proportion** The ratio of one food to another and to the plate. (p. 315)
- * **proportional** About the same size. (p. 502)
- prosciutto (prō-'shū-(,)tō)** Italian for ham; dry-cured, uncooked ham, usually served in thin slices. (p. 479)
- protective clothing** Clothing that is worn to help lower the chances of food contamination. (p. 26)
- protein** A nutrient that builds, maintains, and repairs body tissues. (p. 281)
- * **provide** To make available. (p. 26)
- psychological pricing method** Menu pricing based on how a customer reacts to menu prices. (p. 323)
- public relations** Publicity and advertising that a foodservice operation uses to enhance its image. (p. 191)
- publicity** The free or low-cost efforts of a facility to improve its image. (p. 191)
- pudding** A dessert made from milk, sugar, eggs, flavorings, and cornstarch or cream for thickening. (p. 771)
- PUFI mark** Packed Under Federal Inspection; an inspection mark for fish and shellfish. (p. 549)
- Pullman loaf** A rectangular-shaped sandwich bread loaf with a flat top and an even texture. (p. 488)
- pulse** A seed of a legume that is dried. (p. 660)
- punch** The action of turning the sides of the dough into the middle and turning the dough over. (p. 716)
- puncture wound** An injury in which the skin is pierced with a pointed object, such as an ice pick, making a deep hole in the skin. (p. 11)
- purchase order** A document asking a supplier to ship supplies at a predetermined price. (p. 225)
- purchaser** Buys food and supplies according to his or her restaurant clients' current needs. (p. 61)
- purée** A food in which one or more of the ingredients have been ground in a food processor. (p. 300)

Q

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

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

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

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

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

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

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

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

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

quick-service restaurant A restaurant that quickly provides a limited selection of food at low prices. (p. 70)

R

- radiation** Heats food by transmitting heat energy through air waves. (p. 234)
- radicchio (ra-'di-kē-ō)** A cabbage-like plant with a slightly bitter, red leaf. (p. 466)
- raft** A floating mass that forms from the mixture of meat and eggs in a soup or consommé. The raft traps the impurities that rise to the top of the broth. (p. 528)
- ramekin ('ra-mi-kən)** A small individual baking dish. (p. 440)
- range of motion** Using the fewest body movements without unnecessary stress or strain. (p. 223)
- rare** Meat that is browned on the surface, with a red center. (p. 610)
- raw vegan ('vā-gən)** Someone who eats only unprocessed vegan foods that have not been heated above 115°F (46°C). (p. 293)
- ready-made bread** Bread made in advance and delivered to restaurants. (p. 443)
- ready-to-cook** Food that has been prepared and packaged. (p. 571)
- receiving** Accepting deliveries of food and supplies. (p. 38)
- receiving record** A numbered record of everything received during a particular day. (p. 225)
- receptors** Cells that receive stimuli. (p. 421)
- recipe** An exact set of directions on how to use ingredients, equipment, and cooking techniques for a certain dish. (p. 330)
- recipe conversion** A change in a recipe to produce a new amount or yield. (p. 337)
- Recommended Dietary Allowances** The amount of each essential nutrient that will meet the nutritional needs of the majority of healthy Americans for a day. (p. 289)
- recondition** To coat a griddle or skillet in oil so that foods will not stick to it. (p. 239)
- record-keeping system** A system of flow charts, policy and procedure manuals, written descriptions, and food temperature readings taken at different times. (p. 35)
- recovery time** The time it takes for the fat or oil to return to the preset temperature after food has been submerged. (p. 386)
- recycle** To take a product at the end of its use and turn it into a raw material to make a different product. (p. 44)
- reduce** To decrease the volume of. (p. 391)
- reduction** The process of evaporating part of a stock's water through simmering or boiling. (p. 513)
- reel oven** An oven with shelves that move or rotate like a Ferris wheel to bake a quantity of similar items evenly. (p. 684)
- * **refer** Reread briefly. (p. 231)
- * **reflects** Shows. (p. 531)
- * **regulate** Control. (p. 285)
- regulation** A rule by which government agencies enforce minimum standards of quality. (p. 198)
- rehydrate ((,rē-'hī-,drāt)** To add water into. (p. 642)
- reliable (ri-,lī-ə-'bəl)** When other people can count on you to do what you say you will do. (p. 89)
- relish tray** An attractive arrangement of raw, blanched, or marinated vegetables. (p. 481)
- relish** Coarsely chopped or ground pickled items. (p. 416)
- render** To melt. (p. 577)
- repetitive stress injury** An injury that can happen to employees who must perform the same motions over and over. (p. 106)
- * **replenish** Restock. (p. 242)
- reputation** The overall quality or character of a person or business. (p. 116)
- requisition** An internal invoice that allows management to track the physical movement of inventory through a business. (p. 363)
- research chef** Works closely with food scientists to produce new food products. (p. 60)
- reservation** An arrangement to have a table held for a customer at a specific time. (p. 116)
- * **reserve** Keep. (p. 513)
- * **resist** To avoid. (p. 597)
- resource** The raw material with which you do your work. (p. 91)
- responsibility** Your ability to be aware of what a particular situation demands of you. (p. 88)
- rest** To allow cooked meat to sit so that juices redistribute throughout the meat. (p. 607)
- restaurant manager** Oversees the operation of the entire restaurant. (p. 60)
- * **result** Have an outcome. (p. 14)
- résumé ('re-zə-,mā)** A summary of your career objectives, work experience, job qualifications, education, and training. (p. 96)
- * **reveal** To make known. (p. 591)
- rice** The starchy seeds of a cereal grass. (p. 624)
- rind** The outer surface of cheese. (p. 472)
- ring** A type of container that has no bottom. (p. 686)
- ripe** Fully grown and ready to eat. (p. 638)
- ripening** Process by which healthful bacteria and mold change the texture and flavor of cheese. (p. 471)
- risk management** Taking steps to prevent accidents from happening. (p. 185)
- risotto** A rice dish in which the grain has been sautéed in butter, and then simmered in a flavored cooking liquid, which has been added gradually to the rice until it has finished cooking. (p. 624)

- risotto method** A method in which the grain is sautéed, and then a small amount of hot liquid, often a soup stock, is added. The grain is stirred until most of the liquid is absorbed. This process of adding liquid and stirring the grain is continued until the grain is completely cooked. (p. 631)
- risotto Milanese (ri-'sò-(,)tō ,mi-lə-'nəz)** An Italian dish that includes rice that is sautéed in butter before stock is added. (p. 414)
- rivet** A metal piece that fastens the tang to the knife handle. (p. 252)
- roasting** Cooking method that uses dry heat in a closed environment. Foods are placed on top of a rack that is inside a pan. This allows air to circulate all the way around the food. In general, roasting involves longer cooking times than baking. (p. 383)
- * **role** Function performed. (p. 282)
- roll cut** Cutting a cylindrical fruit or vegetable as for a diagonal cut, rolling the fruit or vegetable by 180 degrees, and then doing another diagonal cut. (p. 255)
- rolled-in fat yeast dough** A dough made of many thin, alternating layers of fat and dough. (p. 709)
- rondelle (răn-'del)** A disk-shaped slice. (p. 255)
- room service** Having servers bring specially ordered meals to a customer's room. (p. 144)
- rotate stock** To place stored items in an orderly way so that older items are used first. (p. 363)
- round fish** Fish that have a backbone on the upper edge of their bodies. They have an eye on each side of their heads, and they swim vertically. (p. 542)
- rounded** Dough shaped into smooth balls. (p. 717)
- * **routine** Regular set of actions. (p. 4)
- roux (rü)** A cooked mixture made from equal parts of fat and flour by weight used to thicken sauces. (p. 520)
- rumaki (rə-'mä-kē)** Appetizers that consist of blanched bacon wrapped around vegetables, seafood, chicken liver, meat, poultry, or fruits. (p. 503)
- Russian/English service** Each course is completely prepared, cooked, portioned, and garnished in the kitchen and then placed on a service plate or platters. Each customer is served a portion of the product from large platters. (p. 147)
-
- S**
- sachet (sa-'shā)** French for bag; used for herbs and spices. (p. 410)
- salad** A mixture of one or several ingredients with a dressing. (p. 463)
- salad sandwich** A sandwich that has a salad with a fatty dressing as the filling. (p. 499)
- sales cycle** The period between supply deliveries. (p. 358)
- sales representative** Helps chefs to select food and equipment that will best fit their needs and budgets. (p. 61)
- salsa ('sól-sə)** A fresh or cooked mixture of chiles, tomatoes, onions, and cilantro. (p. 416)
- sanitary** Clean. (p. 14)
- sanitation** Healthy or clean and whole. (p. 14)
- sanitizing ('sa-nə-'tīz-īŋ)** Reducing the number of microorganisms on the surface. (p. 18)
- * **satisfy** To fill. (p. 605)
- saturated ('sa-chə-'rāt-əd) fat** A fat that tends to increase the amount of cholesterol in the blood and is solid at room temperature. (p. 283)
- sauce** A flavored, thickened liquid. It is usually formed by adding seasonings, flavorings, and a thickening agent to stock. (p. 517)
- sauce espagnole (,es-pan-'yól)** Made from brown stock and tomato product; one of the mother sauces. (p. 519)
- sauerkraut ('säu(-ə)r-'kraüt)** Finely sliced cabbage that has been fermented in brine. (p. 491)
- sausage** A breakfast meat often made of ground pork that has been seasoned and stuffed into casings; also available as patties. (p. 432)
- sautéing (sò-'tā-īŋ)** A quick, dry cooking technique that uses a small amount of fat or oil in a shallow pan. (p. 384)
- savory ('sā-və-rē)** Stimulating and full of flavor; sometimes included in the basic tastes. (p. 422)
- scaling** How bakers refer to weighing. (p. 679)
- scone** A type of quick bread similar to biscuits that is often cut into triangle shapes. (p. 445)
- scoop** Also called a disher, a tool to control portions during food preparation and serving. (p. 349)
- scorch** To burn with too intense of a heat. (p. 469)
- score** Make ridges in a diamond-shaped pattern with a fork. (p. 461)
- seams** The places where edges of the dough meet. (p. 718)
- sear** To quickly brown food at the start of the cooking process. (p. 383)
- season** Sealing the surface of a pan with a layer of baked-on oil to prevent sticking. (p. 438)
- seasoning** An ingredient that enhances food without changing the natural flavor. (p. 400)
- section/station** A group of tables that comprises a service staff member's responsibility. (p. 117)
- seed** A plant grain. (p. 419)
- semi-à la carte menu** A menu with the appetizers and desserts priced separately. (p. 310)
- semiperishable** Perishable items that contain an inhibitor. (p. 358)
- semolina (,se-mə-'lē-nə) flour** A hard-grain wheat flour that is high in the proteins that form gluten. (p. 616)

- sensory evaluation** The systematic tasting of food by consumers and foodservice professionals. (p. 424)
- sensory perception** How a person's eyes, nose, ears, mouth, and skin detect and evaluate the environment. (p. 421)
- sensory properties** Properties that affect how people perceive something. The sensory properties of food are color and appearance, flavor, and texture. (p. 421)
- * **separation** Dividing. (p. 734)
- serrated (sə-^ˈrāt-ed)** Toothed like a saw. (p. 254)
- server** The service staff member who has the most contact with the customers. (p. 117)
- service station** An area where supplies are kept for the service staff to reset tables between customers. (p. 118)
- serviette** A napkin-lined plate used to carry flatware. (p. 155)
- sexual harassment** Unwelcome advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature. (p. 206)
- shape** To form dough into the distinctive shapes associated with yeast products. (p. 718)
- sheet pan** A shallow, rectangular pan that comes in full, half, and quarter sizes. (p. 686)
- sheeter** A piece of equipment that rolls out large pieces of dough to a desired thickness. (p. 681)
- shelf life** The period of time a product can be stored and still be good to use. (p. 38)
- sherbet** Frozen dessert that combines fruit juices, sugar, water, and a small amount of cream or milk. (p. 771)
- shirred (^ˈshərd)** Eggs covered with cream or milk and sometimes bread crumbs. Usually prepared in ramekins lined with a variety of ingredients. (p. 440)
- shock** A serious medical condition in which not enough oxygen reaches tissues. (p. 11)
- shocking** Plunging food into ice water after blanching. (p. 390)
- shortening** In baking, solid fats. (p. 689)
- shrinkage** The percentage of food lost during its storage and preparation. (p. 341)
- shucked** Removed from the shell. (p. 39)
- side order** An order of food in addition to what is served as the main dish. (p. 446)
- side work** Duties that service staff members have to perform before the dining room is open to customers. (p. 151)
- sifting** Passing dry ingredients through a wire mesh to remove lumps, blend, and add air. (p. 700)
- simmering** Food cooks slowly and steadily in a slightly cooler than boiling liquid. (p. 391)
- simple syrup** A syrup made of sugar dissolved into hot water. (p. 762)
- single-food hors d'oeuvre** An hors d'oeuvre that consists of one food item. (p. 477)
- single-source buying** Purchasing most products from a single vendor. (p. 359)
- slash** Making shallow cuts in the surface of an item just before baking. (p. 721)
- sleeper** A lobster in the process of dying. (p. 553)
- * **slightly** A little bit. (p. 766)
- smallwares** Hand tools, pots, and pans used for cooking. (p. 262)
- smoking** A form of cooking using low heat, long cooking times, and wood smoke for flavor. (p. 382)
- smoking point** The temperature at which an oil will smoke in a pan. (p. 300, 580)
- soft cookie** A cookie that has low amounts of fat and sugar in the batter, and a high proportion of liquid, such as eggs. (p. 748)
- soft medium dough** A dough that produces items with a soft crumb and crust. (p. 709)
- soft wheat flour** Flour that comes from a soft wheat kernel. (p. 688)
- solanine** A toxic substance found in green potatoes that can upset your stomach and interfere with nerve transmission. (p. 650)
- sole proprietorship** A business that has only one owner. (p. 77)
- solid waste** Packaging material, containers, and recyclables. (p. 200)
- sorbet (sôr-^ˈbā)** The product left when the milk or cream is omitted from sherbet. (p. 771)
- soufflé (sü-^ˈflā)** A puffed egg dish that is baked in the oven. (p. 434)
- soup plate** A shallow bowl-shaped plate. (p. 622)
- sous (^ˈsü) chef** Supervises and sometime assists other chefs in the kitchen. (p. 59)
- specialty soup** A soup that highlights a specific region, or reflects, or shows, the use of special ingredients or techniques. (p. 531)
- specification** A written description of the products a foodservice operation needs to purchase. (p. 348)
- spice** A flavoring that blends with the natural flavor of foods. (p. 401)
- spice rub** A mixture of ground spices that is rubbed on raw food before it is cooked. (p. 607)
- spinach** Dark green, leafy vegetable that is full of calcium and adds color and flavor to salads. (p. 464)
- spoken menu** A server states what foods are available and the prices of each. (p. 318)
- sponge cake** Also called a foam cake, has an airy, light texture because of large amounts of air whipped into the eggs. (p. 756)
- sponge method** Dough preparation method that allows the yeast to develop separately before it is mixed with the other ingredients. (p. 713)
- spread** Expand. (p. 748)

- springform pan** A pan with a clamp used to release the pan's bottom from its wall. (p. 686)
- * **stabilize** Support. (p. 755)
- stack oven** Also called a deck oven; a freestanding rectangular oven with a series of well-insulated compartments stacked on top of one another. (p. 682)
- stainless steel** A hard, durable metal made of chromium and carbon steel. (p. 252)
- staling** The process by which moisture is lost, causing a change in the texture and aroma of food. (p. 689)
- standard** An established model or example used to compare quality. (p. 198)
- standardized accounting practices** Reporting figures in a way that can be easily compared to the figures from other businesses. (p. 173)
- standardized ('stan-dər-,dīzd) recipe** A set of written instructions used to consistently prepare a known quantity and quality of food. (p. 330)
- starter** A mixture of flour, yeast, sugar, and a warm liquid that begins the leavening action. (p. 706)
- steak sauce** A tomato-based sauce that is tangier than ketchup. (p. 416)
- steam table** A food warmer; keeps prepared foods warm in serving lines. (p. 242)
- steaming** Cooking vegetables or other foods in a closed environment filled with steam. (p. 391)
- stewing** A combination cooking technique. Stewed foods are cut into small pieces, and completely covered with liquid during cooking. Cooking time for stewing is generally shorter than for braising. (p. 394)
- stimuli** Things that cause an activity or response. (p. 421)
- stir-frying** A dry cooking technique similar to sautéing done with a wok. (p. 384)
- stirred custard** A custard made on the range in a double boiler or saucepan. (p. 772)
- stir** Gently blending ingredients until they are combined. (p. 700)
- stock** The liquid that forms the foundation of sauces and soups. (p. 510)
- storage** Placing food in a location for later use. (p. 38)
- straight-dough method** Mixing all the ingredients together in a single step. (p. 713)
- * **strategy** A plan of action. (p. 189)
- streusel ('strü-səl)** A sweet, crumbly topping made of flour, brown sugar, and granulated sugar. (p. 741)
- stuffing** Seasoned food mixture often made with bread. (p. 582)
- * **subject** To expose to. (p. 378)
- * **submerged** Covered in liquid. (p. 389)
- * **substituted** Switched. (p. 774)
- * **subtle** Understated; delicate. (p. 466)
- * **sufficient** Enough. (p. 562)
- * **suitable** Having the right qualifications. (p. 97)
- sundae** A dessert with one or more scoops of ice cream topped with garnishes, fruits, or syrups. (p. 774)
- * **supplement** Addition. (p. 510)
- surimi** A combination of white fish and flavoring, minced and formed into shapes. (p. 557)
- * **surround** Enclose. (p. 689)
- sushi ('sü-shē)** A Japanese dish of raw or cooked fresh fish or seafood wrapped in cooked and cooled rice. (p. 559)
- sweating** Cooking vegetables in fat over low heat in a process that allows them to release moisture. (p. 528)
- Swedish meatball** Made with ground beef or pork, onions, and served with a gravy. (p. 503)
- sweet rich dough** A soft, heavy dough that incorporates up to 25% of both fat and sugar. (p. 709)
- Swiss meringue** A meringue that is made by dissolving sugar and egg whites together over simmering water; and then beating them. (p. 762)

T

- table d'hôte (,tä-bəl-'dōt) menu** A menu that lists complete meals, from appetizers to desserts and sometimes beverages, for one set price. (p. 310)
- table setting** The specific arrangement of tableware, glassware, and flatware for a meal. (p. 156)
- table tent** Folded cards that stand on the table to list specials. (p. 318)
- tableside** At the table, in full view of the customer. (p. 146)
- tableware** Any kind of dish, from dinner plates to soup bowls to coffee cups. (p. 155)
- tang** The part of the blade that continues into the knife's handle. (p. 252)
- tank system** A system where two plastic lines are connected to each carbon dioxide tank in a soft drink machine. One leads to the CO₂ tank and allows it to pressurize the soda syrup. The other line permits the soda to pass to the dispensing gun. (p. 122)
- target market** The market segment you most want to attract. (p. 189)
- tart pan** A shallow pan that ranges in diameter from 4½ to 12½ inches. (p. 686)
- tartar sauce** A sauce made of mayonnaise and chopped pickles. (p. 563)
- taste bud** A specialized cell for tasting that is scattered over the surface of the tongue. (p. 422)

- teamwork** Learning to effectively communicate, resolve conflicts, and develop negotiation skills. (p. 89)
- * **technique** Method. (p. 27)
- * **tempted** Enticed. (p. 709)
- theme restaurant** A restaurant that tries to recreate another place or time. (p. 142)
- thick soup** A soup that is not clear or transparent. Thick soups include a thickening agent, such as roux; cream; or a vegetable purée. (p. 529)
- thickening agent** An ingredient, such as cornstarch, that adds body to a sauce. (p. 517)
- tip** A small bonus payment from a customer as a reward for excellent service. (p. 109)
- tomato sauce** Made by simmering a tomato product with flavorings, seasonings, and stock or another liquid; one of the mother sauces. (p. 519)
- torpedo (tór-'pē-(,)dō) roll** A long, skinny sandwich roll. (p. 489)
- tortilla (tór-'tē-yə)** A flattened, round bread baked on a griddle or deep-fried. (p. 489)
- total weight as served** Multiply the number of portions by the portion weight when the food is served. (p. 352)
- tournée (tōr-'nə)** Turn vegetables using a tournée knife; creates a football shape. (p. 461)
- toxin** A harmful organism or substance. (p. 14)
- trade publication** A magazine or newsletter produced by and for members of the foodservice industry. (p. 95)
- traffic path** How people and materials move within a foodservice operation. (p. 183)
- trans fatty acid** An unsaturated fat that goes through the hydrogenation process. Also called trans fat. (p. 282)
- * **transfer** To pass to food. (p. 252)
- translucent** Clear. (p. 422)
- * **transmit** Spread. (p. 16)
- tray service** Bringing dishes to the table at the same time on a large tray. (p. 131)
- tray stand** A stand that has metal, wood, or plastic leg frames that will fold. Also called a tray jack. (p. 131)
- trayline service** Customers go through a food line and place items on their own trays. (p. 143)
- trend** A general preference or dislike for something within an industry. (p. 68)
- trichinosis (,tri-kə-'nō-səs)** An infestation by a parasite that can cause muscular pain, stomach upset, fever, weakness, and swelling. (p. 609)
- trim** To cut off excess fat or to cut food to a desired shape or size. (p. 350)
- trim loss** The weight of the waste material that was trimmed from the purchased product. (p. 351)
- trueing** Using a steel to keep a blade straight and to smooth out irregularities after sharpening. (p. 259)
- trussing** Tying up a bird's wings and legs against the body. (p. 575)
- truth-in-menu guideline** A guideline that ensures truthfulness in statements about nutrition, quantity, quality, grade, and freshness. (p. 315)
- tuber** The short, fleshy underground stems of plants. (p. 647)
- tuile ('twēl)** A Belgian molded cookie that comes out of the oven soft. (p. 751)
- tunnels** Large, irregular holes in bread. (p. 739)
- * **turn** To become. (p. 748)
- turnover rate** The average number of times a seat will be occupied during a block of time. (p. 182)

U

- underliner** A dish placed under another dish to protect the table from spills. (p. 133)
- uniform** Clothing that is worn by a particular group to help identify workers. (p. 119)
- * **uniform** Even in shape and size. (p. 255)
- unit cost** The cost of each individual item. (p. 349)
- univalve ('yü-ni-,valv)** A mollusk that has a single shell. (p. 550)
- * **upscale** For more affluent customers. (p. 322)
- upselling** Suggesting a larger size or better quality than the customer's original order. (p. 129)

V

- vacuum packed** Placed in air-tight containers from which the air has been removed to prevent the growth of bacteria. (p. 547)
- * **variation** Change. (p. 496)
- * **varied** Available in different kinds. (p. 471)
- veal** The meat from calves that are less than nine months old. (p. 599)
- vegan ('vē-gən)** Someone who does not eat any meat or animal products. (p. 293)
- vegetable stock** A stock made from vegetables, herbs, spices, and water. (p. 513)
- vegetarian (,ve-jə-'ter-ē-ən)** A person who does not eat meat or other animal-based foods. (p. 293)
- veined cheese** A pungent, semisoft cheese that has veins of mold running through it. (p. 472)
- velouté (və-,lü-'tā)** Also known as blond sauce, is made by thickening a light-colored stock with a light-colored roux; one of the mother sauces. (p. 520)
- vendor** A company that sells products to the food-service industry. (p. 61)
- * **verify** To prove. (p. 36)
- * **versatile** Adaptable. (p. 625)

- vichyssoise (vi-shē-'swäz)** A cold version of potato-leek soup. (p. 531)
- vinaigrette (,vi-ni-'gret)** A salad dressing that has a ratio of three parts oil to one part vinegar. (p. 468)
- vinegar** A sour, acidic liquid used in cooking, marinades, and salad dressings. (p. 416)
- violation** Not following a rule. (p. 198)
- viruses** Simple organisms that are responsible for many food-related illnesses. (p. 16)
- vitamin** Substance that helps regulate many bodily functions. (p. 285)
- * **volume** Amount. (p. 231)
- volume** The space occupied by a substance. (p. 262)
- volume measurement** A measurement that is expressed in cups, quarts, gallons, and fluid ounces. (p. 336)

W

- walls** The sides of a muffin. (p. 742)
- warped** Turned slightly from flat because of excessive heat and use. (p. 753)
- washing** Applying a thin glaze of liquid to dough's surface before baking. (p. 719)
- waxy potato** A potato with thin skin and less starch than mealy potatoes. (p. 650)
- weight** The heaviness of a substance. (p. 262)
- well done** Meat that is browned on the surface and gray on the inside. (p. 610)
- wet cure** A brine. Food is submerged in a mixture of sea salt, a sweetener, spices, and herbs that are dissolved in water. Then, the food is dried or cooked. (p. 457)
- wheat** A very versatile grain that is also milled into semolina and cracked wheat. (p. 627)
- * **whet** To increase, as an appetite. (p. 477)
- whetstone** A sharpening stone made of either silicon carbide or stone. (p. 259)
- whew** The liquid portion of coagulated milk. (p. 471)
- whip** Vigorously beating ingredients to add air. (p. 700)
- white rice** Rice that has had the outer layers of the grain removed. (p. 625)
- white stock** A stock made from chicken, beef, veal, or fish bones simmered with vegetables. (p. 511)

- * **withered** Shrunken and wrinkled. (p. 660)
- * **withstand** To hold up to. (p. 262)
- wok** A large pan with sloping sides. (p. 384)
- work ethic** A personal commitment to doing your very best as part of the team. (p. 88)
- work flow** The orderly movement of food and staff through the kitchen. (p. 221)
- work section** Similar work stations that are grouped into larger work areas. (p. 220)
- work simplification** To perform a task in the most efficient way possible. (p. 222)
- work station** A work area that contains the necessary tools and equipment to prepare certain types of foods. (p. 220)
- workers' compensation** Insurance that pays for medical expenses and lost wages if you are injured on the job. (p. 106)

Y

- yeast** A living organism used as a leavener. (p. 694)
- yield** The amount of servings in a recipe. (p. 331)
- yield grade** Measures the amount of usable meat on beef and lamb. (p. 592)
- yield percentage** The ratio of the edible portion of food to the amount of food purchased. (p. 350)
- yield test** A process by which AP food is broken down into EP and waste. (p. 350)
- yield weight** AP weight minus trim loss. (p. 351)

Z

- zest** The rind of a fruit. (p. 402)
- zoning** A system that divides land into sections used for different purposes. (p. 78)