

Bb

B & B A mixture of the liqueur *Benedictine* and *brandy*. It is bottled in Fecamp, the Normandy region of France. 2. The abbreviation for a bed and breakfast-type inn.

baba See *baba au rhum*.

baba au rhum ('bah-bah oh rhum) A rich yeast cake studded with raisins or currants and soaked in a syrup flavored with rum or Kirsch. Also known as a *baba*, this cake was developed in the late 1600s, when the king of Poland, Stanislas Leczyinski, dipped his dry Gugelhupf in rum and named it after the storybook hero Ali Baba. A classic baba au rhum is baked in a tall cylindrical mold, but it may also be baked in individual forms. If the cake is baked in a ring mold, it is known as *savarin*.

babáco (buh-bah-koh) Native to Ecuador, this tropical fruit is a relative of the papaya. It has a distinct shape with five sides that form a star when the fruit is cut. A pale flesh-colored interior is surrounded by a green skin that turns yellow when ripe. The flavor has overtones of strawberry, pineapple, and papaya and the smooth, thin skin is also edible. It is best eaten raw and is popular for both its creamy flesh and fragrant juice. Also called *chamburo*.

Babcock peach See *peach*.

babka ('bahb-kah) A rich, buttery rum-scented yeast bread studded with almonds, raisins, and orange rind or chocolate or cinnamon. Its origin is highly debated but Poles lay claim to its creation and traditionally serve it on Easter Sunday. The Eastern European Jews also claim they invented it and introduced it to America when they immigrated.

babovka (bah-'bove-kah) Traditional Czech tall, round cake with alternating layers of chocolate and vanilla sponge. The cake is flavored with rum and nuts.

Baby banana See *banana, finger*.

Baby Hawaiian See *pineapple*.

Baby kiwifruit See *kiwifruit*.

Baby Ruth A candy bar made with chocolate-covered peanuts and nougat. Invented by the Curtiss Candy Company in 1920, it was originally named after President Grover Cleveland's daughter, Ruth, but became popular because it was identified with the famous baseball player Babe Ruth.

Bacchus The Greek god of wine.

baci ('bah-chee) The Italian word for "kiss." It also refers to the small, round chocolate-covered hazelnut candies produced by the Perugina company in Italy.

backen ('bah-ken) The German verb meaning "to bake."

Bäckerei ('bay-kah-rye) The German word for a bakery.

Backobst ('bahk-obst) The German word for dried fruit.

Backofen ('bahk-ufen) The German word for oven.

back of the house A slang term that refers to the kitchen area of a restaurant or other commercial food-service establishment.

bagatelle (bahg-ah-'thel) A French dessert of *génoise* layers with *crème diplomat* and fresh strawberries. The strawberries are hulled and sliced lengthwise, then decoratively arranged vertically around the outside of the cake, creating an artistic band of berries. The cake is topped with a thin layer of pale green marzipan and served chilled. Also known as *fraisier*.



bagel A yeast bread shaped like a doughnut, with a dense chewy texture and shiny crust. A unique double-cooking technique is employed by first boiling the dough circles and then baking them. This popular Jewish bread was introduced to America in the late 19th century by Eastern European immigrants. Bagels are traditionally served with cream cheese and cured salmon (lox).

bag-out A term used in the pastry shop that refers to pressing a mixture out of a pastry bag onto a sheet pan in a particular pattern to form a decoration.

baguette (bah-'geht) The traditional long, thin French bread known for its crisp crust and light, chewy interior. *Baguette* is the French word for “stick.” Classically, it weighs 8 ounces (240 ml) and is 30 inches (75 cm) long. Since the end of World War II, the French government has regulated the size and price of baguette loaves made and sold in France. A 1912 law states that the baguette must contain nothing but flour, water, yeast, and salt.

baguette pan A long metal pan that consists of two half-cylinders joined together lengthwise. It may be used to shape and bake French bread loaves and is sometimes perforated.

Baileys Irish Cream An Irish liqueur consisting of Irish whisky, cream, and cocoa.

bainiku (bah-nee-koh) See *umeboshi*.

bain-marie (bane-mah-'rhee) 1. French name for a double boiler used to promote slow, even, indirect heat to prevent overcooking. 2. A metal container that holds food over hot water for the purpose of keeping it hot. See also *water bath*.

baiser (beh-zay) The French verb for “to kiss.” In pastry, it is a traditional petit four of two meringue kisses dipped in chocolate and sandwiched with a sweetened filling, such as pastry cream, whipped cream, or buttercream.

bake 1. To use an oven or other dry-heat chamber to cook a food item. Baking may be accomplished with the item covered or uncovered, but most pastry products are baked uncovered. 2. A Caribbean bread-like biscuit made with coconut milk and fried like a pancake on a griddle or in a pan.

bake-apple berry See *cloudberry*.

Baked Alaska A classic bombe with a sponge-cake base, topped with ice cream, and covered in meringue, which is browned with a torch or salamander just before serving. The dessert was created by a Parisian chef in 1860 and originally called *Omelette Norvégienne*, or Norwegian omelette; it is believed it was so named because the meringue resembled snow and the French consider Norway the land of snow. Americans adopted the dessert and renamed it Baked Alaska, after the dome igloos found there. It is traditionally served flaming, table side, to guests.

baked custard See *custard*.

baker A person who makes baked goods.

baker's cheese A pasteurized cheese produced from skimmed cow's milk. It is similar to cream cheese but contains virtually no fat. Although it is less rich, it is used in many pastry products because it is also less expensive.

baker's chocolate See *chocolate*.

Baker's German sweet chocolate A baking chocolate that was invented in 1852 by Sam German for the Baker's Chocolate brand. See also *chocolate*, *Baker's*.

baker's dozen One dozen (12) plus one (13).

baker's flour See *flour*.

baker's joy A pan-release spray used to coat baking pans so that goods are easy to remove. It is a combination of vegetable oil and flour, packaged in an aerosol spray can.

baker's knife See *cake slicer*.

baker's linen See *couche*.

baker's math See *baker's percent*.

baker's peel See *peel*.

baker's percent A system that bakers use to calculate formulas for baking. Flour is always 100% and all of the other ingredients in the dough are expressed as a percentage of the flour weight. This system allows recipes to be increased or decreased without compromising the quality of the product. Also known as *baker's math*.

baker's rack A portable rack that holds full and half sheet pans. Its mobility allows a large quantity of baked goods to be stored or moved through the work area.

baker's scale See *scale*, *balance*.

bakeware A term used to describe the tools used to produce items in a bakeshop including bread pans, sheet pans, cake pans and molds, cake rings, tart pans and rings, ramekins, pie pans, muffin pans, and others.

bakery A place where baked goods are made and sold.

Bakewell tart An English tart with a puff pastry crust brushed with jam and filled with eggs, sugar, and butter. After the tart is baked, it is dusted with confectioners' sugar or glazed with a simple icing or fondant. The tart was created by accident by a female cook working in the Rutland Arms Hotel in Bakewell, England.

baking ammonia See *ammonium bicarbonate*.

baking chocolate A chocolate made of pure chocolate liquor, without cocoa butter or sugars. It is also known as bitter or unsweetened chocolate. See *chocolate*.

baking cup A fluted paper or foil cup used to line muffin tins for baking muffins, cupcakes, and other small items. The cup holds the liquid batter and then becomes a wrapper after the item is baked. Baking cups come in standard 2 inch (5 cm) wide by 1¼ inch (3.1 cm) deep size but other sizes are available as well.

baking pan See *bakeware*.

baking powder A leavening agent for baked goods that consists of baking soda, cream of tartar or other acid, and a moisture absorber such as cornstarch. Baking powder is produced in both single-action and double-action forms. Single-action does not require heat and the baking soda reacts once it has dissolved in the liquid; it is no longer sold because it releases carbon dioxide too quickly and results in a low-quality product. Double-action baking powder reacts twice, once when dissolved and again when exposed to heat.

baking powder biscuit A small, round, American quickbread that is leavened with baking powder.

baking sheet A metal sheet used for baking. Most baking sheets are aluminum and are rigid and flat. Shiny heavy-gauge aluminum sheet pans are good conductors of heat and brown the food evenly. Dark metal sheet pans absorb heat, causing the bottoms of baked goods to darken and have a crisper crust.

baking soda An alkali leavener for making baked goods. When baking soda is combined with an acid and moisture, it produces carbon dioxide, which causes batters to rise. Baking soda reacts immediately when it comes in contact with a moist substance, so it should be mixed with dry ingredients before adding any liquid. If too much baking soda is used it may produce a yellowish-green discoloration and a strong chemical flavor. Also known as *bicarbonate of soda*.

baking stone A heavy, thick brown stone used in standard ovens to duplicate the constant heat attained from the brick floors of traditional bread and pizza ovens. Baking stones may be found in many shapes and sizes; however, round and rectangular shapes are most common. Items to be baked on the stones are slid directly onto the heated stone with the aid of a baker's peel. As an alternative, baking pans may be placed on the stones to extract some of the beneficial heat.

baklava (bahk-'lah-vah) A popular Greek and Turkish confection of multiple layers of phyllo dough brushed with butter and liberally sprinkled with spices and chopped nuts, usually almonds, walnuts, and/or pistachios. The pastry is scored into traditional triangle or diamond shapes, baked, and then soaked in honey syrup. Some regional variations flavor baklava with rosewater or orange flower water.

baladi (bell-a-dee) A 100% whole wheat Egyptian flatbread. The quality and price of the bread is strictly controlled by the government.

balance beam scale See *scale, balance*.

balance scale See *scale, balance*.

Baldwin apple See *apple*.

balka ('bahl-kah) A Polish yeast cake similar to brioche served at Polish Easter.

ballooning A cake-decorating technique whereby the decorator pipes a series of shells for a border but does not allow a tail to form. The shells are piped one after the other, with no spaces in between, with the result looking similar to a herringbone. This technique may be accomplished with a star or a round decorating tube.

balloon whisk See *whisk*.

balouza (bah-'loo-zha) A Middle Eastern pudding of cornstarch and nuts, flavored with orange flower water or rosewater.

balsamic vinegar See *vinegar*.

balsam pear See *muskmelon, bitter*.

balushahi (bah-'loo-shahi) An Indian dessert of sweet pastry dough deep-fried in clarified butter and dipped into sugar syrup.

banana A long, soft fruit of a perennial herb in the Musaceae family, cultivated in tropical climates around the world. Bananas are piped green and best ripened off the tree. They should be stored in a cool place and may be refrigerated; though the skin will turn black, the flesh will remain unchanged. Once peeled, banana flesh will begin to oxidize and turn brown unless kept in acidulated water. There are hundreds of varieties, with the most popular being:

Baby Another name for Finger bananas.

Blue Java With a splotchy grayish-blue skin and an ice cream-like flavor.

Burro A chunky, square-shaped banana that is 6 to 7 inches (15 to 17.5 cm) long. It has a deep yellow peel with black streaks and a soft, pale yellow flesh that tastes like sweet lemon.

Cavendish The most common yellow banana. It is typically 6 to 8 inches (15 to 20 cm) long with a golden yellow peel and creamy white, sweet flesh.

Finger A highly prized tropical banana that is only 3 to 4 inches (7.5 to 10 cm) long. It has a thin yellow skin and soft, creamy white to dark yellow flesh with a sweet tropical flavor. Also known as Baby banana.

Manzano Only 4 to 5 inches (10 to 12.5 cm) in length, with a thin yellow skin and firm, creamy white flesh that has an apple-like flavor with hints of strawberry.

Plantain A large, firm, flattish banana used extensively in Latin American and African cooking. About 12 inches (30 cm) in length and can weigh up to 1 pound (454 grams). The thick skin turns from green to black as it ripens and should be cut off with a knife. The flesh ranges from creamy white to pale pinkish orange. It is typically cooked green and used much like a potato, or when ripened, has a squash-like sweet flavor sweet and soft, spongy texture.

Red About 6 inches (15 cm) long, it turns from greenish-maroon to blackish-bronze as it ripens. The sweet, firm flesh ranges from pinkish-ivory to reddish-pink.

banana cream pie An American dessert of a baked pie shell lined with fresh bananas and filled with custard. It is typically topped with sweetened whipped cream or a meringue that is browned.

banana flour A flour made from dried bananas.

banana leaf A large, flat green leaf from the banana plant, used extensively in Southeast Asian and Central and South American cooking to wrap foods for baking.

banana liqueur See *crème de banane*.

banana passion fruit See *passion fruit*.

bananas Foster Famous New Orleans dessert of sliced bananas sautéed in butter, brown sugar, and banana liqueur, then flambéed with rum and served over vanilla ice cream. Named for a popular customer, Richard Foster, this table-side dessert was created in the 1950s at Brennan's restaurant.

banana split An ice cream dessert that consists of a banana split in half and topped with scoops of vanilla, chocolate, and strawberry ice cream, then covered with chocolate, fruit, or butterscotch sauce and finished with whipped cream and a *maraschino cherry*.

Banbury cake A sweet oblong English cake made with an outer crust of flaky puff pastry, filled with mincemeat. This was a popular 17th-century wedding cake, named after the Oxfordshire town of Banbury, where it was first baked; one of the oldest forms of English cakes. Also known as *Banbury tart*.

Banbury tart See *Banbury cake*.

banh troi (bahn-troy) Literally "floating cakes." A sweet Vietnamese rice dumpling. The *mung beans* are of soaked, steamed, and pureed, then mixed with sugar and chilled; then combined with sesame paste and formed into balls. The balls are encased in a *glutinous rice flour* pastry round and then boiled and simmered in a sugar syrup flavored with ginger. The finished dumplings are cooled, garnished with toasted sesame seeds, and served with a sauce.

banneton ('bahn-than) A French cloth-lined woven round or oval basket in which bread is allowed to rise before it is baked. Bannetons are used extensively in French bakeries, as well as in the United States for making *artisan breads*.

bannock ('bahn-nuhk) A Scottish griddle cake made from barley meal and oatmeal, sometimes flavored with orange or almond, and sometimes containing currants, raisins, or other dried fruits. The cake is leavened with yeast or baking powder, and is the precursor of the scone.

bap A Scottish breakfast yeast roll with a floury taste.

Baptist cake A deep-fried doughnut-type cake popular in New England during the 1930s.

bara brith (baa-rah breeth) A Welsh fruitcake that is lightly spiced and packed with dried fruits. *Bara* means “speckled or spotted crust” and refers to the cake’s exterior appearance.

barack ('bah-rahk) A Hungarian *eau-de-vie* made from apricots.

Barbados cherry See *acerola*.

Barbados gooseberry A small West Indian cactus fruit with yellow to red color and a tart flavor.

Barbados sugar See *sugar*.

barbagliata (bah-rbah-'yah-tah) An Italian beverage made with espresso and cocoa that may be served warm or cold.

barbari (barr-bah-ree) An Iranian flatbread, similar to *lavash*.

barberry See *berry*.

bar cookie See *cookie*.

barfi ('bar-fee) A fudge-like candy from eastern India, consisting of milk cooked slowly until it has the consistency of cream. The mixture is then sweetened with sugar, colored with rosewater, and flavored with pistachios or almonds. Once cooled, it is cut into squares or diamonds, and often decorated with *vark*, an edible silver leaf. Also spelled *burfi*.

barista (bah-rhee-stah) A coffee professional highly knowledgeable about and trained in the preparation of coffee and espresso drinks.

bark 1. A flat chocolate candy of nondescript shape, studded with toasted nuts and dried fruit. The candy is made in large quantities and broken into chunky pieces. 2. Generic name for a chocolate coating of cocoa solids and vegetable oil, used as a nontempered form of coating chocolate.

Bar-le-duc A currant preserve made from both white and red currants and other berries. Developed in the French town of Bar-le-Duc, in Lorraine, this preserve was once made from white currants whose seeds were removed by hand.

barley The oldest known cereal grain, dating back to the Stone Age, now used in cereals, breads, soups, and many other dishes. Much of the barley grown is used for either animal feed or the production of beer and whisky, if it is malted first. The hulled barley is the most nutritious form of the grain, with only the husk removed. Scotch and barley grits are husked barley that has been ground. Pearl barley has the bran removed and has been precooked and polished. Barley flour and barley meal is pearl barley that has been ground. Lacking *gluten*, barley must be combined with wheat flour for bread making. Bread made with barley is dark, with a dense texture.

barley sugar A candy made from sugar cooked to the light yellow color of barley. It is then cut into strips and twisted.

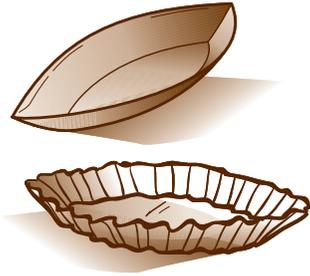
barley syrup See *malt syrup*.

barm (bahrm) 1. The English term for a sourdough starter; see *sourdough culture/ starter*. 2. The yeast that is drawn off of fermented malt.

barmbrack ('bahrm-brak) An Irish bread made from yeast or other leavening agents, studded with raisins, currants, and candied fruit peel, and usually spread generously with butter. It is often served with tea in Ireland.

barquette ('bahr-keht) A boat-shaped pastry shell filled with either a savory or a sweet filling.

barquette mold A metal boat-shaped tin used in the production of a barquette. The mold may have straight sides or be fluted, and is generally 3 to 4 inches (7.5 to 10 cm) long; 1¾ inches (4.5 cm) at the widest point; and ½ inches (1.2 cm) deep.



barriga de freira (bah-'ree-gah day free-'air-rah) A Portuguese sweet made by cooking sugar and water to a thick syrup and adding bread crumbs, butter, and beaten eggs. After cooling, it is poured into a serving dish and decorated with dried fruits and nuts. The name translates to “nun’s belly” and is believed to be called this because in the 17th century nuns made and sold many such delicious sweets to raise money for their convents.

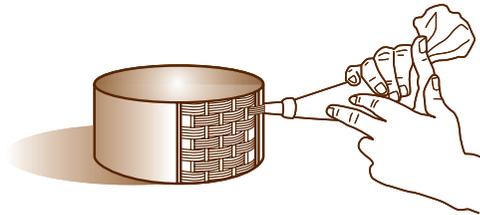
Bartlett pear See *pear*.

basboosa (baz-boo-zah) A Middle Eastern cake made with a thick batter of semolina flour and yogurt. Before baking, the top is scored in a diamond pattern and a whole blanched almond is put into each diamond. After baking, the cake is moistened with syrup of sweet rosewater and lemon.

Baseler leckerli See *leckerli*; *leckertie*.

basil ('bay-zihl) An annual herb from the mint family, with an aromatic flavor of licorice and cloves. The name comes from the Greek *basileus*, which means “king” and so it is often referred to as the royal herb. Although native to India, basil can be found growing all over the world; it varies in size, flavor, and color with each region. An important herb in cooking, the most popular varieties include sweet basil, holy basil, opal basil, hairy basil, purple basil, and lemon basil.

basket weave A cake-decorating technique resembling a basket weave, often used for bridal cakes. A vertical line of buttercream is piped on the sides of the cake from the bottom to the top. A series of horizontal lines are then piped across this vertical line, leaving space between each one.



A second vertical line is piped over top of the edge of the horizontal lines, and then additional horizontal lines are piped, starting from the spaces found on the previous series of horizontal lines and over the new vertical line. Most basket weaves are piped using the #47 or #48 decorating tip; however, other tips may be used.

Baskin Robbins An ice cream store started by brothers-in-law Burton Baskin and Irvine Robbins in 1945 known for its “31 flavors” one for every day of the month. The company has grown into one of the world’s largest franchises, with over 4,500 stores around the country.

basmati rice See *rice*.

bastard saffron See *safflower oil*.

baste To spoon onto or brush foods with a fat or other liquid as they cook.

bastila (best-ee-lah) See *brik*.

ba-ta-clan (bah-tah-clahn) A French almond-flavored cake baked in a brioche pan and covered with vanilla fondant. It was invented in the 19th century by pastry chef Pierre Lacam.

bâtard (bah-'tahrd) Similar to the baguette, but smaller, this French bread traditionally weighs 8 ounces (240 ml) and is 24 inches (60 cm) long, not 30 (75 cm). The literal translation is "bastard," which refers to the loaf's not being the standard size.

batch The quantity of a product made at one given time.

Bath biscuit A derivative of English Bath buns (see *Bath bun*), a quickbread studded with currants and baked into small round biscuits. The biscuits were created by Dr. Oliver in Bath, England, and are also known as *Oliver biscuits* and *Bath Olivers*.

Bath bun A sweet yeast bun studded with golden raisins and candied peel. Before baking a generous amount of crystal sugar and currants are strewn about the top. The bun was created in the city of Bath, during the 18th century.

Bath Oliver See *Bath biscuit*.

batia roti See *roti*.

batido (bah-'tee-doh) A Latin American drink of water, fresh fruit pulp, and a small amount of milk, ice, and sugar.

bâtonnet (bah-tohn-nay) A classic French knife cut that resembles a stick. The dimensions are $\frac{1}{4}$ (6 mm) by $\frac{1}{4}$ (6 mm) by 2 inches (5 cm).

Battenberg A German checkerboard cake of pink and yellow cake squares held together with apricot jam and wrapped in marzipan. Originally named for German royalty, the cake was renamed tennis cake after World War I because it resembled the design of a tennis court and was often served at matches. It is an English favorite and is generally known by its original name.

batter A semi-liquid mixture that forms the basis for cakes, pancakes, waffles, muffins, and other pastries. It may be thick or thin before cooking or baking, and is generally made from flour, liquid, and eggs; it is poured or spooned into the baking pan.

batter bread A yeast bread with a thin batter-like consistency. The gluten is formed by vigorous stirring. See *Sally Lunn*.

batterie de cuisine ('bah-tree duh kwiz-'zeen) The French term that indicates the area in the kitchen that houses the equipment used in the production of food and pastries.

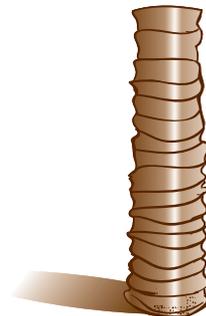
batter whisk See *whisk*.

Baumé See *Baumé scale*.

Baumé scale (bo-'may) A hydrometer scale of measurement used to determine the sugar concentration in a liquid by measuring its density; the sugar reading is expressed in degrees. The scale is named after its inventor, the French chemist Antoine Baumé. The baumé scale has been replaced by the *Brix scale*, which measures the density of sugar syrup in decimals.

Baumé thermometer See *thermometer*, *saccharometer*.

Baumkuchen ('bowm-koo-chen) A traditional German Christmas Cake, made only by specialty bakeries. The cake is made by brushing a thin layer of batter over a



Baumkuchen

turning rod placed over a hot grill. When the layer is set, another layer is applied over it, forming many thin layers of concentric rings. This layering forms what resembles the rings of a tree trunk. When the cake has a large number of rings, a long wooden comb is pressed into the sides, which gives the cake its characteristic screw-like indentations. The warm cake is then glazed with apricot, and then with either chocolate or a transparent sugar icing.

bavarese (bah-vah-reh-zeh) The Italian word for *Bavarian cream*.

Bavarian cream A classic French chilled custard dessert of *crème anglaise*, flavoring, whipped cream, and gelatin. This creamy mixture is set in a mold or used as a filling for cakes such as charlottes. Also known by its French name, *crème bavarois*.

bavarois (bah-vah-rwah) The French word for *Bavarian cream*.

beach plum See *plum*.

bead tea See *gunpowder tea*.

beat To rapidly combine ingredients in a circular motion to alter their consistency. Beating may be accomplished with a *whisk*, *paddle*, or spoon.

beaten biscuit A hard and crisp Southern biscuit. It dates to the 1800s, and its unique texture comes from how the dough is made. It is beaten with a rolling pin or mallet for an extended time, until it becomes blistered, elastic, and smooth. The dough is then stamped out into rounds, pricked with the tines of a fork, and baked. A beaten biscuit machine may be used, resembling an old-fashioned clothes wringer; it takes no less time, yet helps prevent tired bakers' arms.

beaumes de venise (boh-m deh veh-'nez) A sweet Muscat wine from a village in the Vaucluse of the southern Rhône valley of France. It is known for its taste of honeyed apricots and is a popular dessert wine.

Beauty plum See *plum*.

bebida (beh-'bee-dah) The Spanish word for drink.

bee balm A member of the mint family, this herb is used to make tea and to flavor savory items.

Beerenauslese (bayr-nouse-lay-zuh) The German term for a "berry selected harvest," which refers to a rare and costly wine sweet wine made from grapes that are selected by hand, then exposed to *Botrytris cinerea*, which gives them an intense honeyed richness.

bee sting A sweet yeast pastry filled with custard and topped with a Florentine mixture. This is an English version of the German *Bienenstich* pastry. The name comes from the baker who was stung by a bee attracted to the honey topping he was preparing for the cake.

beet sugar A root vegetable from which sugar is produced. Indeed, one of the greatest sugar resources in the world; the European Union, United States, and Russia make up the three largest sugar beet processors. Beet sugar accounts for over 30 percent of all sugar production.

beggar's purse A crepe filled with caviar and *crème fraîche*, gathered together and tied to resemble a sack. This popular appetizer was created at the now-defunct Quilted Giraffe restaurant in New York City. More recently, the phrase refers to the sacklike shape and may be made with various products, including phyllo dough and sweet fillings.

beignet ('ben-yay) The French word for fritter. Refers to a doughnut-type yeast pastry popularized in New Orleans. The pastry is deep-fried and heavily dusted with confectioners' sugar. Beignets may also be savory and are best served warm.

beijo de anjo ('bay-ho-day 'an-yo) A small Brazilian sweet of rich, eggy little cakes coated in syrup and served in a bowl with additional syrup. The name means “angel kisses” in Portuguese.

bejinho de coco (bay-'hin-yoh day 'coe-coe) A Brazilian sweet and spicy candy. Sweetened condensed milk and butter are cooked until thick, coconut is added, and the candy is kneaded on an oiled surface, shaped into individual balls, coated in confectioners' sugar, and decorated with a whole clove.

Belgian waffle See *waffle*.

Bellini (beh-'lee-nee) A refreshing Italian summertime cocktail that consists of cold *Prosecco* and fresh white peach juice. It was invented in the 1930s at Harry's Bar in Venice. Modern versions may use any variety of sparkling wine and frozen white peach juice.

bel paese (bell pay-'ay-zay) Literally, “beautiful country” in Italian, this refers to a semi-soft cheese with a mild buttery flavor, served as a dessert. It was originally produced in Bel Paese, a town outside of Milan.

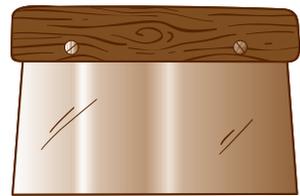
belle Hélène (bell ha-'leen) A classic French ice cream dessert of a poached pear served on a scoop of vanilla ice cream and drizzled with warm chocolate sauce. It was created by the great Chef Auguste Escoffier in honor of an 1864 operetta of the same name. Also known as *pear belle Hélène* and *poire Hélène*.

bench 1. A table, traditionally of wood, in a pastry kitchen or bakery used for making breads and doughs. 2. See *12 Steps of Baking* appendix.

bench brush A horizontal brush with flat, vertical, thick bristles attached to a short handle, used to brush or sweep off excess flour or confectioners' sugar from a sheet of dough and/or from the table as the dough is being rolled out. May be plastic or wood.

benching See *12 Steps of Baking* appendix.

bench scraper A hand-held rectangular tool used for cleaning and scraping the work surface for baking. It is also a popular tool for tabling chocolate. The stainless steel blade is approximately 6 inches (15 cm) long and 3 inches (7.5 cm) wide, and is attached to a wooden or plastic handle of the same length.



Benedictine A liqueur flavored with herbs, honey, and dried fruit, named after a Benedictine monk of the Abbey of Fecamp, Normandy, France. This sweet Cognac-based liqueur was first produced in 1510. The letters D.O.M. on each bottle stand for *Deo Optimo Maximo*, meaning “To God Most Good, Most Great.”

benne seed ('behn-ee) The African slave word for *sesame seed*.

benne wafer A traditional Southern cookie made with sesame seeds, pecans, and brown sugar. The cookies are thin and crisp, and were made in the slave kitchens of Southern plantations.

benzoyl peroxide A bleaching agent added to flour during the milling process to oxidize and whiten it.

bergamot orange ('ber-gah-mot) See *orange*.

Berliner doughnut See *Bismarck*.

berlingot (bayr-lin-gaht) A pyramid-shaped, striped, hard sugar candy. Although the origin is unknown, it is thought to derive from the Italian cake called *berlingozzo* which is traditionally flavored with peppermint. Today, many are made with a fruit flavoring, while a true berlingot is made by wrapping two

colors together. In England and other countries they are also known as humbugs and boiled lollies.

Bernachon A world-renowned chocolate shop located in Lyon, France. Started by master chocolatier Maurice Bernachon, the shop sells his hand-crafted chocolates made with chocolate that is made in-house.

berry Any of a variety of small fruits that contain seeds but not pits. The most common varieties of berries are:

Barberry A bright red berry found throughout Europe and New England. This highly acidic berry is used in pies, preserves, and syrups. The unripened berries are sometimes pickled, but most people do not consume the tart fruit raw. Available June to August.

Bilberry A dark blue-purple berry that grows wild in Great Britain and other parts of Europe. A smaller, more tart version of the blueberry, it is used in the preparation of jams, syrups, and tarts. It is in season from July to September and is also known as *whortleberry*.

Blackberry A large, wild, elongated berry with a purplish-black, shiny skin and juicy, sweet-tart flavor. They are cultivated in North America and Europe and pair well with apples. They are popular as garnishes, sauces, jams, and fruit fillings. They may be purchased fresh or frozen year-round, but peak season is during the summer months. They are highly perishable and should be stored in the refrigerator in a single layer to prevent molding.

Blueberry A small, round, sweet, juicy berry with a smooth, purplish-blue skin. They grow wild in Maine; these are not readily available outside the state. They are cultivated throughout the rest of the United States and are popular as garnishes, sauce, jams, fruit fillings, and in muffins. They may be purchased fresh or frozen year-round, but peak season is during the summer months. They are highly perishable and should be stored in the refrigerator in a single layer to prevent molding.

Boysenberry A cross of a blackberry, raspberry, and a loganberry. Named after its creator, Rudolph Boysen, they are grown mainly in California and have a mildly sweet flavor. They are reddish-black and have a large, elongated shape. Available mid-summer.

Cape Gooseberry A bittersweet, juicy berry that is cultivated in tropical climates around the world. They resemble a small, golden-amber cherry tomato and have a thin, papery husk that must be removed before use. They are good for pies, jams, jellies, and for eating them fresh. Also known as *physalis*, *poba*, and *ground cherry*. Available March to July.

Cranberry A small, round, bright red berry with a very tart flavor. The wild cranberry is native to North America, but cultivated primarily in Massachusetts, Michigan, and Canada. They are popular in combination with apples for cobblers, pies, and other desserts and are available fresh, frozen, dried, canned, and sometimes sweetened. Available mid-October to late December.

Cowberry A tart, red berry that is a member of the cranberry family. It grows wild in Maine, Canada, and northern Europe and is used to make jams and sauces. Also known as *mountain cranberry*. Available October to December.

Currant See main entry for *currant*.

Dewberry Closely related to the blackberry. It is similar to the raspberry but is purplish-black instead of red. The berries are sweet and may be eaten raw or used to make jam or cobbler. Available June to August.

Elderberry The fruit of the elder tree. The very tart fruit with skin that is purple-black is used for jams and jellies, and of course the famous elderberry wine. The berry is poisonous when eaten raw owing to an alkaloid poison that is destroyed during the cooking process. Available June to early September.

Gooseberry A large, tart berry native to northern Europe. The skins may be smooth or fuzzy, and there are white, red, green, and yellow varieties. They are popular for jams, jellies, fruit fillings, and desserts. Available canned year-round or fresh during the summer.

Huckleberry A wild berry that resembles a blackberry but with a thicker skin and more acidic flavor. They have small, hard seeds in the center and are not commercially cultivated. They may be eaten as is or used in baked goods such as pies and muffins. Available June through August.

Juniper Berry An astringent, blue-black berry that is native to America and Europe. They are too bitter to eat raw and are generally sold dried and crushed before use to release their pungent flavor. They are the major flavoring ingredient in gin. Available August to September.

Lawtonberry This sweet fruit is a cross between the blackberry and the loganberry.

Laxtonberry A berry hybrid similar to the raspberry.

Lingonberry Known as “the red gold of the forest” in their native Sweden, these tiny cowberries are grown wild and look and taste like a small cranberry. They contain a natural preservative called benzoic acid, so little to no sugar is required and they do not need to be refrigerated. They ripen in September and are available only in the regions where they grow, such as Scandinavia, Russia, Canada, and Maine. They are very popular as a preserve and are also used as to make dessert toppings, parfaits, mousses, and sauces.

Loganberry A hybrid of the raspberry and blackberry. It is high in vitamin C and resembles a large oblong raspberry. It has a reddish-purple color and a sweet-tart flavor. They are good both fresh and cooked and are popular for jams, preserves, sorbets, tarts, pies, and coulis. Available July to early September.

Mountain Cranberry Another name for *cowberry*.

Mulberry There are three varieties: red, white, and black. The red are found mainly in the eastern United States while the white is of Asian origin and the black grows wild in Europe. They resemble blackberries and have a sweet-sour flavor, and are typically used to make jams, sorbet, ice cream, and mulberry wine.

Olallieberry A cross between a loganberry and a youngberry. They are grown mainly in California and are available midsummer. They resemble a large elongated blackberry and the dark shiny skin encases a sweet juicy flesh; excellent as jams, jellies, and may also be used cooked or fresh in other desserts, pastries, and confections.

Raspberry A delicate, petite, sweet-tart berry that is used extensively in the pastry shop for garnishes, sauces, and jams. Red is the most common variety, but black and golden are also available. They may be purchased fresh or frozen year-round, but peak season is during the summer. They are highly perishable and should be stored in the refrigerator in a single layer to prevent molding.



Strawberry A hardy, sweet, red berry that is used extensively in the pastry shop for toppings, fillings, sauces, and jams. They are commercially cross-bred and vary in size, but generally the smaller varieties are more flavorful owing to a lower water content. They are available fresh or frozen year-round, but peak season is during the summer months. See also *fraise des bois*.

Thimbleberry Any of the thimble-shaped raspberry varieties, particularly the black ones.

Whortleberry See *bilberry*.

Wineberry Native to Japan, they resemble raspberries in size and color, but have a juicy, grapelike flavor.

Youngberry A large, shiny blackberry hybrid that has a reddish wine color and sweet, juicy flesh. It is native to Louisiana, but is now cultivated in southern California.

besan See *flour*.

besan roti See *roti*.

beta carotene ('bay-tuh 'khar-rah-teen) A nutritional supplement naturally occurring in fresh vegetables such as carrots, broccoli, squash, spinach, and sweet potatoes. It is believed to be an *antioxidant*, capable of helping reduce the risk of cancer and heart disease. Beta carotene is also used as a *food additive* because its characteristic orange-yellow pigments can color butter and margarine. It may also be used in foods such as flour and shortenings as a nutritional supplement.

beta crystal A component of cocoa butter, these crystals play a major role in the proper tempering of chocolate. A large number of stable beta crystals must be formed to gain the most appealing appearance, texture, and flavor of tempered chocolate. See also *cocoa butter*.

beta prime crystal See *cocoa butter*.

betise (beh-'tee-say) A small mint-flavored confection made by boiling sugar syrup. As the candy cools, air is injected into the mixture, producing tiny air bubbles that result in an airy texture. Betise is believed to have been invented in France in 1850, when a confectionery apprentice made a mistake, pouring the sugar syrup onto the marble slab incorrectly and inadvertently creating the microscopic bubbles that are characteristic of this candy.

bettleman A pudding similar to bread and butter pudding, made by soaking stale bread crumbs in boiled milk and then sweetening the mixture with sugar, spices, candied peel, eggs, cherries, and a stiffly beaten meringue. The mixture is then baked in individual dishes or a large baking dish with additional bread crumbs strewn about the top. *Bettleman* translates to "beggar's pudding," reflecting the times of hardship when people use whatever scraps are about the house.

betty A baked pudding of alternating layers of sweetened spiced fruits and buttered bread crumbs. Betties originated in colonial America and are also known as brown betty. Apple brown betty is the most well known, made with apples and brown sugar.

beugnon (bojhn) A traditional French fritter. This less sweet version of the American doughnut is made with a yeast dough formed into a ring and fried in hot oil. Although it was created after the *savarin*, they are similar in that they both may be soaked in a sweet syrup after cooking.

beurre (burr) The French word for *butter*.

beurre noir (burr nwar) The French term for "blackened butter," referring to whole butter that is melted and heated until it turns a deep brown.

beurre noisette (burr nwah-'zeht) The French term for "brown butter," referring to whole butter that is melted and heated until it turns a hazelnut (noisette) color and aroma.

beveling The act of cutting off the edge of an un-iced cake so as to soften and round the edge. Beveling is done when rolled fondant is placed over the cake, so the edges will not tear. It also increases the area of the cake for decorating purposes.

bhakri (bahk-ree) A round, flat unleavened bread made from sorghum. A food staple of India.

bharaat ('bhhu-rrat) A sweet spice mixture from the Middle East, consisting of cinnamon, allspice, nutmeg, and cloves.

bialy (bee-'ah-lee) A large, round, flat and chewy yeast roll with a depression in the center. Often topped with chopped onions before baking, this Jewish-American bread was named after the Polish city of Bialystok.

bianco (bee-'ahn-koh) The Italian word for white.

Biber ('bi-bear) A Swiss honey cake made of rich gingerbread filled with a spiced mixture and glazed with a potato glaze while hot to give the cake its characteristic shine. Legend has it that a honey cake was fed to a helpful bear by Saint Gall, and so the cake is decorated with the picture of a standing bear.

bicarbonate of soda See *baking soda*.

Bienenstich ('bee-nen-steekh) The German version of a *bee sting*, differing from the English version in that the cake is topped with a generous amount of honey, butter, and almonds rather than a Florentine mixture.

biga ('bee-gah) An Italian-style pre-ferment used in the production of artisan bread. It consists of flour, water, and a very small quantity of yeast (.08 to 1%). The amount of water used determines whether it is loose (90 to 100% hydration) or firm (50 to 60% hydration). It does not contain any salt and therefore the yeast has no inhibitor and can digest all of the natural sugar during fermentation. This process assists in giving the final bread a stronger, more pronounced flavor.

bigarade (bee-gah-rahd) The French word for a bitter orange.

bilberry See *berry*.

Billings camambola A variety of *carambola*, used to make preserves.

bind To cause ingredients to come together by using butter, flour, eggs, corn-starch, cream, or other thickening agents. This culinary technique is used to hold ingredients together.

Bing cherry See *cherry*.

Bircher muesli A cereal mixture of oats, milk fresh cream, and fruits invented by Dr. Bircher Benner as a healthful, complete breakfast. This mixture may be made daily or stored for two to three days, allowing the oats to soak in the milk and become thicker and more flavorful.

birch sugar See *xylitol*.

Bireweck ('bee-a-re-veck) An Alsatian sweet of ball-shaped fruit dough flavored with Kirsch and fresh and candied fruits.

birruelo (beer-'mway-low) A deep-fried cake of matzo meal, shaped like a doughnut and made during Passover. The may also be made with potatoes for a savory dish or with honey for a sweet confection. Of Sephardic origin.

Birne ('beer-ner) The German word for *pear*.

birthday cake A celebration cake given to someone to mark the anniversary of his or her birth. It is usually made of a sponge or shortening-based cake and iced with buttercream. It may vary in shape, flavor, style, and size. Traditionally, lit

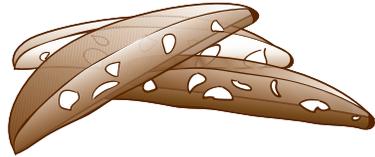
candles are placed on top of the cake and the person is supposed to make a wish before blowing them out.

Bischofsprot ('bee-showfs-braut) An Austrian cake containing dried fruit and chocolate pieces.

biscotin A small, thin, crisp biscuit usually served with ice cream or other frozen desserts. It may also be served as a petit four with coffee and tea.

biscotte The French word for *rusk*.

biscotti (biss-'coe-tee) A dry, crunchy Italian cookie whose name means "twice baked." It is baked first as a loaf and then the loaf is cut into slices and baked again. It may be flavored with a variety of nuts, spices, or dried fruits and is traditionally dipped in espresso or dessert wine.



biscuit ('biss-kwee/'biss-kiht) 1. A French term that refers to various types of sponge cake. 2. A round, flakey quickbread made without sugar and with baking powder. 3. A thin British cookie or cracker.

biscuit à la cuiller A finger-shaped biscuit made from a sponge batter and piped out with a pastry bag, then baked. The finger biscuit was created when Charles Maurice de Talleyrand suggested to Antoine Carême that biscuits should be shaped differently so that they were easier to dip into a glass of Madeira. Carême formed the biscuit batter by pouring it through a funnel to create the now classic shape. See also *ladyfinger*.

biscuit base 1. A cake base made from short dough that is baked into a disk; used underneath cakes to make cutting and serving easier. 2. A mixture of cookie or graham cracker crumbs and melted butter, used as a base for cheesecakes or mousses.

biscuit cutter A round, square, oval, alphabet letter, or other shaped metal cutter used to obtain pastry shapes. Made from thin metal and with a sharp edge for accurate cuts; nesting sets of cutters are sold in several diameters.

biscuit de savoie ('biss-kwee duh-sa-'vwah) A very light French sponge cake. First made in the 14th century for Amadeus of Savoy; can be made into a single cake or into individual biscuits that are usually served with *afternoon tea*. The sponge is also used in the production of cakes, petit fours, and gâteaux. Also known as *savoy sponge*.

biscuit glacé ('bisskwee glah-'say) A molded frozen dessert consisting of egg yolks and sugar (prepared like a *gênoise*) whipped cream, and sometimes *Italian meringue*. It may be flavored with liqueurs, chocolate, or other flavorings and is usually served with an egg custard. It is also known as biscuit Tortoni, after its Italian inventor.

biscuit method See *mixing methods*.

biscuit press A cylinder-shaped extruder used to form biscuits and cookies. The dough is loaded into a metal chamber that is fitted at one end with a plunger-type press and the other end is fitted with a metal dye of varying shapes or images. The dough is forced through the dye to "extrude" the shape of the biscuit or cookie on the baking sheet.

bishop's bread An American quickbread from the 19th century. This sweet loaf is studded with dried fruit and traditionally served to visiting clergy.

Bismarck An elongated jelly-filled doughnut that is either baked or fried and is coated with either sugar or frosting. Also known as a *long john* or *Berliner doughnut*.

bistro ('bees-troh) 1. The French word for pub. 2. A small informal restaurant serving local fare, or classic French fare, that often has outdoor seating.

bitter melon See *muskmelon*.

bitter orange See *orange*.

Bitters A bitter flavored liquid made with herbs, spices, bark, roots, plants, and other aromatics that have been infused, distilled, and blended with a liquor, usually rum. Used most commonly in the mixing of particular alcoholic beverages, they may also be utilized as an *aperitif* and a *digestif* and in the preparation of some foods. They can be purchased in a variety of flavors including orange, and peach.

bittersweet chocolate Chocolate that is processed with only a small amount of sugar to produce a sharp-sweet flavor that is desirable in many pastries. See *chocolate, dark*.

bizcochito (bizz-coe-'hee-toe) A Mexican cookie flavored with anise and sprinkled with cinnamon and sugar.

bizcocho boracho (bizz-'coe-cho buh-'rotch-o) A small Spanish cake similar to a cupcake but flavored with cinnamon and soaked in wine. It is sometimes referred to as a tipsy cake because it may make the person tipsy.

biznaga (bizz-'nah-gah) A candied cactus pod, used as both a sweet and a savory ingredient in Mexican cooking.

blaanda bread (blahn-dah) A flat bread made with whole meal and oatmeal, and baked over an open fire on a griddle or rock. It first appeared in England around 1500 B.C., and is similar to *barmbrack*, with a distinct heavy, dense texture.

blackberry See *berry*.

black bottom pie A custard pie that is a layer of rich dark chocolate custard in a short crust or graham-cracker crust, topped with a layer of rum-flavored custard. The pie is finished with whipped cream and garnished with chocolate shavings.

black bread A dense, chewy European peasant bread made with dark rye flour, cocoa, molasses, and coffee. It gets its name from the very dark color created by these ingredients and may be slightly sweet.

black bun A Scottish mince pie with a pastry crust and filled with spiced nuts and candied and dried fruits. This traditional dessert is served on New Year's day and is known as *hogmanay* in Scotland.

black cow 1. A slang term for a root beer float. 2. A slang term for chocolate milk.

black currant See *currant*.

Black Forest torte A traditional cake from the Black Forest of Germany. It consists of Kirsch-soaked cherries and sweetened whipped cream, between layers of rich chocolate sponge. It is covered in whipped cream and garnished with shaved chocolate and cherries. Known in Germany as *Schwarzwälder Kirschtorte*.

black Hass See *avocado*.

black jack A bitter, burnt-sugar mixture used as a coloring agent in gingerbread, fruit cakes, pastillage pieces, and other items where a dark color is desired. It is made by cooking sugar past the caramel stage until a distinct black color is achieved, and then adding water to make a thick black syrup.

black onion seeds See *nigella*.

black pepper(corn) See *peppercorn*.

black Spanish fig See *fig*.

Black Tartarian cherry See *cherry*.

black tea See *tea*.

black treacle See *treacle*.

black walnut See *walnut*.

blackstrap molasses See *molasses*.

blade mace See *mace*.

blanc (blahn) The French word for white.

blanc de blanc (blahn duh blahn) The French term for “white of white,” referring to Champagne that has been made with 100% Chardonnay grapes. It is typically light bodied, with a delicate flavor.

blanc de noir (blahn duh nwahr) The French term for “white of black,” referring to a sparkling wine that is made with red grapes only. It typically has a full body and flavor.

blanch To parcook food by submerging it in boiling water for a brief period. In pastry, blanching is a way to remove the skins from peaches or nuts.

blancmange (blahn-g-mahnzh) A milk pudding or custard made with cornstarch, sugar, and vanilla. It is cooked on the stovetop and typically served chilled with fresh fruit or a sweetened sauce in individual dishes.

bleached flour See *flour*.

blend To combine ingredients or flavors to form a homogenous mixture.

blender An electric appliance used to chop, blend, puree, or liquefy ingredients.

blind-bake To prebake a pie or tart shell before filling it. First the dough is docked to prevent blistering and then lined with parchment paper before filling it with weights, beans, or other heat-resistant items. The weights help the dough keep its shape while baking. Halfway through the baking, the beans and paper are removed to allow the crust to brown. This technique is used for pies and tarts that have a precooked filling, such as custard, or a filling that does not require additional baking, such as Key lime pie.

blini ('blee-nee) A small yeast-raised Russian pancake traditionally made with buckwheat flour. This griddle cake is usually served with sour cream and caviar.

blister The uneven bumps that form in a dough during baking because of pockets of steam. Blistering can be prevented by docking the dough, or weighting it down before baking, so that the steam can escape.

blintz (blihnts) A crepe-like pancake filled with a sweet or savory filling. These pancakes are rolled up and sautéed to a golden brown, then traditionally served with sour cream, often in connection with a religious rite or festival in Eastern European and Jewish cultures.

Blitzen Kuchen ('blit-sen 'coo-ken) Literally, “lightning cake,” referring to the quick rise of the cake because of its baking soda. It is flavored with orange and is a traditional German favorite.

Blitz puff pastry *Blitz* is the German word for lightning and refers to the quick preparation of this dough. The dough is prepared by the biscuit method and then rolled and folded like puff pastry. Although it is faster and easier to make than classic puff dough, there are not as many layers, it does not rise as high, and the texture is not as fine. It is often used for napoleons and other desserts that are layered with cream filling because it is crisp and flakey after baking.

block method See *tempering*.

blondie A bar cookie similar to a brownie, but flavored with butterscotch and vanilla rather than chocolate.

blood orange See *orange*.

bloom 1. The grayish-white coating that forms on chocolate as a result of improper tempering. It develops when the cocoa butter separates if the chocolate is overheated and the fat rises to the top. Although bloom is undesirable, it does not affect the taste and the chocolate may be retempered. Also known as *chocolate bloom*. 2. The process of softening gelatin in cool water for use.

Bloom gellometer A professional tool used to measure the strength or firmness of set gelatin, invented by a French scientist named Bloom. The calibrated rod is marked in increments of 50 to 300 Bloom; most gelatin sets between 225 to 250 Bloom.

blown sugar Pulled sugar that is blown into thin, decorative objects with the use of an *air pump*. The technique is used to form animals, figures, and other garnishes or showpieces.

blowtorch A large propane-powered industrial torch or a small butane-powered hand-held torch, used to caramelize sugar on *crème brûlée*, brown meringue and marzipan, loosen chilled molded desserts, and warm mixing bowls of cold buttercream or frostings to make them smooth. Although the small, squat version is easier to handle and less likely to tip over than the tall, narrow, large cylinder version, the gas runs out more quickly and is not recommended for mass production.

blueberry See *berry*.

Blue Java See *banana*.

blush wine See *rosé wine*.

boil A moist-heat method of cooking that involves applying heat to liquid and raising the temperature to 212°F (100°C). The highly agitated water cooks food rapidly.

boiled custard 1. A mixture of eggs, milk, and sugar cooked on the stovetop. 2. An eggnog-like beverage from the American South, made from an egg custard.

boiled icing A cooked icing made by combining sugar syrup with egg whites and whipping the mixture until it is fluffy, with a glossy shine. The icing should be used immediately, as it does not keep well. See also *Swiss meringue* and *Italian meringue*.

boiled lollie See *Berlingot*.

boiled peanuts See *peanut*.

boiled sweet A candy made with a boiled-sugar mixture, flavored usually with peppermint, and poured onto a marble slab, then cut into pieces.

boil-point method See *thermometer*.

boisson ('bwah-son) The French word for drink or beverage.

bola ('bow-lah) The Portuguese word for dough or pie.

bolzanese (bol-tahn-'eez-ee) Fat Italian sweet buns packed with fruits and nuts and covered in whole almonds. They are typically eaten for breakfast or as a snack with coffee, espresso, or tea.

bombe (bahm) A molded, dome-shaped frozen dessert with an outer crust of ice cream and filled with a flavored *pâte à bombe* mixture. Also known as *bombe glacée*. Some chefs prefer to use the term dome rather than bombe, owing to the negative connotations of the word. A dessert bombe is also sometimes referred to as a *pâte à bombe*.

bombe glacée (boh-m glah-'say) Another term for *bombe*.

bon appétit The French term for “good appetite,” often associated with the cookbook author Julia Child because she always closed her TV cooking programs with this phrase.

bonbon (bahn-bahn) The French word for a variety of small confections, including pralinés, fondant-centered chocolates, pastilles, and candied fruits.

boniatillo (boh-nyah-’teel-yo) A rich dessert made from the boniato root. The yam-like *boniato* is pureed, sweetened, and dusted with cinnamon.

boniato (boh-’nyah-toh) A white-fleshed tuber with reddish-brown skin, a member of the sweet potato family. The yam may reach up to 12 inches (30 cm) in length. It is used extensively in Caribbean cooking.

book fold A method of folding laminated dough. The rectangular piece of dough is smeared with butter and then the ends of the dough are folded into the center and then folded in half. Also known as *four fold*.

borage A coarse, hairy herb in the Boraginaceae family, with bright blue star-shaped edible flowers; used in salads.

border The decorative edging of a cake, made with a variety of products, such as buttercream, royal icing, or piped ganache. The size and shape of the border is determined by the tip used and by the chef’s creativity. A border may be simple, as in a shell border, or elaborate, such as an overpiped border.

bordure (’bohr-durh) A border of pastry or bread, used as both a decorative accent and a dam to hold the contents inside a baking dish.

börek (’boor-ehk) A thin packet of pastry, usually *phyllo*, stuffed with a sweet or savory filling. When savory fillings are used, this pastry may be known as *bourekia*. They are popular in Turkey and other Middle Eastern countries. Also spelled *burek*.

Bosc pear See *pear*.

Boston brown bread A steamed quickbread made with rye, wheat flour, cornmeal, molasses, and sometimes raisins or other dried fruits. It is traditionally served with Boston baked beans.

Boston cream pie A traditional American cake of vanilla sponge cake split and filled with custard, and topped with a chocolate glaze. The French chef Sanzian, of the Parker House hotel, is credited with its invention in the mid-1800s; it is now the official state dessert of Massachusetts.

Botrytis cinerea (boh-’tri-this sihn-’her-ee-uh) A mold that develops on grape skins under certain environmental conditions. It dehydrates the grapes and increases the sugar concentration and flavor without minimizing its acidity. It is an important fungus in the production of sweet wines. Also known as *noble rot*.

bouchée (boo-’shay) The French term for “mouthful,” referring to a small, round puff pastry filled with a sweet or savory mixture. *Bouchée à la reine* translates to “of the Queen,” referring to its being inspired by King Louis XIV’s wife, Marie Thérèse. See also *vol au vent*.

bouloge (boo-’lahje) The French word that describes the round shape of bread dough before baking.

boulangier (boo-lohn-’jehr) The French word for baker. See *brigade*.

boulangerie (boo-lohn-jehr-ree) The French word for bakery.

boule (buhl) The French word for “ball,” referring to a round loaf of bread.

boule de neige (bohl duh nez) Literally, “ball of snow” in French, referring to either 1. A petit four of two small white meringues sandwiched together with chocolate buttercream and iced with vanilla buttercream before being rolled in

grated chocolate; or 2. A large cake with layers of génoise and vanilla buttercream that, once firm, is cut to resemble a ball and then enrobed in vanilla buttercream and rolled in shredded coconut.

bounceberry An alternative name for *cranberry*.

Bourbon See *whisky*.

bourdaloue tarte A classic French tart of a short crust topped with pear halves, covered with frangipane and baked. The tart was developed in 1850 at a patisserie next to Notre-Dame de Lorette, the famous Parisian cathedral; it is traditionally served warm with a dusting of confectioners' sugar.

bourdelot (bohr-duh-loh) A baked apple encased in a square of puff pastry, with the four corners folded in to meet at the center. The apple is usually cored and filled with raisins, spices, and sugar before being wrapped. The pastry is then baked until the apple is tender and the pastry golden brown. This dessert comes from the French town of the same name in Normandy.

bourekia See *börek*.

bowl scraper A thin, flexible plastic tool used to scrape the sides of a bowl or rolling pin to remove batter or dough. Also known in the industry as a *pastry scraper*.

bowl truck See *mixer attachment*.

box grater See *grater*.

Boysenberry See *berry*.

braeberry See *bilberry*.

Braeburn apple See *apple*.

braewat (bray-what) A small, baked pastry triangle filled with a sweet or savory item. This popular Moroccan pastry is served warm.

braided loaf A bread design made by braiding two to six ropes of dough and baked. The most common braided loaf is *challah*.

bran See *wheat kernel*.

brandy A spirit distilled from grape wine or other fermented fruit, with a minimum proof of 60. It is usually aged in oak casks; the color, flavor, and aroma depend on the fruit used and the length of aging. Often served as an after dinner drink.

brandy butter A traditional English hard sauce of butter, sugar, and brandy, often served with steamed puddings and always served with Christmas pudding.

brandy snap A thin, crisp, cookie flavored with molasses, brandy, and spices. It is a derivative of the French *gaufre*, and was introduced to America by the first colonists.

brasserie ('brah-sayr-ee) A casual French restaurant that serves beer, wine, and hearty fare.

Brazil nut The seed of a large Brazilian tree, sometimes used in pastry. The seeds grow in clusters and resemble coconuts; within each seed are 20 to 30 hard, dark brown, triangular nuts with creamy white flesh that is high in fat and rich in flavor. Also known as *creamnut*, *para*, and *savory nut*.

bread A leavened and baked made from flour or meal. Bread is an ancient food staple that dates back to the Egyptians, who cooked flat cakes made of millet and barley on heated stones and who are credited with baking the first leavened bread. About 3000 B.C., they started fermenting a flour-and-water mixture by using wild yeasts present in the air. Since wheat is the only grain with sufficient gluten to make a raised or leavened loaf, wheat quickly became favored over other

grains grown at the time, such as oats, millet, rice, and barley. The Egyptians also developed ovens in which several loaves of bread could be baked at the same time. Bread for the rich was made from wheat flour; bread for many others was made from barley; and bread for the poor was made from sorghum. Bread was put in the tombs of ancient Egyptians to provide nourishment for their travels to the nether world.

Many hieroglyphics depict Pharaohs surveying bountiful wheat fields or overseeing the production of bread in what would be the first bakeries. Although exact dates for the first baked bread and its use as a common staple are not known, the Bible has many references to both leavened and unleavened breads and “manna.” The Greeks gained their bread knowledge from the Egyptians, and the Romans learned the art from the Greeks.

In the great Roman cities, bread was thought to be of greater importance than meat. The first bread bakers guild was formed in Rome around 168 B.C., and began the distinction of classifying the art of baking bread as a separate trade. During the Middle Ages, the bakery trade began to develop, and it was during this time that many varieties of bread emerged. In 1202, England adopted laws to regulate the price of bread and limit bakers’ profits. Many bakers were prosecuted for selling loaves that did not conform to the weights required by local laws. As a result of the “bread trials” in England in 1266, bakers were ordered to mark each loaf of their bread so that if a nonconforming loaf turned up, the baker could be found. Thus, bakers’ marks were among the first trademarks.

The production of bread was revolutionized with the advent of the steam engine, which mechanically ground the grain into flour and replaced the slower water mills. In addition, commercially prepared yeast was developed in the 1800s, which enabled bread to be produced for the masses. By the mid-1850s there were over 2017 bakeries in the United States, employing over 6700 workers. Bread continues to be an important food staple around the world and has many religious, cultural, and political meanings in different countries. The term *bread* encompasses a vast variety of products that are made with flour, water, salt, and yeast. The yeast may be wild or commercially produced and sometimes the bread is leavened chemically with baking powder or by steam. Milk or other liquids may be used in place of or in addition to water; and grains, seeds, nuts, and dried fruits may also be added depending on the flavor and texture of bread desired. Breads may be baked in a variety of ovens, on a griddle, steamed, or fried. There are hundreds of varieties of breads around the world, with each being distinct in flavor, shape, size, and texture. See *anadama*, *artisan*, *artos*, *barmbrack*, *Boston brown bread*, *brioche*, *challah*, *chapatti*, *ciabatta*, *cornbread*, *flatbread*, *focaccia*, *foo-foo*, *French bread*, *lavash*, *limpa*, *matzo*, *miche*, *naan*, *pain à l’ancienne*, *pain de campagne*, *pain d’epautre*, *pain d’épice*, *pain de mie*, *panettone*, *panmarino*, *peasant bread*, *pueblo bread*, *pugliese*, *quickbread*, *roti*, *rye bread*, *sourdough bread*, *steamed bread*, *Stollen*, and *12 Steps of Baking* appendix.

bread and butter pudding An English dessert made by pouring a spiced custard base over buttered bread cubes, flavoring it with vanilla and raisins, and baking to a golden brown. It is traditionally dusted with confectioners’ sugar and served warm.

bread crumbs Powdered or ground bits of fresh or dry bread, used for stuffings or for coating foods before frying. In pastry, bread crumbs are often used to soak up juices of fruits in pies and strudels.

bread dough See *lean dough* and *enriched dough*.

bread flour See *flour*.

breadfruit A large, round fruit found in the South Pacific, India, and the West Indies. It is related to the fig and has a bumpy green skin, with a cream-colored flesh.

Although picked green, it must ripen to develop its mild sweet and light yellow color. In Asia, breadfruit is treated as a vegetable, typically cooked in coconut milk to make a curry or fried in thin strips and sprinkled with salt, chili powder, or sugar syrup. The seeds may also be boiled in salted water and served as a snack.

bread machine A self-contained computer-programmed machine that prepares bread from start to finish. Most machines are geared toward the home baker and can prepare 1- to 2-pound (455 to 910 g) loaves within 3 to 4 hours. The bread machine may also be used to mix, knead, and proof yeast products that are then finished by hand.

bread pudding The American version of *bread and butter pudding* without the butter. It may also include various flavorings, nuts, or dried fruits.

breadstick A long stick of yeast bread, either very crisp or soft. They are often flavored or garnished with herbs and/or seeds.

breakfast Traditionally, the first meal of the day. Breakfast foods include breads, English muffins, fruit, muffins, danish, doughnuts, coffee cakes, croissants, or other baked goods. Other items served at breakfast include eggs prepared in a number of ways, breakfast meats, and batter cakes such as pancakes and waffles. These items are served with fruit juices and hot drinks such as coffee, tea, and hot chocolate.

breakfast bun See *danish pastry*.

breakfast tea See *English breakfast tea*.

bretois (breh-'stwah) A French cake that is a génoise sponge flavored with almonds and citrus peel, baked in a brioche mold and then split and filled with apricot jam. It is then garnished by rolling it in toasted almond pieces. The cake derives its name from the French town of Brest.

breton ('breh-tohn) Table decoration of small almond-flavored cookies iced in different flavors and stacked in either a pyramid or tower shape. Created by pastry chef Dubuse in 1850, this popular table decoration is presented with coffee.

breton crêpes Crêpes made with buckwheat flour; from northern France.

breton gâteau A dense sponge cake of French origin, traditionally decorated by brushing on a thick egg yolk glaze just after baking and scoring the top in a diagonal design with the point of a knife.

brevé ('brev-ay) Any coffee drink made with half-and-half instead of milk.

brewer's yeast See *yeast*.

bridge Australian style of cake decoration consisting of a swag of royal icing in a scallop shape piped on the side of the cake. A second piping of icing, usually positioned at the bottom of a cake layer, forms a second bridge. These then become a support structure for string work that is attached to both the top and bottom of the bridge work. Royal icing is piped through a #0 tube to the swags and is connected to the bottom bridge. This creates an extremely delicate design that stands out from the cake and somewhat resembles the suspensions on a bridge. The technique is also known as *extension work*.

brie (bree) From France, one of the world's great cheeses, characterized by a buttery, soft center and a powdery white rind; pairs well with fruit and nuts.

brigade The hierarchy system that the French use to organize the kitchen staff, instituted by Auguste Escoffier. Each position has a specific station and well-defined responsibilities. In pastry, the positions are:

Boulangier The person responsible for all bread products.

Chef de pâtisserie The executive pastry chef who is responsible for all of the products and cooks in his or her department.

Chocolatier The person responsible for all chocolate products including truffles, bonbons, and pralines.

Commis The pastry apprentice.

Confiseur The person responsible for confectionery items including fondants, sugar mixtures, syrups, decorative marzipan, and centerpieces made from chocolate, sugar, and pastillage. This position is often replaced by the chocolatier and chef de pâtisserie.

Glacier The person responsible for all frozen desserts including sorbets, ice creams, bombes, and parfais; also often produces ice carvings and ice displays.

Pâtissier A pastry cook.

Sous chef Second in command, who takes over the executive pastry chef's responsibilities in his or her absence.

Tourier The person responsible for all dough production in the kitchen; may also bake the dough.

brik (breek) A triangular Tunisian pastry of *malsouqua* filled with sweet or savory items and then baked or fried. Also known as *bastila* in Morocco.

brine A solution that is used for the pickling of fruits and vegetables that consists of water and salt and may be sweetened with honey, sugar or molasses. It is also used to preserve and flavor food.

brioche ('bree-ohshh) A light, tender, classic French yeast bread enriched with eggs and butter, traditionally baked in a brioche mold with a large ball of dough on the bottom and a smaller one on top; this is classically called *brioche à tête*. Tête is the French word for "head" and suggests the top looks like a person's head. Brioche can also be molded into hexagon shapes with marked-out sections (*brioche Nanterre*) or shaped into a ring and used as a *Twelfth Night cake*. In many regions, brioche is stuffed with nuts, raisins, dried fruits, or cheeses and eaten for breakfast or afternoon tea. *Brioche mousseline* is a delicate tall and cylindrical version that has additional butter. This versatile bread has many sweet and savory uses.

brioche à tête See *brioche*.

brioche mold A round, fluted metal baking pan that flares out toward the top. This is the traditional shape for making the classic brioche.

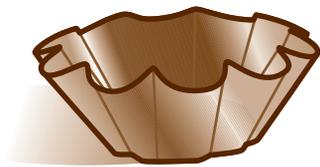
brioche mousseline See *brioche*.

brioche Nanterre A variation of the traditional brioche, with hexagon shape made of four sections and cut on top with a scissors.

briouat (bree-o-oooh-'aht) Fried pastry triangles made of phyllo dough, filled with a sweet almond filling flavored with cinnamon and orange flower water. These popular Moroccan pastries are immersed in honey before serving.

brishtner nytlae (breesht'-nur neet-ll) A Canadian dessert of dried pears poached in spiced wine. It is often served warm as a topping for vanilla ice cream.

brittle Candy made of caramelized sugar and nuts that has been poured onto a flat surface, such as marble, to cool. Once hardened, it is broken into irregular pieces. Peanut brittle is the most common; however, other nuts may be substituted. Brittle is highly susceptible to moisture and humidity, and will become sticky and crumbly when not properly protected.



Brix hydrometer See *thermometer, sugar density refractometer*.

Brix scale A scale used to measure the sugar content in a liquid. Invented by German scientist Adolph Brix, it is based on the decimal system and the density is measured with a *hydrometer*. Commonly used to measure the sugar density in sorbet syrup and by the wine industry to measure the sugar content in grapes. See also *Baumé scale*.

broa ('bro-ah) The Spanish word for cornbread, a yeasted Portuguese bread made with olive oil and ground cornmeal.

bromate A chemical additive for bread that artificially matures white flour and increases loaf volume.

bronze stamp A specialty chocolate and sugar decorating tool from France. Sold in sets, they are quite expensive because they are molded in bronze to be different sizes of flowers, leaves, or star designs. The stamp is chilled and then quickly dipped into the melted chocolate or boiled sugar, which immediately hardens and creates a thin shell of the chocolate or sugar in the shape of the stamp's design.

Brot (braht) The German word for *bread*.

brown betty See *betty*.

brown butter See *beurre noisette*.

brownie A classic American bar cookie, of flour, eggs, sugar, butter, cocoa powder or chocolate, and a possible leavening agent such as baking soda or baking powder. Brownies are always chocolate in flavor and, depending on the proportion of ingredients, can have a cakelike or fudgelike texture. They usually have nuts, but may also have other ingredients such as chocolate chips.

brown rice See *rice*.

brown sugar See *sugar*.

Brown Turkey fig See *fig*.

broyage (broy-'ahjh) The Swiss term for a meringue-nut disk, such as *dacquoise*.

brûlé (broo-'lay) The French word for "burned." See also *crème brûlée*.

brunch A meal served between 10:00 AM and 2:00 PM, eaten in lieu of breakfast and lunch. It takes its name from a combination of both words. Menus generally offer both breakfast and lunch items. Sunday brunch is very popular at many hotels and restaurants.

brune kager ('broo-neh-'kah-gur) The Dutch term for "little cakes," referring to Danish spice cookies traditionally served during Christmas season. They are flavored with light or dark corn syrup, brown sugar, lemon zest, cloves, cardamom, cinnamon, and ginger, and are typically cut into 2-inch (5 cm) rounds and decorated with blanched almonds.

brush To apply a liquid, glaze, or coating to a dough or baked good.

brush embroidery A technique used by cake decorators and sugar artists that involves using *royal icing* to outline a design such as a flower onto the rolled fondant that covers a cake, either by freehand or tracing it. Each petal is piped separately and then the edges of the petal are brushed inward toward the center using a paintbrush lightly moistened with water. This creates an embroidered look that may be enhanced with additional piping. The technique became very popular in the 1990s.

brITTLE A peanutty confection made by pulling a mixture of peanut butter, sugar, vanilla, baking soda, and salt until it resembles a soft peanut brittle. It is then cut into bite-size squares and dipped half-way in dark chocolate. The candy was created in 1951 by Sophia Gerkensymeyer of Spokane, Washington, then the

recipe was passed to Carol Measel, who in 1988 began manufacturing it from her Spokane-based Bruttles Candy Company. The name is a combination of *brittle* and *butter*.

Bual See *Madeira*.

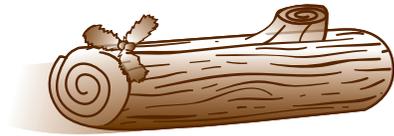
bubble sugar A decorative sugar technique made by poring a prepared sugar syrup across the top of parchment paper that has been lightly covered with spirit alcohol. As the paper is lifted, the sugar runs down the paper and reacts with the alcohol to create an array of bubbles throughout the sugar. This may also be accomplished by spreading a thin layer of *isomalt* between 2 *Silpats* and baking it until the sugar melts and forms the desired bubble appearance.

publanina (boob-lah-'nee-nah) A Czech cake of sponge batter baked with fresh cherries or plums and sprinkled with vanilla sugar while still warm.

buccellato (booh-chuh-lah-to) A Sicilian dried fruit and spice cake shaped like a ring. It is traditionally served at Christmas, but may also be found year-round. In Tuscany, sometimes it is flavored with anise and given to children on their confirmation day.

bûche de Noël (boosh duh noh-'ehl)

A traditional French Christmas cake in the shape of a log. The cake is a flavored génoise filled with rich French buttercream. It is designed to resemble a yule log and is traditionally decorated with meringue mushrooms, and marzipan holly and berries. Also known as *yule log* and *Christmas yule log*.



buchteln ('book-teln) An Austrian sweet bun filled with jam.

buckeye A ball of creamy peanut butter dipped $\frac{3}{4}$ of the way in chocolate. It is a favorite in Ohio because it is meant to resemble the nut of the state's native buckeye tree.

buckle A deep-dish fruit dessert created in colonial America.

buckwheat The fruit of an herbaceous plant native to Russia, whose seeds are crushed to make buckwheat flour.

buckwheat flour See *flour*.

buckwheat groat Buckwheat kernels that are stripped of their inedible outer coating and crushed into smaller pieces. They are popular in Eastern Europe, where they toast them in oil to make breakfast cereals and side dishes.

Buddha's hand A subtropical finger-shaped citron fruit. It is prized for its thick, flavorful peel, which may be candied or made into *citron oil*.

budin (boo-deen) The Spanish word for *pudding*.

budino (boo-'dee-noh) The Italian word for *pudding*.

budino di riso (boo-'dee-noh dee 'rhee-soh) Italian *rice pudding*, baked in a sweet pastry crust rather than a baking dish.

buffet A meal where a central table is set with a variety of hot and cold items, including desserts, and guests are invited to serve themselves.

bugishu (boo-'gee-shoo) A Ugandan coffee made from a robusta bean of the same name.

bugne ('booh-yn) A large French fritter served with *crème anglaise* or *treacle*. It is traditionally served on Shrove Tuesday.

bülbül yuvasi (buhl-buhl yoo-vah-seu) The Turkish word for "bird's nest," referring to a pastry of phyllo dough filled with pistachios and rolled up to resemble a

nest before baking. It is traditionally served in a syrup flavored with rosewater or orange flower water.

bulgar See *bulgur wheat*.

bulghur wheat See *bulgur wheat*.

bulgur wheat A wheat berry with the bran removed. It is steamed and dried before being ground into various degrees of coarseness. This Middle Eastern wheat staple may be used for the production of breads and is also spelled *bulgar* and *bulghur*.

bulkie A nickname for a Kaiser roll.

bulking agent A food additive used to add body or to thicken a particular food. It is typically used in commercial food production to “bulk up” the product and make production more economical.

bull’s eye A large, round English peppermint.

bull’s eye loaf A dark rye bread dough encased in a light rye dough and baked. When the bread is sliced, a “bull’s eye” is formed.

bun A small round yeast roll, either sweet or savory.

bundi (‘boon-dee) An Indian sweet of a chickpea batter poured through a sieve into hot fat. The resulting fritters are served with hot syrup. Bundi may also be made by preparing a thicker batter that is formed into balls and then fried. See also *besan*.

Bundt pan A tube pan with curved, fluted sides. Typically it measures 10 inches (25 cm) in diameter and 3½ inches (8.7 cm) in height, and is used to bake cakes and quickbreads.

buñuelo (boohn-‘yhel-loh) A deep-fried Mexican pastry that is sprinkled with cinnamon sugar.

buon appetito (bwon ah-peh-‘tee-toh) The Italian term for “Good Appetite.”

buranelli (boo-rah-‘nehl-le) An Italian-inspired knot-shaped deep-fried pastry, flavored with cinnamon sugar.

burek (bou-reck) See *börek*.

burfi See *barfi*.

burnt cream The British version of *crème brûlée*.

burro (‘boo-roh) The Italian word for *butter*.

Burro banana See *banana*.

butter Pasteurized cream churned until it forms a solid mass. Butter is used extensively in the production of laminated doughs, cakes, pies, creams, and other products. In baked goods it provides moistness, tenderness, flakiness, volume, flavor, and mouthfeel. The two types of butter are sweet cream and cultured butter. Sweet cream has a mild flavor and is so called because it is made with cream that has not been soured. Cultured butter is made from sour cream and has a distinct sour flavor. Both types are available salted and unsalted. In the United States and Canada, the minimum amount of *butterfat* required in butter is 80%. European-style butters, such as *Plugra*, have a butterfat content of 82% or higher. A higher percentage of butterfat typically means the butter is smoother, with a creamier mouthfeel. The remaining ingredients in butter are water, usually 16%, and milk solids, which are the proteins, lactose, and minerals that contribute to the *Maillard browning* in baked goods. The water and small amount of air in butter assists in leavening. Other ingredients that may be added to butter are salt, natural butter flavor, and/or *annatto*, a natural coloring. Butter is graded in the United States based on flavor, texture, and color. The three grades are:

AA Made from the freshest cream, it has a fresh, mild butter flavor, smooth, creamy consistency, and uniform color.

A Stronger, slightly sour butter that is a good product but not as high in quality as AA grade.

B Has a distinct sour flavor.

In Canada, there is one grade for butter called Canada 1; it may be sweet or sour depending on whether it is made from sweet or sour cream.

Unsalted butter is recommended for pastries and baked goods because the amount of salt added to butter can vary from 1.5 to 2.5%. In addition, flavor can be controlled more easily with unsalted butter. It is important to properly store butter because it absorbs the odors of the products around it; it is best wrapped airtight and kept in the refrigerator or freezer. Other butter products include whipped butter, which has air incorporated into it; this increases the volume and gives it a softer, more spreadable consistency. Light or reduced-calorie butter has half the fat of regular butter owing to the addition of water, skim milk, and gelatin. It cannot be substituted for regular butter in recipes without significantly altering the texture and flavor of the product.

buttercream A type of icing or filling made from butter, sugar, eggs, and flavoring. There are several types, including:

Decorator's Another name for *buttercream*.

French or Common A rich buttercream made by whipping softened butter into a *pâte à bombe* mixture.

German A rich buttercream with a pastry cream base that is whipped with softened butter.

Italian A light, sweet buttercream made by whipping softened butter into Italian meringue.

Simple A quick version made by whipping the fat with confectioners' sugar. It is typically used to decorate with; also known as *decorator's buttercream*.

Swiss A stable buttercream made by whipping softened butter into Swiss meringue.

butterfat The saturated fat found in butter. See *butter*.

butterfly cake An English tea cake filled with cream and made to resemble a butterfly.

buttermilk Originally the milk left after butter had been churned, now made by adding *Streptococcus lactis* bacteria to nonfat or low-fat milk, which gives the milk a heavier texture and a sweet/tangy flavor.

buttermilk pie A Southern custard pie made with buttermilk, butter, eggs, sugar, and flour, with additional flavorings such as vanilla, lemon, or nutmeg.

butternut The seed of an American tree in the walnut family. The nut has a rich oily meat and is used in the production of candies and confections. The butternut tree is native to New England and is also known as a *white walnut*.

butterscotch A flavor derived by cooking brown sugar and butter; it is used in a variety of confections and bakery items. Butterscotch is also a type of hard candy.

butter tart A Canadian tart of sweet pastry dough filled with raisins and a buttery-rich cream sweetened with brown sugar and flavored with vanilla. This is Canada's national dessert.

Butterteig ('boo-ter-tike) The German word for *puff pastry*.

butyric acid (byoo-tih-ihk) A food additive that comes from butter.