

# Ee

## E e

**Earl Grey tea** A black tea named after the British Prime Minister Earl Charles Grey in the 1830s. Earl Grey is infused with *bergamot orange oil*. This fragrant citrus fruit gives the tea its distinct, refreshing flavor.

**earth almond** See *earthnut*.

**earthenware** Porous cooking vessels made of kiln-fired clay. They are glazed on the interior and must be soaked in water before being heated.

**earthnut** The small, wrinkled tuberous root of an African plant. It has a bumpy brown skin and white flesh that has a sweet nutty flavor similar to almonds. It can be dried and candied or eaten as a snack. It can also be ground into flour or roasted as the base for a coffee drink. The nuts are gluten, cholesterol, and sodium free. In Spain and Mexico, they are used as a base for a popular drink called *borchata*. Also known as *chufa*, *earth almond*, and *tiger nut*.

**eau-de-vie** (oh-deuh-'vee) French for "water of life," referring to any distilled spirit made from grape wine or fermented fruits.

**eau parfumée** (oh par-foo-'may) A Moroccan beverage of orange-flavored water scented with burnt *gum arabic*.

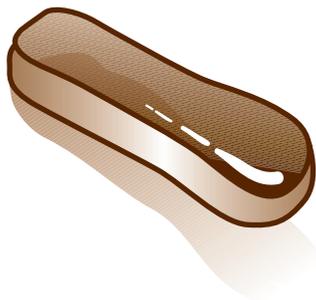
**Ebbelwoi** ('ehb-behl-y) A German apple wine from the town of Sachsenhausen, near Frankfurt, traditionally served in ribbed glasses with wooden lids. It is a dry wine with slight acidity and an alcohol content of 6%.

**Eccles cake** An oval puff pastry filled with a rich currant mixture and topped with sugar. Originally from the town of Eccles in Lancashire, England, these are typically made individually and served with tea.

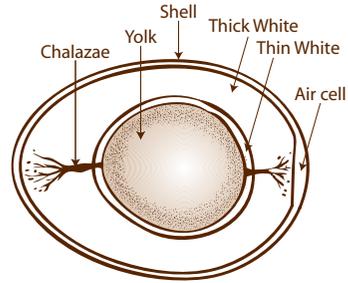
**éclair** (ay-'klehr) An elongated pastry made by piping *pâte à choux* paste into a cylinder and filling it with vanilla *crème pâtisserie* and glazing with *fondant*. They vary from 2 to 6 inches (5 to 15 cm) in length. One of the most popular choux pastries in the world, it may also be made with other flavored fillings.

**éclair paste** See *pâte à choux*.

**Edelpilzkäse** ('eh-dehl-piltz-kahs) A firm German dessert cheese made from cow's milk. It has a crumbly, white interior streaked with blue veins and has a strong fruity flavor.



**egg** The unfertilized ovum produced by a female chicken. It has a hard, porous shell that can absorb odors and flavors; the color is determined by the breed of hen. The two main parts of an egg are the white and the yolk. The white, also known as *albumen*, is protein (10%) and water (90%) The yolk consists of lipoproteins, fats, and emulsifiers such as *lecithin*. The color of the yolk is due to yellow-orange *carotenoids* and is also affected by the hen's feed. All parts of the egg are edible, although most people discard the shell. Eggs are classified by a grading system of AA (the highest quality), A, and B. They are sorted and sold in various sizes from jumbo to peewee; however, for commercial purposes, the large egg is preferred. The average egg weighs 2 ounces (55 grams), which is broken down as 1 ounce (30 g) for the white,  $\frac{2}{3}$  ounce (20g) for the yolk, and  $\frac{1}{6}$  ounce (5 g) for the shell.



**egg cream** A New York beverage of milk, *chocolate syrup*, and *seltzer water*. This popular drink contains no egg, but derives its name from the frothy top that resembles beaten egg whites. New Yorkers have been enjoying this soda fountain specialty since the 1930s.

**egg-foam method** See *mixing methods*.

**egg jam** A Southeast Asian condiment that is a jam-like custard made from sugar, eggs, and coconut milk and flavored with pandanus leaves or vanilla. It is traditionally spread on toast and eaten for breakfast, with strong coffee that is flavored with sugar and condensed milk.

**eggnog** A beverage of eggs, cream or milk, sugar, and spices such as cinnamon, nutmeg, and allspice, traditionally served during the Christmas holidays. The mixture is cooked until thick and finished with rum, brandy, or whisky. It may be served warm or chilled.

**egg piercer** A tool to make a tiny hole in the large end of an egg, which prevents it from cracking during cooking. The egg piercer has a sharp steel pin that is usually spring-loaded.

**egg ring** A stainless steel ring without a bottom, used to hold an egg while it is being poached or fried.

**egg roll wrappers** A very thin square of dough traditionally used to wrap egg rolls and spring rolls, but can also be filled with sweet items. The dough is made of flour, water, and salt.

**egg separator** A tool used to separate eggs into whites and yolks by allowing the egg white to flow through the saucer-like piece while the yolk is held in the cup.

**egg substitute** A mixture of egg whites, corn oil, a food starch, and artificial coloring, used as a healthy alternative to eggs because it contains no cholesterol. The substitute may be used for making muffins and pancakes, but is not recommended for products that require air being whipped into them, because the gums and other additives prevent it from foaming.

**egg timer** An hourglass with enough sand to drain from one side to the other in 3 minutes, which is the recommended time to prepare a soft-boiled egg.

**egg wash** An egg mixture that is brushed onto goods before they are baked; it gives enriched browning, shine, and/or acts as a moisture barrier for the finished item. The wash may be made from whole eggs, yolks only, or whites only, and may or may not include water or milk.

**egg whisk** See *whisk*.

**egusi** (eh-'goo-see) The small, flat, pale seeds of an African watermelon, eaten as a snack or ground and used as a thickener.

**eighty-six (86)** A kitchen term that refers to running out of an item: when it is no longer available, it is "86ed."

**einkorn** ('eye'n-korhn) A variety of coarse-grained wheat believed to be the ancestor of modern wheat varieties. It is traced back to southeastern Turkey some 10,000 years ago, when agriculture first began.

**Eisenlebkuchen** ('eye'z-en-layb-koo-ken) A German spiced cookie covered with chocolate. It is a specialty of Nuremberg.

**Eiswein** ('eye'z-vine) See *ice wine*.

**elasticity** A baker's term that refers to a dough's springiness. It significantly contributes to loaf volume and structure. See also *gluten*.

**election cake** A dried-fruit laden cake flavored with sherry and spices, from New England. It was created in the 18th century and is made to celebrate Election Day.

**Electra** See *Quady*.

**elephant ear** See *palmier*.

**elephant skin** An undesirable crust that forms on the surface of bread doughs when they are *overoxidized* or not properly covered during the *benching* process. The name derives from the appearance of the crust—it resembles wrinkly elephant skin.

**Elisen** ('eh-liz-en) A German gingerbread leavened with egg whites.

**Elsay** ('ehl-say) A French custard powder. See *custard powder*.

**Elysium** (ee-lihs-'see-uhm) See *Quady*.

**embroidery piping** A style of cake decorating used to create fine-detailed designs that resemble embroidery. This can be done freehand or a pattern can be traced onto the rolled *fondant* covering the cake. To achieve quality embroidery piping, use a very fine round tube, either #00 or #000, with a slightly thinned *royal icing*. See also *brush embroidery* and *eyelet embroidery*.

**Emerald Baut** See *pluot*.

**Emmental cheese** ('em-mehn-tahl) Named for Switzerland's Emmental valley, this creamy cheese has a nutty, buttery flavor and pale yellow rind and interior. It is made from partially skimmed unpasteurized cow's milk and pairs well with fruit and dessert wines.

**emmer wheat** A form of wheat that dates back to Babylonia, where it was first cultivated. Regarded as a cereal grain, it is found in Switzerland and southern Germany. Also called *two-grained spelt* or *starch wheat*.

**empañada** (ehm-pah-'nah-dah) A deep-fried turnover that may be filled with meat, vegetables, or something sweet, popular in Central and South America.

**Emperor grape** See *grape*.

**emulsified shortening** See *shortening*, *high-ratio*.

**emulsifier** A chemical additive used to achieve a permanent uniform suspension of two liquids.

**emulsion** A uniform mixture of two unmixable liquids. Emulsions may be divided into two categories: temporary and permanent. A *temporary emulsion* will stay suspended for a limited period of time; a *permanent emulsion* uses an *emulsifier* such as egg yolk to form a permanent suspension.

**enamelware** Cookware or bakeware made of cast iron or steel that has been enameled to prevent rusting.

**encapsulated flavoring** A dry flavoring or spice that has been coated to protect the flavor from heat, light, and moisture. It has a longer shelf life and can also withstand the heat of the oven better than other flavorings.

**en croûte** (ahn 'kroot) The French term for a food wrapped in pastry dough and baked.

**endosperm** See *wheat kernel*.

**Engadine** ('ehn-gah-din-uh) A Swiss covered tart of short dough filled with a rich mixture of walnuts caramelized in sugar, cream, and honey. From the Graubünden canton of Switzerland, it is also known as *Engadiner Nusstorte*.

**Engadiner Nusstorte** ('ehn-gah-din-uh 'nuhs-stuhr-tuh) See *Engadine*.

**English breakfast tea** A robust blend of black teas from several areas, including India, Sri Lanka, Kenya, and China. The tea was created in Edinburgh, Scotland. Tea houses in London began adding the name "English" to the tea in the 19th century, and it is still a favorite there today.

**English Morello cherry** See *cherry*.

**English muffin** A small, round yeast pastry formed in an *English muffin ring* and baked on a griddle. It is recommended to split open the muffin with a fork in order to reveal the nooks and crevices that are characteristic of this product. The muffin is usually toasted before serving.

**English muffin ring** A bottomless ring used to shape *English muffins* and *crumpets*. See also *crumpet ring*.

**English Swiss roll** The English version of the American jelly roll, with a thicker layer of sponge cake so it is not rolled as tightly. See *jelly roll*.

**English walnut** See *walnut*.

**enology** (ee-'noh-loh-jhee) See *viniculture*.

**en papillote** (ehn-pah-pee-'yoht) A cooking technique by which food is placed in a piece of *parchment paper* that is folded to seal. As the food bakes, it lets off steam, which puffs the parchment paper into a dome and cooks the food.

**enriched dough** A bread dough that contains some fat, dairy, eggs, or sugar. Products made from enriched doughs are generally richer and tenderer than those from lean yeast doughs, because the fat shortens the gluten strands and prevents them from forming too strong a structure. Common examples of enriched breads are *brioche* and *challah*.

**enriched flour** Flour from which the bran and germ have been removed from the endosperm during milling. The milling also removes many vitamins, minerals, and fiber. Enrichment replaces certain vitamins and minerals, such as niacin, riboflavin, and thiamin. Flour enrichment began in the United States in the 1940s to help prevent diseases caused by vitamin and mineral deficiencies, and the process is subject to U.S. Food and Drug Administration regulations.

**enrobe** To coat a candy or pastry with chocolate, sugar, or fondant. Enrobing is usually done by pouring rather than dipping, and may be done with a machine called an *enrober*.

**enrober** A machine that coats chocolates and other confections with chocolate.

**entremet** (ehn-trah-'may) 1. French for "between courses," referring to desserts served after the cheese course. 2. A composed dessert, which means it has several components, that may be hot, cold, or frozen.

**entremet ring** See *cake ring*.

**enzyme** A protein that acts as a catalyst to increase the speed of chemical reactions that would otherwise occur slowly.

**épi** ('eh-pee) The French word for wheat, referring to a bread shape that resembles a sheaf of wheat. It is traditionally made from French bread dough and cut with scissors.

**epicure** ('ehp-ih-kyoor) A person with a fascination and deep interest in all things related to the culinary and gastronomic arts.

**Epiphany cake** See *Twelfth Night cake*.

**ergosterol, irradiated** A vitamin D food additive used to fortify milk.

**Eskimo Pie** A square of vanilla ice cream surrounded by a hard chocolate shell. It was invented in 1920 by Christian Nelson in Onawa, Ohio, and was originally called the I-Scream-Bar.

**espresso** A very strong Italian coffee made by forcing hot water through finely ground coffee beans by means of high pressure. The resulting beverage is thicker and blacker than drip coffee, and is distinguished by reddish-brown foam, called *crema*, which floats on the surface. Espresso is traditionally served in a 1.5 ounce (45 ml) cup, or may be used as a base for a variety of coffee drinks. A single shot of espresso is made with ¼ ounce (7 to 8 g) of coffee and a double shot of espresso is made with ½ ounce (14 to 15 g) of coffee.

**espresso con panna** An *espresso* coffee served with a dollop of whipped cream.

**espresso cup** The 1.5-ounce (45 ml) cup that *espresso* is traditionally served in.

**espresso lungo** (ehs- preh-z 'loon-goh) *Espresso* made with twice the amount of water as a regular espresso.

**espresso machiatto** (ehs-'prehs-oh mah-kee-'aht-toh) An *espresso* with a dollop of steamed milk.

**espresso powder** Finely ground powder made from roasted espresso beans that dissolves instantly in water. It is often used to infuse a strong coffee flavor into desserts and pastries.

**essence** A concentrated liquid flavoring derived from natural sources such as herbs, spices, or flowers.

**Essencia** (eh-'sehn-see-ah) See *Quady*.

**essential oil** See *volatile oil*.

**ethylene gas** A natural gas produced by ripening fruits and vegetables that promotes further ripening.

**ethyl isobutyrate** A fruit-like additive used to flavor candies and ice creams.

**ethyl-methyl-phenyl-glycidate** A strawberry-like additive used to flavor candies and ice creams.

**ethyl nonanoate** A Cognac-like additive used to flavor candies and ice creams.

**ethyl propionate** A rum-like additive used to flavor candies and baked goods.

**ethyl sorbate** A tropical fruit-like additive used to flavor candies, ice creams, and baked goods.

**European bake** A baker's term that refers to a rich, deep golden-brown crust.

**European plum** See *plum*.

**European-style butter** See *butter*.

**eutectic** (u-'tehk-tihk) A combination of fats that lowers the melting point of a product.



épi

**evaporated milk** Canned *homogenized* milk made by heating whole milk until 60% of the water is evaporated. Although there is no sugar added, the milk has a caramel-like flavor owing to the caramelization of the *lactose* during the evaporation process. It is available in whole, skim, low-fat, and nonfat varieties, and may be used as a substitute for milk by adding an equal amount of water by volume. Evaporated milk will last indefinitely if unopened.

**Eve's pudding** The English version of *tarte Tatin*. The use of apples represents the apple given to Adam by Eve in the Garden of Eden.

**executive chef** The person responsible for managing all aspects of the kitchen, including food production, menu development, staff management, food and labor costs, and purchasing and inventory control.

**extensibility** The dough's ability to stretch and hold a shape. See also *gluten*.

**extension work** Another name for *bridge*.

**extract** A concentrated flavoring mixture of ethyl alcohol and natural oils that may be pure, or imitation, which is synthesized from chemicals. Extracts are sensitive to heat and light and should be stored in a cool, dark place.

**extraction rate** The percentage of flour extracted from wheat once the bran and germ have been removed. It is typically 72% for white flour.

**extra-virgin olive oil** See *olive oil*.

**eyelet embroidery** A type of cake decoration by which a piece of rolled *fondant* is cut with a *decorative cutter*. The cutouts are removed and the remaining fondant, which has the design of the cutout pieces, is placed over the cake. The design may then be enhanced with piping to add further depth and design. The cutout pieces may also be attached for additional decoration.

**Ezekiel mix** (ah-zee-kee-ehl) A mixture of flour and grains, used in bread baking, that usually contains wheat flour, spelt, barley, ground lentils, and millet. Its name derives from the formula found in the Bible (Ezekiel 4:9).

