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Ff

F The abbreviation for *Fahrenheit*.

Fabbri See *amarena cherry*.

Fahrenheit ('fehr-uhn-hite) The temperature scale that records the freezing of water at 32°F (0°C) and the boiling of water at 212°F (100°C). It was invented by the German physicist Gabriel Daniel Fahrenheit. See also *Important Temperatures Every Pastry Chef and Baker Should Know* and *Conversion Formulas and Equivalents* appendices.

fairy floss The Australian term for *cotton candy*.

faisce grotha ('fay-scráh groh-thah) A creamy Irish cheese made from cow's milk and similar to cream cheese in texture and flavor.

falernum (fuh-ler-nuhm) A sweet syrup from the West Indies, made with lime, ginger, and almonds.

falling number test A test that measures the degree of *amylase* activity in flour.

faluche (fah-loosh-eh) A small, round Belgian bread that looks like a mini pizza. It is cut open, spread with butter and sugar, and reheated before serving.

fancy patent flour See *flour, patent*.

Fantasia nectarine See *nectarine*.

far Breton A flan from Brittany, France, made with rum-soaked prunes and served warm or cold.

farina (fuh-'ree-nuh) The Italian word for flour, referring to a granular meal made from hard wheat flour, potatoes, tubers, or other grains. It is rich in protein and commonly used in puddings, porridge, or as a thickener.

farine (fah-rihn) The French word for flour.

farinette (fah-rihn-eh) A sweet or savory pancake from the Auvergne region of France.

farinograph A tool used to test a bread's resistance to break-down or collapse when made with a specific flour.

farl (fahrl) Similar to a scone, a thin Scottish griddle cake made of oatmeal. The name derives from "fardel," which means "fourth part," because these are made round and cut into four parts.

farmers cheese Similar to cottage cheese, a mild, slightly tangy American cheese made from whole or partially skimmed cow's milk; it can be sliced or crumbled.

farro See *spelt*.

Fasnacht ('fahs-nahkt) A yeast-raised potato doughnut, served on Shrove Tuesday. It is deep-fried in pork fat, a reference to using up animal fat, which was forbidden during Lent. It is not confirmed whether its origin is Pennsylvania Dutch or German, but it is traditionally served at breakfast, with jam or molasses.

fat See *fats and oils*.

fat rascal A large scone filled with candied fruit, almonds, and spices. It is a regional specialty of Yorkshire, England, and is typically served warm with butter.

fats and oils An essential ingredient in the production of baked goods and confections. There are many types of fats, including *butter*, *margarine*, *shortening*, *lard*, and *oil*. The main functions of fat are to provide tenderness, moisture, and flavor to baked goods. They also assist in leavening, prevent staling, and creating flakiness in *laminated dough*. Scientifically, fats are *lipids* that are solid at room temperature and oils are lipids that are liquid at room temperature. They are categorized as either saturated or unsaturated. *Saturated fat* is derived from animal meat and dairy fats. *Unsaturated fat* is derived from plants. See also *monounsaturated fat*, *polyunsaturated fat*, and *hydrogenated fat*.

fat substitute A product meant to replace traditional fats (butter, shortening, oil) in food in order to reduce calories and fat content. Owing to the many functions fat performs in food, no single substitute can produce the same texture, flavor, or color of a product made with traditional fats. See also *Leanesse*, *Olestra*, and *Simplese*.

fatty acid A building block of fat, consisting of a long chain of carbon atoms that have hydrogen attached to them. They may be saturated or unsaturated. See *saturated fat* and *unsaturated fat*.

Fauchon A world-renowned Parisian shop that specializes in luxury foods, including confectionery, cakes, and pastries. It was founded by Auguste Fauchon in 1886, at the Place de Madeleine.

FDA The acronym for the U.S. Food and Drug Administration. It is part of the U.S. Department of Health and Human Services, and is responsible for protecting the nation's health against unsafe foods and other products. The agency approves and regulates food additives and sets food-labeling standards.

feijoa (fay-yoh-ah) A South American fruit that resembles an elongated egg and has a thin, light green skin surrounding a highly aromatic cream-colored flesh with a jelly-like center. The flavor is a sweet combination of guava, pineapple, and mint. The fruit is cultivated in New Zealand and California. They are a popular item for fruit salad and dessert garnishes. New Zealand feijoas are available from spring to early summer and California feijoas are available from late fall to January. Also known as *pineapple guava*.

fendu A French bread that resembles a *bâtard*, or short baguette, with a crease down the center. Also known as *split bread*.

fennel ('fehn-uhl) A native Mediterranean plant whose seeds are used as a spice and whose bulbous root is used as a vegetable. The two types of fennel are common fennel or *Roman fennel* and *Florence fennel* or *finocchio*. The small, oval greenish-brown seeds come from common fennel; they are available whole or ground and used in many Italian breads and desserts. Florence fennel has the flavor of sweet anise.

fenugreek ('fehn-yoo-greek) A bitter-sweet herb native to Asia and southern Europe, whose seeds are used whole in spice blends and teas, and ground to produce an artificial maple flavor for candies and ice cream.

Feqqas (feh-g-'ghahs) A variety of Moroccan cookies typically served with mint tea. Popular versions include peanut feqqas that are made from cream cheese dough, filled with butter and roasted peanuts, then rolled into a cylinder and chilled before being cut into rounds and baked. Almond-anise feqqas are made with pastry dough flavored with ground almonds, anise, golden raisins, sesame seeds, and orange flower water; the dough is baked in a flat cylinder and then sliced into individual pieces and baked again until dry and crunchy.

fermentation The process by which yeast breaks down sugars and converts it into alcohol and carbon dioxide. This is one of the most crucial stages in the creation of bread because it provides both leavening and flavor. It also refers to the period that the dough is allowed to rest after kneading, which affects the flavor, appearance, and texture of the finished product. Various factors control the rate of fermentation, including the temperature of dough, amount of salt, type and amount of sugar, *pH* of the dough, and type and amount of yeast.

feuilletage (fuh-yuh-tahz) The French word for “flaky,” referring to *puff pastry* or the process of making it.

fiadone (phee-ah-’doh-nay) A Corsican cake made with eggs, sugar, lemon peel, brandy, and Broccio cheese, a soft, creamy ewe’s milk cheese from Corsica.

fiber The parts of fruits, vegetables, legumes, and grains that the body is not able to digest. This roughage in a person’s diet has been linked with lowering cholesterol levels and risks of certain cancers.

ficelle (fee-’sell) The French word for “string,” referring to a French bread that resembles a very thin *baguette*.

figget pie A Welsh pie of potatoes, apples, onions, and unsmoked bacon, baked with a top crust.

FIFO The acronym for “first in, first out,” referring to an inventory system that rotates products, particularly perishables, so that they are used in order of their receipt. This reduces spoilage and waste, and helps control food cost.

fig A soft “fruit” of any of a variety of wild or cultivated trees grown in a Mediterranean climate. It is an ancient food whose use can be traced back to the early Greek and Roman Empires. There are hundreds of varieties that come in a wide range of colors and shapes, and may be purchased fresh, dried, canned, or candied. The most common varieties are *Brown Turkey*, *Mission*, *Kadota*,

Calimyrna, and *Smyrna*. The Brown Turkey is also known as *Black Spanish*; they are large with mahogany-purple skin and a juicy red flesh. The Mission or Black Mission fig is named after the Spanish missionaries who brought them to California; they have a dark pink interior and are best for cooking or eating fresh. The large Kadota is used primarily for canning; it has a yellowish-green and purplish-white interior. Calimyrna from California and Smyrna from Turkey are large, sweet figs that are greenish in color and used mostly for drying. Unripe figs can be ripened at room temperature, and once ripe, may be stored in the refrigerator up to three days.

Fig Newton An American fig bar produced by Nabisco. It is a soft, cakelike square of pastry that surrounds a sweet fig filling, created in 1891 by the Kennedy Biscuit Works in Cambridgeport, Massachusetts, and believed to be named after the nearby town of Newton. Variations on the original are now available with strawberry, apple, and raspberry fillings. It also comes in low-fat and 100% whole-grain versions; Fig Newton Minis were also recently introduced. The cookie is the company’s number-three bestseller, at more than a billion a year.

figuette A drink made from dried figs and juniper berries.

filbert See *hazelnut*.

filhós See *malassadas*.



filo See *phyllo*.

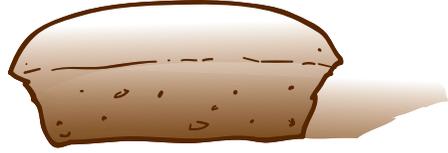
filigree work A cake-decorating technique made by piping *royal icing* on a sheet of parchment paper. Once the pieces have hardened, they are attached to the cake. The pieces may be one-dimensional or made multidimensional by attaching various pieces together. They are generally large and used as adornments for the tops of cakes and between tiers.

filter To strain solids from liquids, using a sieve or cheesecloth.

financier A delicate sponge-like cake made with egg whites, *beurre noisette*, and ground almonds.

Individual financiers are traditionally rectangular but also found in oval and round shapes. Large financiers

are baked in molds, with almonds lining the pan so they adhere to the cake as it bakes. They may also be baked in thin sheets and layered, or cut in ovals to use as a base for small pastries and petit fours. They were created by pâtissier Lanse and called *financiers* because they were dry so that when financiers ate them on the floor or the Stock Exchange they would not get their fingers sticky.



fine olive oil See *olive oil*.

Finger banana See *banana*.

finish In pastry, refers to the completion of a dish by decorating it.

fino ('fee-noh) The Italian word for "fine." See also *olive oil* and *sherry*.

finocchio See *fennel*.

firm-ball See *Sugar Cooking Stages* appendix.

firni (firr-nee) A rice flour and milk pudding from Pakistan, often flavored with rose water and garnished with almonds or pistachios.

flake To break or separate small pieces of food, usually pastry, with a fork or other utensil.

flaky A term to describe the light, crisp texture of a product. It is often associated with *pie dough* and *puff pastry*.

flaky pastry A term used to describe a pastry with a flaky texture. See *flaky*.

flaky pie dough See *pie dough*.

flambé (flahm-'bay) The process of pouring liqueur over a sweet or savory item and setting it on fire. This is done for showmanship and to enhance the flavor of the food. Also known as *flaming* a product or a product that has been "*flambéed*."

flambéed See *flambé*.

flambé trolley A small rolling table with one or two burners, used in restaurants for *flaming* dishes at a table. Classically known as a *guéridon*.

Flame grape See *grape*.

flaming See *flambé*.

flamusse (flahm-'oos) An apple pudding similar to *clafoutis*, a specialty of Nivernais and Burgundy, France.

flan (flahn) 1. The Spanish term for *crème caramel*, a baked custard with a soft caramel top. 2. An open-faced custard tart filled with fruit, cream, or a savory mixture. 3. The British term for a *tart*.

flan de naranja (flan day nah-'raan-jga) An orange-flavored Spanish custard, usually garnished with crystallized oranges.

flan de queso (flahn day 'kay-soh) A Peruvian custard made with cottage cheese, condensed milk, and eggs. It is traditionally served with stewed fruit.

flan ring A bottomless, straight-sided 1-inch (2.5 cm)-high metal ring with a rim, used to support the pastry for a flan or tart. The rim is rolled over to prevent a sharp edge.

flapjack 1. A British bar cookie made from rolled oats, butter, brown sugar, and light treacle. 2. An American slang term for a *pancake*.

flatbread 1. A form of bread that may or may not contain *leavening*. Usually very thin, flatbreads have textures that range from chewy to crisp. They are generally served with soups, salads, and cheeses, although some ethnic breads, such as *naan* and *pita bread*, and are used as an edible utensil to hold or scoop food.

flatbrod ('flaht-brahd) A Scandinavian, thin cracker-like bread made from rye flour.

flat icing A pourable simple icing made by adding liquid, such as citrus juice, water, milk, or maple syrup, to sifted *confectioners' sugar* and mixing until smooth. It is typically drizzled over baked goods such as cinnamon buns, danish, and coffee cakes to add a bit of sweetness and enhance their appearance.

Flavor Fall See *pluot*.

Flavor Gator See *pluot*.

flavoring agent See *extracts*.

Flavor King See *pluot*.

Flavorosa See *pluot*.

Flavor Queen See *pluot*.

flaxseed A small, nutritious seed with a mild nutty flavor. If ground and mixed with liquid, it forms a gelatinous mixture that is similar to egg whites. Although it may be substituted for eggs in baked goods, it does not have the same leavening ability. It is also used in the production of linseed oil.

Fleur-de-lis (flohr-duh-lee) The French word for "lily flower," referring to a piped decorative design that resembles a lily flower. It may be made from buttercream or royal icing, with a plain or star tip.

fleur de sel (flehr duh sell) See *salt*.

fleur de sel de Carmargue (flehr duh sell duh 'kahr-mahr-goo) See *salt*.

fleuron (fluh-rawng) A crescent-shaped piece of *puff pastry*, usually used as a garnish.

Fleximold See *flexipan*.

Flexipan A nonstick flexible *silicone mold* used for baking or freezing. They come in many shapes and sizes and are manufactured by the Demarle company, in France. Also known as fleximold.

floating island A dessert of poached *meringue* balls topped with caramel and served in a pool of *crème anglaise*. The French name for this dessert is *île flottant*; also known as *oeufs à la neige*.

floodwork See *run-out*.

floodwork monogramming A technique used in cake decoration whereby a letter or series of letters is traced onto parchment paper. Royal icing is then used to outline the traced letter(s) and allowed to dry. Once the royal icing outline has dried and formed a dam, thinned royal icing is flooded in using floodwork techniques. This dries until hard, and is then removed and used as needed to form a 2-dimensional piece.

Florence fennel See *fennel*.

florentine A confection of butter, honey, sugar, cream, almonds, and candied orange peel, cooked to the soft ball stage (240°F/155°C) and then dropped by mounds onto cookie sheets and baked until the mounds flatten out. The result is a chewy candylike cookie traditionally coated with a thin layer of wavy tempered chocolate on one side.

flour The finely ground and sifted meal of grains, vegetables, grasses, or nuts. A vital baking ingredient, its main functions are to provide structure, absorb liquids, and contribute color, flavor, and nutritional value. The most common flours are:

All-purpose Typically a blend of hard and soft wheat flours, it has a protein content of 9.5 to 11.5% and may be bleached or unbleached.

Artisan An unbleached flour milled from hard red winter wheat. It has a low protein content of around 11.5% but the high quality allows artisan breads to develop good gluten and undergo a long fermentation process, which develops flavor.

Atta flour A coarse-grained wheat flour found throughout Asia. It is used in traditional breads and pancakes.

Baker's A wheat flour containing a high degree of protein or gluten, between 12 and 26%. This high concentration of gluten is beneficial in the production of yeast breads requiring high gluten content. Also known as *strong flour*.

Barley See *barley*.

Besan See *flour, gram*.

Bleached Flour that has gone through a whitening process to remove the natural yellow pigment. This is accomplished through either aging the flour or adding bleaching agents such as *benzoyl peroxide* or *chlorine gas*.

Bread Flour used for products that require good-quality gluten formation. It contains between 11 and 13% protein content, and is milled from either hard red winter wheat or hard red spring. It may be purchased bleached or unbleached, and is typically used for breads, rolls, and sweet yeast dough products.

Buckwheat Made from buckwheat, it has a strong, distinct flavor and dark color and is often used in combination with wheat flour owing to its low gluten-forming abilities. It is most often used to make Russian *blini*.

Cake Enriched, bleached flour from soft winter wheat that has a protein content of 7 to 8%. Used primarily for cakes and biscuits.

Chickpea See *flour, gram*.

Clear A low-quality commercial flour. It is less refined and higher in protein than bread flour; it is milled from the outer layer of the wheat endosperm and is slightly darker in color. It has a 16% protein content and is often used in combination with low-gluten flours in bread production.

Corn A no-gluten flour milled from either white, yellow, or blue cornmeal.

Durum Flour ground from durum wheat, with a high protein content of between 12 and 15%. Its bright yellow color makes it popular for pasta products and semolina breads.

Enriched A white flour enriched with B vitamins, minerals, and iron to replace many of the nutrients lost during the milling process.

Graham Similar to whole wheat flour but with the bran finely ground. Typically used in soft breads and cookies.

Gram A pale yellow high-protein flour made from chickpeas that have been dried and ground. It is used extensively in Indian cooking. Also known as *besan* and *chickpea flour*.

Green White flour that has been aged either naturally or with the use of chemical additives. It yields bread that has poor volume, pale crust color, and a gummy crumb.

High gluten A flour with a protein level of about 14%. Its good gluten-developing properties make it a popular choice for yeast products that require strength and structure.

Instant A partially cooked, pregelatinized wheat flour that is low in protein and has malted barley added. It has been formulated to dissolve quickly in either hot or cold liquids, and is most often used to thicken gravies and sauces. Because of its low-protein content, it is also sometimes used in making pie crusts and other recipes that call for cake flour. The most well-known brand is Wondra.

Nut A flour-type product made by grinding nuts, such as almonds and hazelnuts, into an extremely fine powder. It is commonly used in cakes, doughs, and macaroons. Also known as *almond meal*, *hazelnut meal*, etc.

Oat Made from oat groats that have been ground into a powder. It does not contain any gluten.

Pastry Available bleached or unbleached, it is milled from soft winter wheat and has a protein content of 8 to 9%. It is a good choice for cookies and pastries.

Patent The highest-quality white flour available. It consists of the first streams of flour and does not contain any bran or germ, which renders it low in ash content and very white. There are different grades depending on which streams of flour are blended during the milling process, but the highest quality is called *fancy patent flour* or *extra short flour*.

Potato A gluten-free flour made from potatoes that have been cooked and dried. It is used as a thickener and a flour substitute in some baked goods for people who have wheat allergies.

Rice A finely ground, powdery flour made from white rice. It is popular in Asia as a thickener and also in place of flour to make cookies, cakes, and pastries. It is not recommended for bread baking as it does not contain any gluten.

Rye See *rye flour*.

Self-rising Available as a cake or all-purpose flour, it has baking powder and salt added to it.

Sorghum A high-protein flour made from finely ground sorghum. It is used in India to make *flatbread*. Also known as *jowar*.

Soy A high-protein flour made from finely ground soybeans. It is often mixed with other flours to make cakes and is used to make confections in Japan, where it is known as *kinako*.

Stone-ground Flour that has been ground between two slow-moving stones. Some bakers believe this milling process produces a better-tasting bread.

Straight Milled from the whole endosperm, this high-ash content, hard-wheat flour is made from a combination of all streams of flour created during the milling process. It has a protein content of around 11.5% and is a good choice for hearth breads.

Strong A flour with strong gluten-forming ability. Strong flours generally have a high protein content and form good-quality, elastic gluten. Common examples are *bread flour* and *high gluten flour* and they are typically used in bread production.

Unbleached A naturally aged flour that has not been bleached. This helps maintain the flavor, aroma, and crumb color of the bread.

Weak A flour with weak gluten-forming ability. This is desirable for making tender cakes and pastries. Common examples are *cake flour* and *pastry flour*.

Wheat A general term for white flour that has been milled from the endosperm. It does not contain the same nutrients as whole wheat flour and often has caramel coloring or molasses added to it to resemble whole wheat.

Wholemeal Flour that is made from the whole wheat grain and is available finely ground or coarse ground. It has a shorter shelf life than other flours and creates a dense, crumbly loaf with an earthy taste. Typically it is used in combination with other flours to yield a less dense product.

Whole wheat An unbleached, whole-grain flour that contains the bran, germ, and endosperm. It may be coarse or fine and milled from soft wheat with a low protein content (11%) or hard wheat with a high protein content (14%). Breads made from whole wheat flour have a darker color, stronger flavor, and denser texture.

Whole white wheat A relatively new type of wheat grown in North America. The bran of the white wheat is lighter in color and milder in flavor than whole wheat. It is milled from hard white winter wheat and has a golden color and slightly sweet taste. It is also comparable to whole wheat flour in dietary fiber.

flower, crystallized Flowers that have been preserved by *crystallization*. The most common crystallized flowers are violets and rose petals. Also known as *candied flowers*.

flower, edible Edible flowers that are typically used as a garnish or ingredient.

flower former A plastic form used in the production of icing flowers. Flowers are piped and dried on a form shaped like an inverted bell. This allows the flowers to dry with a natural curve. The forms can be found in many sizes depending on the desired size of the finished flower.

flower nail A flat 1-inch (2.5 cm) disc that sits on a pinlike stem, used in the production of icing flowers. Icing flowers are piped onto the round platform and removed with a small spatula or scissors. Also known as *rose nail*.

floyeres ('floh-yah-rays) An almond-stuffed pastry roll, popular in Greece.

fluffernutter sandwich An American sandwich made with white bread, preferably *Wonder bread*, peanut butter, and *Marshmallow Fluff*, a brand of marshmallow cream.

fluid ounce A liquid volume measure the equivalent of $\frac{1}{16}$ of a pint; abbreviated as fl. oz. in recipes. It is used in the U.S. system of weights and measures.

flummery A British dessert of fruit, semolina pudding, jam, and fresh cream. The recipe dates back to the 17th century and was similar to porridge because at one time oatmeal was used as the thickening agent.

flute 1. To *crimp* the edge of a pie crust. 2. To carve a decorative design into a vegetable, usually a mushroom. 3. A stemmed Champagne glass, tall and with a narrow body.

flûte A long, thin loaf of French bread that is between a *baguette* and a *ficelle* in size.

fluted A decorative pattern that resembles a scalloped or ruffled edge. Many tart pans and molds have fluted edges to create a decorative effect on the product.

foam-type icing See *boiled icing*.

focaccia (foh-'kah-cha) A square or rectangular, rustic Italian bread. It should be 1 to 1¼ inches (2.5 to 3.1 cm) thick, with a substantial golden brown crust and a tender, large-holed crumb. It is generally baked in a flat sheet pan and its characteristic dimpled top can be sprinkled with coarse salt, olive oil, herbs, cheeses, and/or other items. The name is derived from the Latin word for “hearth,” referring to how the breads were baked before the advent of ovens.

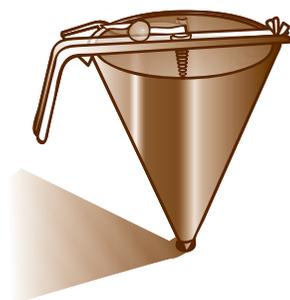
foguete (fo-gha-tay) Literally “rocket” in Portuguese, a deep-fried tube of pastry that is filled with pineapple, cashews, and raisins. It is flavored with rose water, dipped in sugar syrup, and dusted with confectioners’ sugar before serving.

foil candy cup A small fluted foil cup used to hold candies and truffles. They are usually silver or gold, but can be found in other colors.

fold 1. To gently combine light, airy ingredients into heavier ingredients, with the intention of losing as little air as possible. 2. To create layers in *laminated dough* by “folding” the dough with a *letter fold* or *book fold*. 3. To release the gasses in a bread dough and strengthen it.

fondant (fohn-'dhont) See *poured fondant* and *rolled fondant*.

fondant funnel A conical tool with a hinged handle used to control the flow of liquid with one hand. It is used to pour fondant or glazes onto petit fours and pastries. It can also be used to fill truffle shells and dispense sauce onto plates. There are different tip sizes to adjust the rate of product flow and a stand is available to hold the funnel while being refilled. Also known as *sauce gun*.



fondant icing See *icing*.

fondant sugar Another name for 12X confectioners’ sugar.

fond de pâtisserie (fohn deh pah-tiss-eh-ree) A French term to refer to a sweet base or shell used for cakes or pastries. It can be a *pie dough*, *puff pastry*, *sponge*, *meringue*, or *cookie base*.

fondue A Swiss specialty that calls for cooking food in a central, tabletop pot; it may be sweet or savory. A popular sweet fondue is made with melted chocolate to which cream or liqueur may be added. The mixture is kept warm in a fondue pot and used for dipping pieces of cake, fruit, or pastries.

food additive A substance added to processed foods to help improve taste, color, and shelf life. The additives may be natural or synthetic, and are typically not consumed as food in and of themselves. They must be approved by the FDA and clearly identified on the label.

food coloring A food-safe dye used to color pastry products such as chocolate, fondant, and marzipan. They are available in a wide range of colors and may be purchased as a paste, powder, or liquid that is either water or oil based.

food cost percent The amount of money an establishment spends on food, whether it is sold, stolen, wasted, or given away. This is generally figured by adding up all receipts for products purchased through vendors or other sources

of material goods. Gross profit is calculated by subtracting food cost from gross revenue, or the amount the establishment takes in during a given period. It is expressed as a percentage that is called *food cost percent* (FC%), a ratio of the amount of money used in order to generate a particular dollar amount. Generally food cost percent is $\frac{1}{3}$ or less the total revenue received by an establishment. For instance, an establishment that makes \$500,000 a year in total sales and has a 32% food cost means that \$160,000 actual money is spent on food purchases. Traditionally bakeries, pastry shops, and pastry departments generate a FC% between 9 and 20 percent, although establishments that use an extensive quantity of imported items or prepackaged pastry items may realize a much higher FC%.

food lacquer A food-grade product used to add shine and protection to chocolate and sugar showpieces. It is available in both glossy and matte.

food mill A kitchen tool used for straining, pureeing, and separating food solids from pulp or liquids. The food mill is a hopper with a hand-crank mechanism that forces food through small holes in changeable disks at the bottom.

food processor A kitchen appliance with a motor base and drive shaft and bowl, with an S-shaped steel blade that fits over the shaft and provides cutting ability. A lid locks into place on top. By turning the machine on, it will chop, puree, mince, and even knead. Other attachments allow the machine to shred, slice, and perform other cutting chores. Foods may be fed through a shoot that is attached to the lid.

foo-foo ('foo-foo) A West African bread made from mashed boiled plantains.

fool A chilled British dessert of strained fruit puree that is sweetened and mixed with twice its volume of whipped cream. It dates back to the 15th century.

foot A large, flat spot on the bottom of a confection owing to excess chocolate that has accumulated at the base. It is common in dipped confections and is not desirable because it diminishes the product's appearance.

Forastero See *chocolate*.

Forelle pear (fuhr-'rehl-pehr) See *pear*.

form V The stable form of cocoa butter crystals obtained through proper *tempering*.

Formosa oolong tea A Taiwanese tea renowned for its exquisite bouquet. It is considered one of the world's best and most expensive. Its leaves turn a rich copper color when steeped. It has the delicate flavor of fresh peaches and a hint of spice with no astringency or bitterness. *Formosa* is the former name of Taiwan and also means "beautiful" in Dutch, which was what they called the island.

Formosa pouching tea An expensive Taiwanese oolong tea with a light peachy flavor and pale yellow color.

fortified wine See *wine*.

fortune cookie A thin, crisp crescent-shaped cookie that contains a small paper that offers a "fortune" or words of wisdom. It is believed to have originated in California, in 1916, introduced by a noodle manufacturer named Davis Jung. It is believed he got the idea from the ancient Chinese practice of exchanging covert messages inside buns.

fouet The French word for whisk.

fougasse (foo-gahs) A bread shape made by slitting an oval piece of dough with long alternating cuts on either side, then pulling them open prior to baking. It is somewhat flat and thin. The name derives from the Latin *focus*, which means "fireplace," because it was originally cooked on a hot hearthstone. It is sometimes called *ladder bread* because the openings have a ladder-like appearance.

four fold See *book fold*.

fouerrer (foor-'reh) A French term that refers to the insertion of a raw or cooked filling into a sweet or savory item such as pastry cream into an éclair.

fractionation A technique developed in the 1950s that enables flour to be produced with a much higher or lower protein content.

fragole al aceto ('frah-goh-leh ahl ah-'chet-toh) An Italian dessert of wild strawberries that have been marinated in *balsamic vinegar*.

fragole al vino ('frah-goh-leh ahl 'vee-noh) An Italian dessert of wild strawberries that have a mixture of sugar and wine poured over at tableside.

fraise (frehz) The French word for *strawberry*.

fraise des bois (frez day bwah) French for “strawberry of the woods,” referring to a tiny, triangular wild strawberry with an intense flavor. They are native to France and grow in northern Scandinavia and Central Europe. Also known as *alpine strawberry*.

fraisier See *bagatelle*.

framboise (frahm-'bwahz) 1. The French word for raspberry. 2. A clear French raspberry liqueur distilled from the juice of raspberries.

francesina (fran-che-zee-nah) A thick, soft type of breadstick.

Frangelico (frahn-'jell-ih-koh) A golden-brown liqueur made from an extraction of hazelnuts. It is produced in Canale, Italy, and has 24% alcohol by volume (48 proof). Legend has it that the name comes from its inventor, a hermit called Fra Angelica, who was known for his unusual liqueur creations. Its distinctive packaging is a bottle shaped like a monk, with a white waist cord. It is a popular addition to coffee and espresso.

frangipane (fruhn-juh-'pahn) An almond cream used as a filling for pastries such as *pithivier* and *jalousie*, or baked as a cake and used as a base for *petit four glace* and other pastries. It is named after an Italian nobleman named Marquis Muzio Frangipani. While he was living in Paris, he invented a bitter almond-scented perfume that was used on gloves; this inspired the French pastry cooks to create this popular pastry item, also known as *frangipani*.

Frangipani (fruhn-juh-'pahn-ee) The Italian word for *frangipane*.

frappe A confectionery ingredient added to some products such as taffy and fudge in order to aerate them. It typically has a base of gelatin and sugars or albumen.

frappé (frah-'pay) 1. A sweet or savory slushy made from fruit juice or other liquid flavorings and sometimes sugar, served as a drink or dessert.

freddo The Italian word for “cold.”

freestone A stonefruit variety whose pit can easily be removed from the flesh.

freeze 1. The freezing point of water, 32°F (0°C). 2. To place food items into a freezer where the temperature is 0°F (−18°C) or lower, which causes the water molecules to collect into a frozen suspension, for the purposes of preservation.

freeze-dried coffee See *coffee*.

freeze-drying A method of food preservation whereby food items are frozen and then through a pressure reduction process the water that is present in the food is heated slightly and converted to a gas which dissipates and results in a dried finished product.

freezer An insulated cabinet where the temperature is at 0°F (−18°C) or lower, for the purpose of freezing foods for an extended time or to retain consistency, as in ice cream.

freezer burn The destructive process that occurs to items stored in the freezer whereby surface dehydration makes the product unpalatable. The surface will have white or gray spots or streaks.

French apple pie An apple pie topped with *streusel*.

French bread Any of a range of sizes and shapes of crusty white bread, by law made from only flour, water, yeast, and salt. The *baguette* is the most well known.

French buttercream See *buttercream*.

French cruller See *cruller*.

French doughnut See *doughnut*.

French ice cream A rich variety of ice cream that is made with a high percentage of eggs and cream.

French knife An all-purpose kitchen knife used to chop, cut, slice, etc., ranging in length from 8 to 14 inches (20 to 35 cm), with a blade that is wide at the heel and tapered toward the tip. Also known as a *chef's knife*.



French meringue See *meringue*.

French parfait See *parfait*.

French press A coffee-brewing device with a narrow cylindrical jug, typically made of glass or clear plastic, equipped with a lid and a plunger and filter that fit tightly in the cylinder. Coffee is brewed by placing the ground coffee and water in the cylinder and allowing it to steep for several minutes; then the plunger is depressed and pushes the grinds to the bottom of the press. The device was popularized by the French, and its operation is simple and produces a stronger coffee than other devices. Because the coffee grounds are in direct contact with the brewing water, coffee brewed with the French press captures more of the coffee's flavor and essential oils, which become trapped in a traditional drip-brew machine's paper filter. French pressed coffee is usually stronger and thicker, and has more sediment than drip-brewed coffee. Because the used grounds remain in the drink after brewing, French pressed coffee should be served immediately so as not to become bitter from overextraction. A typical 8-cup French press is considered expired after 20 minutes. It can also be used to brew loose tea. Also known as a *press pot*, *coffee plunger*, or *cafetière*.



French toast Bread that is dipped into beaten eggs and pan-fried in butter until golden brown on both sides, then served with syrup, fruit, and butter. This popular breakfast was originally intended to use up stale or leftover bread. The origin of its name is unclear, but one story claims that it was created in 1724 in Albany, New York, by a man named Joseph French. See also *pain perdu*.

fresh yeast See *yeast*.

friand ('free-ohnd) A French term that refers to a small, sweet pastry.

friandise (free-ohn-deeze) A sweet delicacy of petit fours and confections that are served after dessert. Also known as *mignardise*.

friction factor In breadmaking, the amount of heat generated when mixing the dough. This depends on the type of mixer used, mixing time, and speed, but in general is between 24° and 28°F (-5° and -2°C). It is important in determining the desired dough temperature. See also *12 Steps of Baking* appendix.

fritelle (phree-'tehl) A Corsican specialty of yeast-leavened dough made from chestnut flour, eggs, olive oil, and fennel, fried to a golden brown and served warm with a sugar coating and jam filling.

fritter A small piece of raw or cooked food, such as fruit, that is dipped in batter and deep-fried. Fritters may also be made from *yeast dough* or *choux pastry*. They are typically served warm, dusted with confectioners' sugar. Also known as *beignets* in France.

fromage (froh-'mash) The French word for *cheese*.

fromage blanc (fro-'mahz blahngk) A very soft, creamy French cheese often eaten as a dessert with fruit and sugar.

fromage glacé (fro-'mahz glah-'say) A cone-shaped flavored ice cream. It was popular in the 18th and early 19th centuries, and is believed to be the original *bombe*.

front of the house An industry term that refers to the area of the hotel or restaurant where staff are in direct contact with the guests, such as servers and bartenders.

frost To encase a cake with frosting.

frosting See *icing*.

froth The foam formed from tiny light bubbles made by frothing milk. This is done to make the *crema* for espresso.

frozen soufflé A still frozen dessert that consists of a custard-type base that has whipped cream or beaten egg whites folded into it. This mixture is poured into individual ramekins that have a collar of *parchment paper* or *acetate* extending at least 1 inch (25.4 mm) above the rim. The product is frozen until firm and the collar is removed just before service, which gives the impression of a risen soufflé. A wide variety of flavors can be used in the preparation, including lemon, cassis, strawberry, coffee, and many others.

frozen yogurt A healthy alternative to ice cream, with a consistency similar to soft-serve ice cream. See also *yogurt*.

fructose ('fruhk-tohs) A simple sugar that is a natural by-product of fruit and honey. It is present in molasses and honey, but can also be purchased as dry crystals. It is more water soluble than *glucose* and sweeter than *sucrose*. It can be used by diabetics and is available in granular and liquid forms. It should not be substituted for regular sugar because it loses some of its sweetening power when heated. Also known as *fruit sugar* and *levulose*.

fruit beer A beer or mild ale that is flavored with fruit, fruit concentrates, or fruit extracts. These have been made for centuries, particularly in Belgium.

fruit butter A sweet, smooth spread of stewed fruit, sugar, and spices.

fruitcake A dense cake packed with fruit, nuts, and spices, and often soaked in brandy or rum. If it is a dark fruitcake, it is made with molasses or brown sugar and dark fruits and nuts. If it is a light fruitcake, it is made with light corn syrup or granulated sugar and light fruit and nuts. They have extraordinary staying power and are traditionally made during holiday time.

fruit cocktail A mixture of diced fruits, typically served chilled. The original canned version contains grapes, pears, peaches, and cherries in a syrup.

fruit compote Lightly poached fruit that is cooked in a sweet syrup. The original shape of the fruit remains; it is usually served as an accompaniment to dessert.

fruit leather A sweet dried-fruit snack that is made by pureeing fruit with sugar or honey and drying it in thin strips, which are then rolled into cylinders. They are available in a variety of flavors.

fruit mince A thick, rich mixture of dried fruits, sugar, butter, and alcohol, used as a base in many desserts, such as *Banbury tarts* and pies or cobblers.

fruit mince tart See *fruit mince pie*.

fruit mince pie A sweet British pastry traditionally served during Christmastime. They are filled with a mixture of fruit and spices and usually 2 to 3 inches (5 cm to 7.5 cm) and were originally made in the shape of a cradle to symbolize the birth of Christ. If the pie has no top it is known as a *tart*.

fruit oil The essential oil derived from certain fruits, particularly citrus rinds, and used to flavor sauces, creams, fillings, and other pastry products.

fruit pie See *pie*.

fruit powder A natural coloring and flavoring ingredient made from finely ground dehydrated fruit.

fruit smack A liquid concentrate for a water-based beverage. It was the original *Kool-Aid*; owing to breakage problems, the product was produced in powder.

fruit soufflé A fruit-based *soufflé* made by cooking sugar to the *hard crack stage* and then adding fruit puree. The mixture is then cooked to the softball stage and cooled before the whipped egg whites are folded in.

fruit soup A warm or cold soup of fruit cooked with milk or cream and spices or other flavorings and then pureed. It is a specialty of Scandinavia.

fruit sugar See *fructose*.

Früli (fruhr-lee) A *fruit beer* made from 70% wheat beer and 30% fruit juice.

frutta di martorana ('froo-tah dee mahr-toh-'rah-nah) An Italian confection made by molding *marzipan* into various bite-size fruits.

fry To cook food in hot fat; use a frying pan for shallow frying; use a deep-fat fryer to completely submerge the food in fat.

fry bread A Native American *flatbread* made from flour, water, salt, and sometimes baking soda. It is shaped into thin rounds, deep-fried, and served warm.

frying pan A long-handled, round pan with slightly angled sides, used to fry foods in oil or butter. It comes in a variety of diameters and is also known as a *skillet*.

fu (foo) A spongy dough made from dried wheat gluten. It is a Japanese specialty.

fudge A semi-soft, creamy candy made with sugar, butter, and cream that is cooked to softball (240°F/115°C) and beaten until thick, then poured out onto a marble slab to cool and set before cutting. Although chocolate is the most popular fudge, it may be made with other flavorings and additions, such as nuts. Although the exact origin is unknown, there is a story that the first batch of fudge resulted from a bungled batch of caramels made in 1886, hence the name.

fudge-type icing A thick, rich icing made with ingredients such as chocolate and caramel. These store well but should be covered tightly to prevent crusting and drying.

fufu ('foo-foo) A West African carbohydrate made by drying and grinding yams into a powder or pounding them into a paste. In the Caribbean it may be boiled, fried, baked, or made into a meal. Nigeria imports an instant powder that can be found in African markets, and depending on the region, fufu takes the place of rice, biscuits, and/or mashed potatoes.

Fuji apple See *apple*.

fungal amylase An *amylase* obtained from fungal sources. It is dried and added to flour as a powder in order to correct enzymatic deficiencies. It may be substituted with *malted barley*.

funnel cake A Pennsylvania Dutch specialty made by swirling batter into hot fat through a funnel. The batter spirals are deep-fried until crisp, then doused with confectioners' sugar or maple syrup and served warm.

furmint grape See *grape*.

futari (foo-tah-re) A Tanzanian dessert of pumpkin or other squash, sweet potatoes, lemon juice, cloves, cinnamon, and coconut milk, simmered until soft and slightly thick, then baked in a dish until set.

Fuyu persimmon See *persimmon*.

fuzzy melon See *muskmelon*, *winter melon*.

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