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Hachiya persimmon See *persimmon*.

half-and-half A combination of cream and milk in equal proportions. It contains between 10 and 18% butterfat, and may be purchased as a pint or a quart.

hálfmánar ('hahlf-mah-nahr) An Icelandic cookie of two half-moon-shaped butter cookies sandwiched together with fruit preserves or a prune spread. They are a traditional Christmas treat.

hallah (hahl-lah) See *challah*.

halo-halo ('hah-low 'hah-low) A *milk shake* made with jackfruit, coconut, and sweet red beans, popular in the Philippines.

halophilic (hahl-oh-phil-ihk) A term to describe an organism that needs a salty environment in order to thrive.

halva ('hahl-vah) See *halvah*.

halvah ('hahl-vah) A Middle Eastern confection made from ground sesame seeds, honey, and other ingredients such as pistachios or almonds, dried fruit, and semolina. It is also flavored with cinnamon, cardamom, or rosewater depending on the region. The name derives from the Arabic *halwa*, meaning “sweetmeat.” After the ingredients are blended, they are heated and poured into long bars, which are sliced after cooling. Also known as *belva* in Turkey and *halva* in Greece.

Haman's hats ('hay-mehns) See *hamantaschen*.

hamantaschen ('hah-mahn-tah-shuhn)

A triangular, filled cookie whose shape is meant to represent the hat worn by the villain Haman in the Jewish story of Purim. The cookies are made with a *short dough* that is rolled out, cut into rounds, and filled with a poppy seed, prune, apricot, or nut mixture. It is then folded to resemble a three-cornered hat and baked.

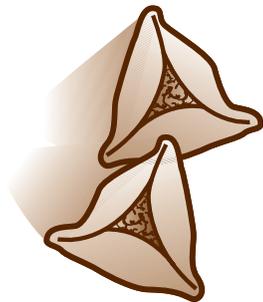
hamburger bun A pre-split round, soft *yeast roll* that measures $3\frac{1}{2}$ to 4 inches (8.7 to 10 cm) in circumference. It may be made from a variety of flours and topped with sesame seeds, poppy seeds, or chopped onions before baking. It is common to grill the top and bottom pieces before placing the hamburger between the roll.

hami See *muskmelon*.

hand-formed cookie A cookie dough that is shaped by hand into a log, individual balls, and other shapes before baking. Also known as *molded cookie*.

hard-ball stage See *Sugar Cooking Stages* appendix.

hard cider The fermented juice of apples or another fruit, with a slightly cloudy appearance and an alcohol content of around 5%. It may ferment naturally or in oak barrels with the addition of *yeast*.



hard-crack stage See *Sugar Cooking Stages* appendix.

hard pretzel See *pretzel*.

hard red spring wheat See *wheat*.

hard red winter wheat See *wheat*.

hard roll See *kaiser roll*.

hard sauce A nonliquid English dessert sauce made by creaming butter and sugar and then flavoring it with rum, brandy, or vanilla. It is traditionally served with *plum pudding*.

hardtack A hard, dry biscuit made from flour, salt, and water. It has a long shelf life and was given to sailors in the 1800s as nourishment during long voyages. The name derives from the British seamen's slang for food, "tack." Also known as *sea biscuit*.

hard water See *water*.

hard wheat See *wheat*.

hard white winter wheat See *wheat*.

hartshorn salt See *ammonium bicarbonate*.

hasty pudding A colonial American dish of cornmeal mush sweetened with molasses, maple syrup, or honey, served for breakfast or as a dessert. Also known as *Indian pudding*.

haupia (hoh-'pee-ah) A Hawaiian coconut pudding that is sometimes also used as a filling for a cake.

haystack A shortened reference to *coconut haystack*.

hazelnut The nut of the wild hazel tree, native to the Mediterranean region but now grown all over Europe and the northwestern United States. Turkey and Italy are the largest producers of this small, round golden nut that is wrapped in a papery brown skin and encased in a hard dark brown shell. The skin is slightly bitter and is typically removed by toasting the nuts and rubbing the skins off by hand with a towel. The toasting also brings out the rich, buttery flavor of the nut. The nuts are widely used in the pastry shop in whole, chopped, ground, or paste form. Their high oil content causes them to turn rancid in a short time, so they are best kept refrigerated in an airtight container or frozen. Also known as *filbert* and *cobnut*.

hazelnut meal See *flour*, *nut flour*.

hazelnut oil The rich, nutty oil pressed from hazelnuts. It is highly perishable and should be stored in a cool place. Although it is expensive, its concentrated form requires that only a small amount be used.

hazelnut paste A concentrated paste made by pressing roasted hazelnuts. The caramel-colored paste has a rich, nutty flavor and is used in pastry items as a flavoring agent.

hearth bread A bread that is baked directly on the hearth or hot deck of an oven. This is typically done with *artisan breads*.

heat lamp A key tool in the production of *pulled sugar* and *blown sugar*. It consists of a large infrared bulb that is generally 250 watts and 125 volts, attached to either a flexible gooseneck lamp or a *sugar warming case*. The top of the bulb is opaque and drives the light and its heat to the work surface below.



The lamp is elevated to leave enough room to work with the sugar, but may be moved up or down to adjust the intensity of the heat so that the sugar remains pliable. Also known as a *warming lamp* and *sugar lamp*.

heavy cream See *cream*.

heavy whipping cream See *cream*.

hedgehog Individual European cakes with an oval base and layered with chocolate-rum *buttercream* and studded with *pine nuts*. The whimsical cake is glazed with chocolate, and “eyes” are piped onto the front so it resembles a small animal. Known as *igel* in Austria.

Hefeteig (‘hehf-uh-tlg) A basic *yeast dough* used to make cakes in Germany and Austria.

helva (hehl-vah) See *halvab*.

herb The edible leaf, stem, or flower of an herbaceous annual or perennial plant known for its flavor enhancement ability. Herbs are available fresh or dried, and are used in pastry primarily as garnishes, flavorings, or infusions.

herbal tea A tea made by steeping herbs in hot water. Some herb teas are believed to soothe and heal ailments.

herbsaint (ehrb-sahnt) An anise-flavored liqueur made primarily in New Orleans.

heraldic device A tart or cake decorated in the manner of a soldier’s shield, using various jellies and fruits to designate the coat of arms. These desserts were originally served to soldiers before going into battle, as a symbol of good luck, or afterwards, to celebrate victory.

herman starter A sweet sourdough starter for producing yeast dough products. It is unclear why the starter is referred to as such, but it has become a Midwestern colloquialism.

hermit A chewy, spiced molasses cookie with nuts. The name comes from the belief that it tastes better after it is kept for several days.

heterofermentative lactobacilli Naturally occurring bacteria in sourdough cultures that produce both *acetic acid* and *lactic acid*.

hibiscus tea An aromatic, slightly tart tea with a striking magenta color, made by steeping the dark red leaves of the hibiscus flower in hot water. Its origin dates back to ancient Egypt, and it still served in the Nile Valley. The tea is believed to have powerful health benefits, such as lowering blood pressure and cooling the body in the heat. It is also revered in Egyptian culture, where people toast with a glass of hibiscus tea at every wedding.

hickory nut The nuts of over ten species of hickory trees, with the Shagbark being the fastest growing and most abundant in the eastern and central U.S. states. The most popular varieties are Eliot, Dover, and Papershell. Although they will produce nuts for over 300 years, it takes 100 pounds (47 kg) of seeds to make 1 pound (454 g) of nuts. The hard, bark-like shell contains a rich nutty meat and ripens between September and October. Since most of the nuts fall from their shells by December, the nuts are more readily available then because hand-hulling is minimal. See also *pecan*.

high-altitude baking Baking at higher altitudes requires that recipes be adjusted because the lower atmospheric pressure at these altitudes causes water to boil at a lower temperature. The following chart offers general guidelines, based on the number of feet above sea level. It is recommended that all high-altitude baking recipes be tested first for maximum quality.

INGREDIENT	ALTITUDE	ADJUSTMENT	NOTES
Eggs	2,500 feet	Increase by 3%	Will provide more structure and increase shelf life.
	5,000 feet	Increase by 6%	
	7,000 and above	Increase by 12%	
Leavening agent	2,500 feet	Reduce by 20%	Gas bubbles rise and pop more easily and may cause cake to fall because it may rise faster than it can set.
	5,000 feet	Reduce by 40%	
	7,000 and above	Reduce by 60%	
Flour	2,500 feet	Increase by 2%	Increased protein structure from gluten may help set the batter faster and prevent it from falling.
	5,000 feet	Increase by 4%	
	7,000 and above	Increase by 8%	
Sugar	2,500 feet	Reduce by 2%	Allows eggs to coagulate faster and helps prevent moisture loss.
	5,000 feet	Reduce by 4%	
	7,000 and above	Reduce by 6%	
Oven	2,500 feet to 7,500 feet	Increase temperature by 25°F	Will set cake structure faster and retain moisture.
Storage	Everything will dry more quickly in thin air so remove product from pans quickly and wrap air tight.		

high-conversion glucose corn syrup See *corn syrup*.

high fructose corn syrup See *corn syrup*.

high gluten flour See *flour*.

high-ratio cake A cake made with an *emulsified shortening*, enabling additional liquid to be added to the batter during the two-stage method of mixing. This produces an extremely tender and moist cake. Although butter or shortening may be substituted for emulsified shortening, the cake will be less tender. In addition, cake flour and an adequate amount of liquid are essential or the cake will be dry. See *high-ratio mixing method*.

high-ratio mixing method A two-stage mixing method used for batters when the weight of the sugar exceeds the weight of the flour. This method came about in the 1930s, when *emulsified shortening* and *chlorinated cake flour* were created. Previously, the low-gluten cake flour could not absorb as much liquid, which is necessary for a moist cake, but the chlorinated flour enabled it to absorb greater amounts of liquid. In addition, the new shortening dispersed the air and fat

pockets better, producing a more tender cake. See also *two-stage mixing method* and *high-ratio cake*.

high-ratio shortening See *shortening*.

high tea A time of day, usually 4 to 6 PM, as well as the meal that is served then, consisting of brewed tea and a substantial selection of savory and sweet baked items. This British tradition originated in the 19th century as a supper for the working class. The “high” refers to how the meal was eaten, either sitting atop a stool or standing at a counter. High tea is often confused with the afternoon tea that is associated with a social gathering for women. See *afternoon tea*.

hiki-cha (hee-kee-’chah) A highly concentrated green tea powder from Japan. It can be used to color or flavor pastry items such as syrups, meringues, and mousses. Also known as *maccha*.

Hippenmasse (’hip-ehn-mahs) A stencil cookie similar to a *tuile* that is made with flour, sugar, butter, and almond paste spread over a stencil, baked, and formed while still warm. They are popular as garnishes and decorative cookies.

hoe cake A regional name for a cornmeal flatbread, of cornmeal, water, and salt. The name came about because field workers often cooked it on a hoe, over an open flame. See also *cornmeal flatbread*.

hogmanay See *black bun*.

hojuela de naranja (who-’whel-yahs day nah-’rahn-hah) A sweet orange puff from Colombia, made from pastry dough flavored with orange juice. The puffs are rolled out and cut into shapes before being deep-fried, and dusted with confectioners’ sugar before serving.

hokey-pokey 1. A popular ice cream in New Zealand that has a crunchy toffee candy bar mixed in. 2. British slang for ice cream sold by street vendors.

holey-poke See *Baptist cake*.

hominy Hulled corn kernels, cooked and served as a side dish. American colonists learned from the Algonquian Indians how to make the tough corn grains edible by soaking the kernels in wood-based lye to remove the hulls. They would grind and boil the corn to make a cereal; today, the process is done mechanically. The word hominy refers to yellow or white corn without the hull and germ; it is served whole (available in cans) or ground as meal, the latter popularly called *grits* in the South. The name derives from the Algonquian word “rokahominy.” See also *samp*.

hominy grits See *grits*.

homofermentative lactobacilli The naturally occurring bacteria in sourdough cultures that produce *lactic acid*.

homogenize (huh-’majh-uh-nize) To produce a uniform blended milk whereby the fat does not separate during storage. The process forces whole milk through very fine holes by spinning it at high speeds in order to break down the fat globules.

honey A pure, natural sweetener made from the nectar collected by bees from wild and cultivated flowers. There are over 300 types of honey available in the United States, and the extensive variety of floral sources creates an assortment of colors and flavors ranging from light and mild to dark and pungent. Honey has ancient origins and was the first sweetener known to humans. The Greeks and Romans referred to honey as “the nectar of the gods.” When substituting honey for sugar in a recipe, use the following guidelines: Replace 1 cup (240 ml) of sugar with 1 cup (240 ml) of honey (note: honey is sweeter than sugar so adjust by taste) and reduce the amount of liquid by ¼ cup (60 ml). When baking with honey, add ½ teaspoon (2.5 ml) baking soda for each cup (240 ml) of honey

used and lower the temperature by 25 degrees. Honey batter becomes crisp and browns faster than sugar batter and will result in a firmer, heavier texture.

The most common varieties of honey are:

Acacia One of the few honeys that does not crystallize with age; this pale, clear honey can be found in Asia, Europe, and Canada. It has a delicate scent and is made from acacia blossoms.

Alfalfa Light and mild flavored, and produced extensively in Canada and the United States from purple alfalfa blossoms.

Avocado Dark with a rich, buttery taste; made from California avocado blossoms.

Blueberry Light amber, with a full, well-rounded flavor; produced in New England and in Michigan from the tiny white flowers of wild blueberries.

Buckwheat Dark and full-bodied; produced in the Midwest and eastern Canada from buckwheat flowers.

Clover The largest honey production in the United States. It is mild and varies in color from opaque to amber owing to the different colors of clover flowers.

Eucalyptus A California honey that varies in color and flavor owing to the different flowers in this group of plants, but tends to be on the stronger side.

Hymetus A dark brown, rich honey from Mount Hymettus in Greece, with a distinctive thyme flavor.

Lavender A delicate honey from the lavender flowers cultivated in the South of France.

Manuka A dark, thick, rich creamed honey flavored by the flowers of the New Zealand tea tree.

Orange Blossom A light citrus color and flavor; produced in citrus-growing areas of Florida, southern California, and parts of Texas.

Sage Light colored with a mild flavor and dense texture; produced in California and often blended with other honeys.

Tupelo A heavy-bodied, amber honey with a greenish hue and a mild, distinctive taste; produced in northwest Florida and has a high fructose content.

Wildflower A honey of many undefined wildflower sources.

honeybun A spiral breakfast roll made from a *yeast dough*, glazed with honey.

honey date A type of *date* grown in China, used in pastries and confections.

honeydew See *muskmelon*.

hoop A tall ring used in making large cakes, to extend their height.

Hoosier cake A coarse gingerbread cake from the U.S. Midwest, developed during the 19th century.

horchata (hor-'chah-tah) A popular Spanish and Mexican milky drink of water-steeped nuts, grains, or *chufa*. The mixture is sweetened with sugar and spices, usually cinnamon, and is served cold or at room temperature.

horehound A leafy, aromatic plant that is a member of the mint family. The juice is extracted and used to make *borebound candy*, throat medicine, and cordials.

horehound candy A bittersweet candy made from the extract of *borebound*.

horned melon See *kivano melon*.

horno Another name for an *adobe oven*; see *oven*.

hors d'oeuvre (or 'derv) A small portion of warm or cold savory food, typically served during the cocktail hour preceding dinner.

hoska ('hos-kah) A braided holiday bread from Slovakia, flavored with almonds, raisins, and citron.

Hosui See *Asian pear*.

hotcake Another name for a *pancake*.

hot chocolate A rich, warm beverage of dark chocolate and hot milk or water, typically served in a mug and topped with whipped cream.

hot cocoa A warm beverage made with cocoa powder and hot milk or water, typically served in a mug and may be topped with mini-marshmallows or whipped cream. It is also commonly referred to simply as *cocoa*.

hot cross bun A small, spiced yeast bun studded with raisins and marked with a glazed cross on top, to symbolize Christ. It is a traditional Easter bread, historically served on Good Friday.

hotel pan A rectangular stainless steel pan with a lip. It rests in a well on a steam table to keep food warm during service. The pans come in standard sizes, such as full or half, and the depth of the pan is referred to as follows: 2 inches (5 cm) deep is a 200 pan; 4 inches (10 cm) deep is a 400 pan, etc.

hot fudge A thick chocolate sauce made with chocolate, butter, sugar, and cream, traditionally served warm over an *ice cream sundae*.

hot toddy See *toddy*.

huckleberry See *berry*.

huevo ('whey-voh) The Spanish word for egg.

huevo quimbo ('whey-voh 'keem-boh) A sweet egg cookie made by whipping egg yolks to the ribbon stage and baking them until set, then cutting them into shapes when cool and soaking them in a sweet rum syrup. They are named after the extinct Colombian tribe of Quimbaya Indians.

huff-juff See *Baptist cake*.

Huguenot torte ('hue-gah-not tort) A nut-filled baked apple, garnished with whipped cream and additional nuts. A popular dessert in Charleston, South Carolina.

huile The French word for oil.

hull 1. To remove the stem and calyx from a strawberry. 2. To remove the husk from a grain. 3. The outer coating of a fruit, seed, or nut.

humble pie An English pie once made from umbles, which are the less desirable innards of deer or other animals. Since it was considered inferior food, it was often served to servants and eaten by lower-class people. The term has become synonymous with the phrase “eat humble pie,” which means to swallow your pride.

humbug See *berlingot*.

humectant A hygroscopic ingredient, such as *invert sugar*, added to a product to keep it moist and improve its shelf life.

hummingbird cake A moist, heavy cake made with bananas, pineapples, and nuts, usually pecans. It is layered and frosted with *cream cheese icing* and garnished with nuts.

hung bau (huhng-bow) The Chinese word for “red buns,” referring to a steamed red pastry filled with red bean paste and traditionally given away to celebrate the birth of a baby girl.

hushva nan (hush-vanen) A thick, soft, lightly yeasted bread from Iran. It is made from whole wheat flour and has a bumpy, pebbled appearance. The breads are



first cooked in a skillet on the stove and then transferred to the broiler. The finished bread has a glossy top and crusty bottom. Also known as *pebbled Persian bread*.

husk The protective outer coating of a grain.

hustler See *Baptist cake*.

Hutzelbrot ('hoot-serl-broat) The German name for a bread made with fruit.

hydration The percentage of liquid ingredients in a bread dough in relation to the weight of the flour in the dough.

hydrogenated fat Fats such as *all-purpose shortening*, *margarine*, and *high-ratio shortening* that have been hydrogenated by exposing them to hydrogen gas, pressure, and high heat. This saturates carbon atoms with hydrogen and converts an *unsaturated fat* to a *saturated fat*. The product is typically only partially hydrated so that the fat remains soft, plastic, and easy to work with. See also *fats and oils*.

hydrogenated oil An oil that has been chemically manipulated from a liquid state to a solid state at room temperature. The hydrogenation process forces pressurized hydrogen gas through unsaturated fat, such as liquid vegetable oil, and creates trans fatty acids. Although this makes the product more spreadable and increases its shelf life, it is now a saturated fat, which is unhealthy.

hydromel An ancient beverage made from fermented honey and water. It was popular with the ancient Greeks and Romans and throughout the Middle Ages. Its name is from the Greek *hydro*, meaning “water” and the Latin *mel*, meaning “honey.”

hydrometer An instrument used to determine the specific gravity of a liquid. See *saccharometer* and *refractometer*.

hygroscopic Refers to sugars that attract and absorb moisture from the air. A highly hygroscopic sugar such as *fructose* is desirable for moist, soft cookies and creamy icings, but is not recommended for sugar work because the result will easily become tacky.

hyssop ('hihs-up) An aromatic herb that belongs to the mint family. It dates back to Biblical times and is most often used for its oil to make *Chartreuse*. It is best used fresh, since drying diminishes its rich flavor; but if not available, substitute dried mint, thyme, savory, and/or rosemary.

