

# Ii

**Iago** (ee-'ah-go) A small, round sponge cake filled with coffee *buttercream* and coated in *coffee fondant*. It is named after a character in the play *Othello* by Shakespeare and is typically served as petit fours or with afternoon tea.

**ibarra** (ee-'bahr-ah) See *Mexican chocolate*.

**ibrik** ('ibb-reek) A small brass pot with a long wooden handle, for making Greek and Turkish coffee.

**ice bath** A combination of ice and water, used to cool down food quickly. It is commonly used in the bakeshop to prevent eggs from overcooking in *crème anglaise* and control the color of *caramel*.

**icebox cake** A home-style cake or pie, typically consisting of alternating layers of thin chocolate cookies and pudding, chilled overnight, then topped with whipped cream.

**icebox cookie** See *cookie*.

**ice cream** A frozen dessert made from cream and/or milk. The origins of this American favorite can be traced back to the 4th century B.C., when the Roman emperor Nero combined fruit toppings with ice from the mountains. In the 13th century, Marco Polo learned about the Chinese method of creating ice and milk mixtures, and upon his return to Europe recipes appeared for ices and sherbets. The recipes found their way to America via immigrants, and it became a favorite of Thomas Jefferson, George Washington, and Dolly Madison. The U.S. standards require ice cream to contain a minimum of 10% milk fat and 20% total milk solids. There is a maximum of 100% overrun allowed. See also *overrun*.

**ice cream cone** A crisp, cornet-shaped wafer cookie used as a container to hold a single serving of ice cream. Although the origin of the cone has been greatly debated, it is thought to have been invented at the 1904 World's Fair in St. Louis, when an ice cream vendor ran out of paper cups and asked a nearby waffle booth to make some thin waffles he could roll up to hold the ice cream.

**ice cream machine/maker** An electrical or mechanical appliance used in the production of ice cream. Either machine operates on the same basic idea: the ice cream base is poured into a metal container that has a paddle (*dasher*) and then is placed into another, larger canister that holds the freezing agent. The mechanical ice cream maker is known as a hand crank and uses a wooden bucket filled with ice and rock salt to freeze the ice cream slowly as the paddle is turned. It generally produces 1 gallon (3 L, 840 ml) in 15 to 20 minutes. Although it is fun to use, it is not appropriate for the professional kitchen. Commercial ice cream makers vary in size, style, and price, but are meant to produce larger batches more efficiently.



**ice cream scoop** A tool to remove ice cream from its container. Scoops come in different shapes, sizes, and styles. Typically there is a number on either the handle or the metal band on the inside of the scoop that represents the number of scoops of ice cream per gallon or quart, depending on the brand of scoop.

**ice cream soda** A sweet beverage of ice cream and flavored syrup, topped with whipped cream and a *maraschino cherry*.

**ice cream sundae** See *sundae*.

**ice kacang** (i kah-'chang) A cold Chinese dessert of boiled red beans, corn kernels, and multicolored jelly cubes. The mixture is covered with crushed ice and shaped into a cone, then topped with colored syrup and condensed milk before serving.

**ice milk** A less creamy version of ice cream. It has a milk fat content of less than 10% and tends to be less expensive than ice cream because of the reduced fat content. In 1994 the Food and Drug Administration allowed it to be labeled "low-fat ice cream" so the term is rarely used nowadays.

**iced soufflé** A frozen dessert of a *pâte à bombe* mixture with meringue, whipped cream, and flavorings folded in, then put into a ramekin that has a paper or acetate collar extended over the top of the container. After the ramekin is filled and frozen, the paper is removed and the finished product resembles a hot soufflé just out of the oven.

**ice-point method** See *thermometer*.

**ice wine** A very sweet wine made from very ripe, frozen grapes. Known as *Eiswein* in Germany.

**icing** A sweet, creamy mixture used to cover, coat, or decorate baked goods, cakes, pastries, and petit fours. There are seven categories of icing: *buttercream*, *fondant*, *royal icing*, *fudge-type icing*, *flat icing*, *glazes*, and *boiled icing* (*foam-type icing*). The type of icing used depends on the desired, texture, appearance, and flavor of the product being iced. Icing serves many functions, including enhancing the flavor, appearance, and texture of the product as well as prolonging shelf life by forming a protective coating to help prevent the item from drying out. Also known as *frosting*.

**icing comb** See *cake comb*.

**icing sugar** See *sugar*.

**igel** ('ee-gehl) See *hedgebog*.

**île flottant** (eel flow-'tahn) See *floating island*.

**imitation vanilla** A vanilla-flavored substitute for the higher-priced pure vanilla. It is made entirely of artificial flavorings and has a harsher quality and bitter after-taste. It is also necessary to use larger amounts in order to achieve the desired vanilla flavor.

**immersion blender** A slender hand-held blender that can be placed in a container to blend or puree the product in place. They are made with various speeds and in different sizes; their main advantage is their mobility.

**impératrice, a l'** (ahn-pair-ah-trees ahl) A French term that refers to desserts with cooked rice as their base. In pastry, it is most commonly used to describe a dessert made with rice, *Bavarian cream*, and candied fruits.

**Imperial gallon** The British term for a larger gallon than the American equivalent; it equals 1.2 U.S. gallons, or 160 fluid ounces, or 4.75 L.

**Imperial system** A system of measurement associated with the former British Empire; it uses pounds and ounces for weight measurements and pints, quarts, and fluid ounces for volume measurements. This is the measurement system employed by most commercial restaurants in the United States.

**impossible pie** A simple dessert that combines a package of biscuit mix with eggs, milk, coconut, sugar, and butter. When baked in a pie pan, the biscuit mix settles on the bottom of the custard and creates the “crust” of the pie.

**imprinter** A tool used for molding starch. It makes impressions in the starch and is typically made from plastic shapes that are attached to a wooden stick or board.

**imu** A Hawaiian outdoor oven made by digging a round pit with sloping sides. Kindling wood is then placed on the bottom of the pit along with stones, which retain heat. The food is sandwiched between grass or leaves, such as ti or banana leaves, and a mat or cloth covers the food to protect it from the dirt that is packed on top. The food is cooked by steaming and, depending on the food, may take several hours. Also known as a *lua*.

**inch** An American measurement of length that is equivalent to 25.4 millimeters.

**Indian date** See *tamarind*.

**Indianerkrapfen** (een-dee-'ahn-uhr-krap-fehn) A small, round Austrian cake of hollowed-out sponge layer that is filled with whipped cream and completely coated in a shiny chocolate glaze.

**Indian nut** See *pine nut*.

**Indian pudding** See *hasty pudding*.

**Indian red peach** See *peach*.

**Indian saffron** See *turmeric*.

**indirect dough** Bread dough that is produced with a *pre-ferment*, made with commercial yeast, wild yeast, or a starter. Also known as *sponge*.

**induction burner/cooking** A contemporary cooking technology that uses magnetic energy for heat conduction. The induction cooking surface is a flat, smooth ceramic cooktop with a magnified element underneath. When a special induction pot/pan is placed on the cooktop, its coils react with the heat source and quickly heat the contents of the pan. Once the pan is removed, the cooking surface remains cool. This makes it both safe and energy efficient to use.



**infuse** To steep an item in hot liquid in order to extract a pronounced flavor. Flavored teas, herbs, and fruits are infused.

**infusion** See *infuse*.

**injera** (in-'jehr-rah) An Ethiopian spongy, pita-like bread made from *teff*, a North African grain with a nutty flavor and high protein content. It is used as an edible plate on which stews are served; it soaks up spicy sauces. Also spelled *aenjera*.

**instant active dry yeast** See *yeast*.

**instant cocoa** A cocoa mix of cocoa, sugar, and dried milk solids that makes hot cocoa when added to hot water.

**instant coffee** A finely ground powdered coffee extract made by preparing and drying brewed coffee. The ground powder is combined with hot water to make a cup of coffee. See also *coffee*.

**instant flour** See *flour*.

**instant oats** See *oats*.

**instant-read thermometer** See *thermometer*.

**intermezzo** (ihn-teh-'meht-soh) A refreshing dish, usually sorbet, served in between courses to cleanse the palate.

**invertase** An enzyme used to soften and improve the shelf life of confectionery centers by inverting *sucrose*.

**invert sugar** See *sugar*.

**instant dry yeast** See *yeast*.

**instant flour** See *flour*.

**iodized salt** See *salt*.

**IQF** The acronym for individually quick frozen, referring to fruits or other foods that have been separated and blast-frozen. The food may be substituted for fresh once thawed, and the benefits are lower costs and year-round availability.

**Irish breakfast tea** A combination of black teas from Sri Lanka and India, typically served with the morning meal, but this robust beverage may be enjoyed any time of day or evening.

**Irish coffee** A coffee drink of hot coffee, Irish whisky, and sugar. It is topped with a generous dollop of whipped cream.

**Irish oats** See *oats*.

**Irish soda bread** An Irish quickbread that uses baking soda as the *leavening agent*. Although some bakers add nuts or fruit, the bread is traditionally made with flour, baking soda, salt, and buttermilk. The bread may be either brown or white, and became popularized in the 1840s when bicarbonate of soda was introduced to Ireland. It is believed that the loaf's round form with a cross sliced into it before baking is to ward off evil.

**Irish whisky** See *whisky*.

**ironware** See *cast iron*.

**irradiation** A preservation method that uses ionizing radiation to sterilize fruits and reduce ripening time.

**ischl** (eeshl) An Austrian cookie made from a cinnamon-spiced almond or hazelnut dough sandwiched with jam after baking. The center of the top cookie is cut out so that the jam shows through, and the cookie is dusted with confectioners' sugar before serving.

**isinglass** ('i-zuhn-glas) A gelling agent used before the invention of modern gelatin. It was produced from the air bladders of fish such as sturgeon and used to make jellies and European desserts.

**isomalt** ('i-soh-mahl) A sweetener made by chemically altering *sucrose*. It is popular with pastry chefs because it does not brown easily, crystallize, or pick up moisture; it is used for sugar garnishes and showpiece work.

**Italian bread** An Italian version of the French *baguette*, with a softer texture and plumper shape.

**Italian buttercream** See *buttercream*.

**Italian meringue** See *meringue*.

**Italian pine nut** See *pine nut*.

**izarra** (ih-'zahr-ruh) An Armagnac-based liqueur flavored with herbs, available in yellow or the stronger and more full-flavored green.