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kaak ('kaa-k) A Lebanese yeast-raised pastry made from several pieces of sweet dough rolled into ropes and formed into rings, and topped with sesame seeds. After baking it is glazed with milk and sugar and dried.

kaaki ('kah-kee) A pretzel-like street food in Tunisia.

kab el ghzal (cab il gahl) A crescent-shaped Moroccan pastry filled with ground almonds, orange flower water, cinnamon, and sugar, and rolled in confectioners' sugar. Traditionally served with mint tea. The name means "gazelle's horn" and refers to the pastry's shape.

kadaif 1. Shredded *phyllo dough*. 2. A Middle Eastern confection of shredded phyllo dough filled with nuts and spices. It is coated with butter to keep it moist, and after baking is soaked in sugar syrup. Also spelled *kataifi*.

kadayif See *kadaif*.

kadhi (kah-dee) An Indian dumpling made with chickpea flour and simmered in spices, vegetables, and yogurt.

kadin göbegi (kah-din gur-'beh-gee) The Turkish term for "lady's navel," referring to a sweet fritter made from a dough similar to *choux paste*. The walnut-size balls are piped onto a sheet pan and indented in the middle with a finger dipped in almond extract, then deep-fried and soaked in a lemon-sugar syrup.

Kadota fig See *fig*.

Kaffee ('kah-fay) The German word for *coffee*.

Kaffeekuchen ('kahf-fee-'koo-kuhn) The German word for *coffee cake*.

kaffir lime A pear-shaped citrus fruit with a bumpy, wrinkled bright yellow skin and a flowery, citrus aroma and flavor. The lime trees are grown in Hawaii and Southeast Asia. The dark green, shiny leaves are used as a flavoring agent.

kafir corn A sorghum grain introduced to the United States in 1876. It is a cereal grass with white, red, or black-hulled clusters of grain. It was popular because of its drought and heat resistance, and is used primarily as cattle and poultry feed. Named for the Kafir tribe in Natal, Africa where it is used for meal and syrup.

Kahúla A dark, coffee-flavored liqueur with the rich, sweet flavor of Mexican coffee. It has 20% alcohol content and is a popular flavoring agent for pastries and desserts. It is also used in cocktails.

kaimak (kl-'mahk) A thick, shiny sour cream served with bread, in Uzbekistan.

kaiser roll A large round, puffy roll with a crisp crust and soft, chewy center. Also known as *Vienna roll* and *hard roll*.

Kajú ('kah-jhoo) A Brazilian liqueur made from *cashew apples*. The name derives from the Brazilian *caju*, which means "cashew."

kaju burfi An Indian sweet made from ground cashews, sugar, ground cardamom, and *ghee*. It is often garnished with *silver varak*.

ka'kat ('kaa-kat) A ring-shaped Middle Eastern street bread that may be large or small, sweet or savory, and dense and chewy to soft and light, depending on the region.

kaltschale (kaylt-'shah-leh) Russian term for “cold cup,” referring to a cold fruit dessert. It consists of fruit soaked in a mixture of white wine, sugar, and citrus juices and then pureed. The puree is served over fresh fruit.

kamut (kah-'moot) A high-protein wheat with distinctively large kernels and a pleasant nutty flavor. An ancient relative of modern *durum wheat*, its kernels are almost three times the size of normal wheat kernels. Today it is most often used in the production of commercial pasta and crackers.

kanom mo kaeng (kah-nom moe kah-hang) A sweet Thai custard. It is made by cooking, over a double boiler, coconut cream, brown sugar, eggs, and salt until thick, then baking until firm and briefly broiling to brown the top. It is then topped with sautéed shallots and cut into squares. *Kanom* is Thai for “dessert,” *mo* means “pot” and refers to the cooking dish, and *kaeng* means “soup” or “curry,” referring to the consistency of the dessert.

kanten Another name for *agar-agar*.

karakot (kah-raw-kott) A fruit and almond confection from Uzbek. It is made by cooking stewed fruit with sugar, finely ground almonds, egg yolks, and vanilla until thick; when it has cooled, whipped egg whites are folded in and the mixture is baked in a rectangular shallow pan on low heat until dry. It is traditionally cut into slices and served with lemon tea.

karidópita (kah-ree-doe-pee-tah) A Greek walnut cake that is soaked in brandy syrup after baking.

Karo A brand of *corn syrup*, available in light and dark versions.

kasha ('kah-sha) The Russian word for both the *buckwheat groat* that has been hulled, roasted, and crushed, and the *porridges* made with it. It has a distinctive nutty flavor and is one of the oldest meals in Eastern European cuisine.

kashata na nazi (kah-shaw-tah nah nah-zee) A Ugandan candy made by cooking sugar, coconut, salt, and cinnamon until firm and then cutting it into squares. It is served as a snack or during tea time.

kashi ('kah-shee) See *okashi*.

Kasnudeln ('kass-nood-lehn) A German noodle dish made with poppy seeds and fruit. It may also include savory fillings such as meat and cheese.

kataifi See *kadaif*.

katakuri (kah-tah-koo-ree) A starch used as a thickener in Japan. It is made by drying and grinding the roots of the dogtooth violet.

kater A mixture of sugar, water, fresh lemon juice, and orange blossom water, used in many Middle Eastern confections, such as *namamura*.

katira (kah-'tee-rah) A Malaysian beverage of condensed milk, rosewater, and biji selaseh (the seeds of a type of basil that swell when in liquid), drunk during Ramadan.

ka'u orange See *citrus*.

kaymak (ghay-mak) A thick, dense cream similar to *clotted cream*, with a butterfat content of 60%. It is made by slowly boiling buffalo or goat's milk over low heat for two or more hours. The cream is then skimmed off the top and fermented for a minimum of one day, which produces a slightly sour flavor. It is used extensively in desserts, baked goods, and as a spread for bread in the Middle East, particularly Turkey.

keemun ('key-moon) A black tea from China's Anwei and Kiansi provinces, with a strong aroma and rich, nonastringent flavor.

keemun hao ya (key-moon ha-o eea) A black tea grown in the famous tea-growing region of China's Hao Ya mountain range. It has a slightly sweet aroma and delicate flavor that make it popular in blended teas, such as *Irish breakfast tea* and *English breakfast tea*.

kefir ('kah-feer) A frothy Middle Eastern drink originally made from fermented camel's milk but now produced from cow's milk. It is from the Caucasus region (between the Caspian and Black seas), and has the consistency of thin yogurt.

Kellogg, John Harvey A food pioneer and early advocate for vegetarianism, he was a medical doctor who used nutrition and exercise as a primary cure for ailments. He ran a sanitarium in Battle Creek, Michigan, where he developed a breakfast cereal called *granose*, which consisted of flaked wheat and toasted corn flakes. In 1884, he and his brother Will received a patent for a machine that perfected a method for flaking, and his brother William K. Kellogg founded the Battle Creek Toasted Corn Flake Company, which produced the *cornflake* breakfast cereal for the public.

Kelsey plum See *plum*.

Kentucky coffee tree During colonial times, the seeds of this native American tree were roasted and ground and used as a substitute for coffee.

Kerman pistachio A top-quality variety of pistachio created in 1950 from experimental plantings of pistachio seedlings in California. The variety was named in honor of Kerman, a city in California noted for the manufacture and export of fine carpets where the seeds were collected.

ketone An organic compound that contributes flavor and aroma to bread.

Key lime The fruit of the Key lime tree, native to Malaysia. The Spanish brought the tree to the Florida Keys in the 1500s, but when a hurricane wiped out the plantations in 1926, they were replanted with Persian limes, which are easier to pick and transport. Most Key limes are now imported from Mexico and Central America. The Key lime is smaller than the Persian lime and is juicier and more acidic. The thin, smooth, bitter yellow-green skin surrounds a pale yellow-green flesh. It has a distinct aroma and is most well known for its use in *Key lime pie*. The juice may be fresh squeezed or purchased fresh or frozen in concentrate form. Also known as *West Indies lime* and *Mexican lime*.

Key lime pie An American pie made with a *graham cracker crust* and a filling of *Key lime* juice and *sweetened condensed milk*. It is a Florida dessert staple and dates to the 1850s, when there was no refrigeration in the Florida Keys, and to 1856, when sweetened condensed milk was invented. The acid from the lime juice reacts with the sweetened milk and causes the filling to thicken without baking. There is much debate over whether the pie is topped with meringue or whipped cream, but either way, the true color of Key lime pie is a pale yellow. (The green that is commonly seen is the result of food coloring.)

kg The abbreviation for *kilogram*.

khachapuri (khah-chah-poor-ee) A small yeast-dough pastry filled with cheese, commonly sold by street vendors in the Republic of Georgia.

khamaliá (kah-mah-lee-'ah) A Greek marzipan-type delicacy made with grated white almonds, superfine sugar, lightly beaten egg whites, and flower essence. It is formed into various shapes and heavily dusted with confectioners' sugar after baking. It is traditionally served at weddings and other special occasions.

khamir (kha-meer) A natural yeast starter used in India to leaven *naan* and other soft breads.

khanom (khaa-nom) A variety of Thai liquid desserts and puddings.

khobaz (kho-bahz) A small, round or oval yeast-risen Middle Eastern bread, with a soft texture. It forms a pocket while baking that is used to hold foods.

Khoob (coob) A large melon from Iran that has pineapple-like flavor and orange skin and flesh.

Khourabia (koorab-'bee-ah) A crescent-shaped Armenian shortbread filled with walnuts, cinnamon, and sugar.

ki See *ti*.

kilogram A metric measurement of weight that is the equivalent of 2.2 pounds or 1000 grams.

kimochdun (kee-'mok-doon) A Pakistani skillet bread from the Hunzu Valley. It is often made for marking the end of Ramadan. There are several variations and methods of preparation, but are typically baked in a heavy skillet that is covered with hot coals. The bread is cut into wedges and served warm.

kinafa (kin-a-fah) An Arab dessert of long strips of buttered phyllo dough layered with either nuts, sugar, and spices or cream cheese and fruit. Once baked, it is soaked in a lemon and rosewater syrup.

kinako (kee-nah-koh) The Japanese word for soy flour. It may be found in health food stores under this name and it is very popular in Japan for the production of confections. See also *flour*.

King coconut A coconut from Sri Lanka, known for its very sweet juice.

King orange A large Florida orange with a loose, rough skin that encases a juicy, sweet-tart flesh. Available December to April.

kinome (kih-noh-meh) A Japanese herb with a flavor very similar to *mint*.

Kipferln ('kip-fairln) A Viennese crescent-shaped butter cookie made with ground almonds and rolled in confectioners' sugar. It is traditionally served during the Christmas holidays. Also known as *Viennese born*.

kiping A brightly colored, leaf-shaped rice wafer from the Philippines. It is made from a thin paste of rice flour and water poured onto banana leaves and steamed. The wafers are peeled off before hardening and dried. The wafers are then deep-fried and coated with a thin layer of coconut jam or dipped in sweet syrup. They are most popular during the Lucban town festival, where they are stitched together with thread and made into decorative items.

kir (keer) An apéritif of white wine and *cassis liqueur*.

kir royale An apéritif that consists of *Champagne* and *cassis liqueur*.

Kirsch (keersh) See *Kirschwasser*.

Kirschtorte See *Zuger Kirschtorte*.

Kirschwasser ('keersh-vah-ser) A distilled cherry brandy whose name derives from the German *Kirsch* (cherry) and *Wasser* (water). It originated in the Black Forest region of Germany and is used as a flavoring in desserts and pastries, including *Black Forest torte* and *cherries jubilee*. Also known as *Kirsch*.

kishik ('kisk-kah) A Middle Eastern starch and thickener made from a ground mixture of sun-dried *bulgur* and *yogurt*.

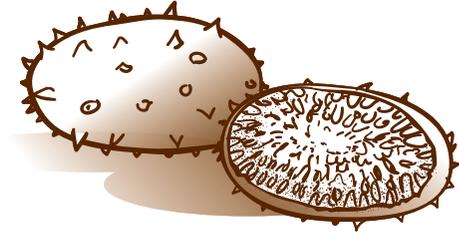
kishk (keehk) The Arabic word for *yogurt* fermented with dried and ground *cracked wheat*.

kissel ('kee-suhl) A Russian custard-like dessert made by cooking a puree of red berries with sugar and thickening it with cornstarch or potato flour. It may be served warm or cold, and is typically topped with whipped cream.

Kit-Kat An American candy bar introduced in London in 1935 and called *Rowntree's Chocolate Crisp*. The name was changed in 1937, and is believed to have been a reference to the famous 1920s KitKat Club in South East London. Since the building had very low ceilings, it could accommodate paintings that were wide but not very high. In the art world, this size painting was known as a “kat” and the edge had to be snapped off to fit into a room with a low ceiling, just as the crisp wafer covered in milk chocolate “snaps” when eaten.

kiwai A small, fine-skinned variety of kiwi grown in Europe. The skin is edible.

kiwano melon An oval tropical fruit with a bright orange-yellow skin that is studded with small horns. The jelly-like flesh is pale yellow with a greenish hue, and tastes like a cross between banana, lime, and cucumber. It comes from New Zealand and ranges from 3 to 5 inches (7.5 to 12.5 cm) in size. It is also known as *horned melon*, *jelly melon*, and *cucumber melon*.



kiwifruit A small egg-shaped fruit with a thin, fuzzy brown skin and emerald green flesh, with small edible black seeds. It has a sweet-tart flavor that tastes like a cross between a pineapple, melon, and strawberry. Previously known as Chinese gooseberry, the name was changed by New Zealand growers. They are cultivated in California and New Zealand, which have opposite seasons, so they are available year-round. They are a good source of vitamin C and are used in pastries and desserts, particularly *pavlova*, because of their unique color and flavor. There is also a *gold kiwifruit* and *baby kiwifruit* variety. The gold kiwifruit has a smoother skin and a golden yellow flesh with a milder, more honey-like flavor; they are not available domestically but are in season from June to November. Baby kiwifruit are fuzzless and only about 1 inch (2.5 cm) long, with a firm green flesh; they are typically eaten whole and unpeeled and are available September to October.

klepon (kleh-'pon) An Indonesian confection that is a boiled dumpling made from sticky rice flour, rolled in grated coconut. See *rice, sticky*.

kloben An apricot-glazed European yeast cake filled with dried and candied fruits.

klosse (kloz-zeh) An Austrian *potato dumpling* made with eggs, flour, cornstarch, pureed cooked potatoes, bread crumbs, ginger, cinnamon, and cloves. The mixture is formed into balls and poached in a syrup of sweet wine and spices. Before serving, they are coated with buttery bread crumbs and drizzled with *crème anglaise* or *treacle sauce*.

klouskis ('klovs-kihs) A Polish version of *klosse* made with flour, eggs, and spices. The dumplings are yeast-risen and proofed several times before being poached in sweet wine syrup.

kluy budt chee (kloo-i boot che) A Thai dessert of bananas cooked in coconut milk and sugar, topped with chopped *mung beans* and served warm or cold.

knäckebröd (kneh-keh-brud) A Swedish crispbread made from rye flour and meal.

Knauzenwecken (keh-'nout-zen-vek-ken) A German bread made with wheat flour, yeast, malt, vinegar, and salt. A specialty of Biberach.

knead To mix dough into a smooth, pliable mass. Kneading helps develop the *gluten* in the dough, and can be accomplished either by hand or in an electric mixer with a *dough hook*.

knife See *cake slicer*, *French knife*, *pairing knife*, *serrated knife*, and *slicing knife*.

Knödel (keh-'no-dehl) A German dumpling made from either flour or potato and leavened with yeast or egg whites. It is served as a dessert with sauce or on top of a stewed *fruit compote*.

Knusper (keh-'noo-spehr) An Austrian dessert that is a large cinnamon-flavored *shortcake* topped with crushed lump sugar and chopped almonds. It is traditionally cut into squares or rectangles and eaten with coffee or tea. Its name derives from the German *knusprig*, which means “crunchy.”

koch (ko-khuh) A Slovakian rice pudding flavored with cinnamon.

Koche ('keuch-reh) A light, sweet or savory German pudding that may be baked or steamed.

koeckbotteram ('kook-bah-ter-am) A brioche-like bread of Dunkirk, England, made with flour, yeast, butter, milk, and raisins and formed into a loaf.

koeksister (ko-'ehk-sis-tehr) A South African pastry that originated in Malaysia, consisting of soft dough pieces cut into small triangles and twisted around a finger to resemble a snail's shell. The twists are deep-fried, drizzled with cinnamon-lem-on sugar syrup, and rolled in sugar.

koji A steamed Japanese rice dish that has had koji-kin, or koji mold spores, cultivated on it. This mold creates enzymes that break the rice starches into sugars that can be fermented by the yeast cells, which then give off carbon dioxide and alcohol. It is used primarily in the production of *sake*.

kokei cha (koh-kay-ee cha) A fragrant Japanese tea.

kola nut The edible seed of a tropical tree native to Africa. It contains *caffeine* and is used to reduce hunger and fatigue. Although initially bitter in taste, the nuts turn sweet and are most well known for their use in *cola* soft drinks.

kolache (koh-'lah-chee) A sweet flaky pastry made from a yeast risen-dough filled with poppy seeds, cream cheese, jam, nuts, or fruit. Originating in Czechoslovakia, kolaches or “pockets” are believed to have been created when a mother (mimka) and her daughter (Lebuse) were baking the family bread in the 1700s, the little girl took her portion of dough, shaped it into a disc, and placed a plum slice in the center of the disc and folded it over to form a pocket. Also known in Poland as *kolacky*.

kolacky See *kolache*.

Komijne Kaas See *leyden*.

kompot ('kohm-poht) A Jewish dish that is a combination of fruit, sugar, fruit juice, and wine or liqueur. It may be baked or served as is.

Kona An Arabica coffee bean grown on the Big Island of Hawaii. It produces a premium, rich-flavored coffee with medium body and acidic flavor.

Konditorei (kon-dee-'toe-rey) The German word for a pastry or confectionery shop.

Kool-Aid An artificially flavored soft drink mix created by Edward Perkins of Hastings, Nebraska, in 1927. It was originally called Kool-Ade, but government regulations required fruit juice be used in any product labeled “ade,” so the name was changed in 1931. The recipe was sold to General Foods in 1953. The original flavors were cherry, strawberry, raspberry, grape, orange, lemon-lime, and root beer. See also *fruit smack*.

Korean melon See *muskmelon*.

kosher Food prepared by the strict dietary laws followed by the Jewish people. The laws entail the separation of milk and meat products, avoidance of any pork products, and restrictions on certain types of fish, poultry, and meat products. The pastry

chef must be aware that people who keep the kosher laws will not eat a dessert made with milk products after having eaten a meat meal. Many bakery items are made *pareve*, or without milk or meat products (no dairy products such as cheese or butter). In a commercial kitchen, for items to be deemed *kasber* (pure), the Hebrew root for *kosher*, all food preparation must be overseen by a certified Rabbi.

kosher salt See *salt*.

kouing-aman (kween-ah-mahn) A rich flaky pastry from Breton, France, whose name means “bread and butter.” The large, flat cake was created by Yves René Scordia in 1860, when he experimented by adding sugar to a yeasted *laminated dough*. The large amount of sugar in the dough creates an intense *caramelization* during baking and results in a crisp, sugary top.

kourabiede (koo-rah-bee-yay-deh) A rich Greek butter cookie. They are rolled in confectioners’ sugar while warm and then again before serving. Often they have ground nuts mixed into the dough. The cookies come in different shapes and sizes, and are traditionally served at holidays and special occasions; at Christmastime, a whole clove is inserted in the centers of the cookies to symbolize the spices brought by the Magi.

krakelinge (‘krah-keh-leen-geh) A cinnamon-flavored cookie with a figure-eight shape. They are brushed with egg whites, sugar, and ground almonds. Originally from Denmark, they are popular in South Africa.

kranselage (‘krah-sah-kah-geh) The Danish word for “wreath cake,” referring to its shape, and made primarily from *marzipan*. It resembles a tower of stacked concentric marzipan circles that become progressively smaller as they reach the top. *Royal icing* is randomly piped on as decoration, and it is traditionally served at weddings and special occasions.

Krapfen (‘krap-fan) A deep-fried Austrian pastry similar to a doughnut; see *Bismarck*.

krentewegge (kran-ta-wah-ghe) A long, flat Danish raisin roll, made with a yeast dough and traditionally given to new mothers as a gift.

krepek pisang (kreh-‘peek pee-‘song) A Malaysian dessert or snack of sliced plantains that are dipped in sugar syrup and deep-fried.

kringle (‘kreen-gleh) 1. The Norwegian name for a Christmas butter cookie with lemon flavor. 2. A flat, wide Danish pastry made from flaky dough and filled with fruit or nuts. Also called *Racine Danish kringle*.

kringler (‘kreeng-ler) 1. A Danish sugar pretzel. 2. A Swedish breakfast pastry made from yeast dough that is baked and drizzled with almond glaze.

Krispy Kreme A doughnut chain started by Vernon Rudolph in 1937 in Winston-Salem, North Carolina. Although they have a wide selection, they are well known for their original warm glazed doughnut.

krokant (kroh-kahnt) A rich, chewy nut brittle made from cooked sugar, butter, vanilla, and nuts, usually almonds. It is used as a decoration for cakes or as a petit four that may or may not be dipped in chocolate; broken into small pieces, it is an ingredient in cakes and pastries. Also spelled *croquant*.

krumkake (‘kroom-kah-kah) A cardamom-flavored Norwegian Christmas cookie. It measures 5 inches (12.5 cm) around and is wafer-thin, from a thin batter poured onto a decorated *krumkake iron* and rolled into a loose cone shape while still warm. In Germany they are commonly filled with sweet stuffings such as raspberry compote or whipped cream.

krumkake iron A flat, two-piece hinged iron griddle with an intricate scroll design that imprints the *krumkake* as they are cooked. They are available in manual and electric models.

Kuchen ('koo-kehn) The German word for “cake,” referring generally to a *coffee cake* made with sweet yeast dough that is either topped with sugar, spices, and nuts or filled with fruit or cheese.

kueh The Malaysian word for cakes or pastries.

kueh baulu ('koo-eh 'bow-loo) A small Malaysian cupcake made from flour, sugar, eggs, and vanilla, baked in a small mold that resembles a tiny *Bundt pan* with no center hole.

kueh denderam ('koo-eh 'dehn-deh-rahm) A deep-fried rice flour cake from Malaysia. These are made with rice flour, cane sugar, and coconut milk, which is kneaded into a dough and rolled out to a ¼-inch (1 cm) thickness, then cut into a large four-leaf clover shape with a hole in the center. After frying, they look and taste similar to *gingerbread*.

kueh sepit ('koo-eh 'seh-peet) A delicate wafer cookie from Malaysia. They are made with a thin batter of coconut milk, flour, eggs, sugar, and ground fennel seeds, cooked between two iron plates that are engraved with designs and words, and then rolled into cylinders while still warm. The name means “love letters” and refers to the decorative inscriptions embossed on the wafers.

kue lopes ('koo-eh 'loh-pehs) An Indonesian confection made with steamed sticky rice that is wrapped in a triangular palm leaf and boiled. It is topped with freshly grated coconut and served warm with palm sugar.

kue talam ('koo-eh tah-'lahm) An Indonesian steamed layer cake made with one layer of pink steamed ground rice mixed with brown sugar and one layer of green steamed ground rice mixed with coconut milk.

kugel ('koo-gehl) A Jewish baked noodle pudding. It may be savory or sweet and served warm or cold. Sweet versions are typically made with nuts, raisins, spices, and sour cream.

Kugelhopf ('koo-guhl-hopf) A sweet yeast-risen cakelike bread filled with raisins, nuts, and dried fruits. It is considered a type of *coffee cake* and is generally dusted with confectioners' sugar, and served for breakfast or afternoon tea. Although it is uncertain whether it originated in Austria or Poland, it is considered a specialty of Alsace, France, and is traditionally baked in a *Kugelhopf mold*. Also known as *Gugelhopf*.

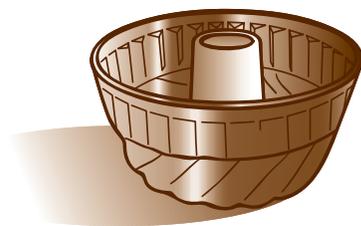
Kugelhopf mold A round, deep aluminum mold with angled fluted sides and a narrow center tube. It is used specifically to bake *Kugelhopf* and the most common size holds just over 1 quart (946 ml).

kukicha (koo-kee-cha) A Japanese green tea blend made from roasted stems, stalks, and twigs. It has a unique creamy, nutty flavor and is popular in macro-biotic diets because it is a powerful *antioxidant*.

kulcha ('kool-cha) A *tandoor* baked bread from India, typically made from *maida flour*.

kulfi ('kull-fee) A rich Indian ice cream made by boiling water buffalo milk until thickened. Sugar and flavorings such as dried fruits, cardamom, saffron, or nuts, are added, and it is boiled again before being poured into molds and frozen. Since there is no overrun, the product is solid and dense.

kulich ('koo-lihch) A tall, cylindrical Russian Easter cake that made from a yeast-leavened dough packed with raisins, spices, and candied orange peel. The cake is



dusted with confectioners' sugar and traditionally served with *pasbka* and brightly colored eggs.

kulolo (koo-loh-loh) A Hawaiian pudding of brown sugar, coconut milk, honey, and *taro*, baked in an *imu* and served at a *luau*. Also known as *taro pudding*.

kumiss ('koo-mihs) A milk drink from Mongolia with a slight alcohol content. It is made from fermented mare's milk and a liquid starter culture, and is named after the paddle used to churn the fermenting milk. Commercially produced kumiss is more likely made from cow's milk.

Kümmel ('kihm-uhl) A sweet, colorless liqueur believed to have been developed in Holland during the 16th century. It is produced in Germany and Russia today and is flavored with caraway seeds, cumin, and fennel.

kumquat ('kuhm-kwaht) A small citrus fruit the size of a large olive, with golden orange rind and orange flesh. The rind is sweet, while the flesh is tart. The fruit is eaten whole, and may also be purchased candied, pickled, or in marmalades. Although kumquat trees are native to China, where its name means "golden orange," it is cultivated in Japan and the United States. Kumquats are an excellent source of vitamin A, potassium, and calcium.



kvass (keh-'vahs) A Russian drink made from fermented rye or barley. It has a low alcohol content; the bittersweet flavor is often masked with the addition of fruit or mint.

kyauk kyaw (keh-yoo-'ahk keh-'yow) A clear, fudgelike candy from Myanmar, made by cooking softened *agar-agar* in coconut milk and sugar and flavoring it with rosewater. The mixture is poured into a square mold and allowed to set, then cut into squares, rectangles, or diamonds and eaten as a snack.

kyogashi (kyoh-'gah-she) A variety of Japanese sweets made for weddings and special occasions. The type and color of the confections are determined by the season.

