

# L

**L** The abbreviation for *Liter*.

**laban** ('lah-buhm) The Arabic term for cultured milk or yogurt.

**labanah mackbouseh** (lah-bah-nah mahch-boo-sak) A sun-dried ball of drained yogurt, eaten as a snack in Middle Eastern countries. Also known as *jameed*.

**lacqua** ('lac-kah) A fruit spread made with pureed cooked prunes and lemon juice and zest, used in Jewish cuisine.

**la cuite** (lah 'kweet) A Southern candy made by cooking thick, dark sugar syrup until just before it turns bitter. It is also used to top breads and as a flavoring in baked goods.

**Lactaid** The brand name of a packaged milk that is lactose free. It may be purchased as whole or reduced-fat milk, and it contains *lactase*, which breaks down lactose into *glucose* and *galactose*. It is also sweeter than regular milk.

**lactase** See *lactose intolerant*.

**lactic acid** ('lak-tik) A bitter acid produced when *lactose* (milk sugar) is fermented, which is a process that occurs naturally when milk sours. It can be found in cheese, yogurt, buttermilk, and sour cream. It is also important in bread baking because along with *acetic acid* it is the acid in a *sourdough culture* that is responsible for the sour taste of sourdough breads.

**Lactobacillus** A genus of bacteria that is primarily responsible for creating the acidity in *sourdough starters*.

**lactose** ('lak-tohs) A sugar that occurs naturally in milk. It is the least sweet of all natural sugars and is also called *milk sugar*; it is used in commercial candy making.

**lactose-free milk** See *milk*.

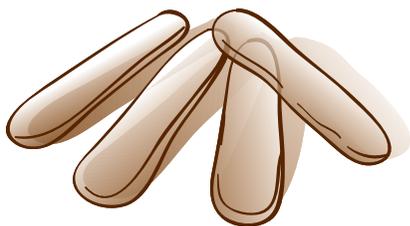
**lactose intolerant** A condition in some humans whereby they do not have high enough levels of the enzyme *lactase*, which breaks down *lactose* into *glucose* and *galactose*. Therefore, the undigested lactose produces acid and gas, which cause intestinal discomfort. See also *Lactaid*.

**ladder bread** See *fougasse*.

**Lady apple** A small, sweet-tart apple; see *apple*.

**Lady Baltimore cake** A moist three-layered white cake filled with raisins, nuts, and sometimes figs or other dried fruits. It is covered with fluffy white icing, usually a *boiled icing*. It is mentioned in the novel *Lady Baltimore*, by Owen Wister, 1906.

**ladyfinger** A delicate individual sponge cake that resembles a large, fat finger. This classic cakelike cookie is an accompaniment to ice cream, mousses, puddings, and other desserts. Ladyfingers are also known as *biscuit de savoie* and are used in the preparation of *charlottes*, *trifles*, and *tiramisu*. In France,



the ladyfinger is called *biscuit à la cuiller*, which means “spoon cookies,” because they were originally formed with a spoon.

**lagrima** See *Port*, *white*.

**lahvosh** See *lavash*.

**lait** (lay) The French word for *milk*.

**lait perfume** A cold Algerian drink made from mint steeped in hot milk.

**lakka** A liqueur from Finland, made from the *Arctic cloudberry*.

**Lambert cherry** See *cherry*.

**Lambeth method** A highly decorative and ornate style of cake decorating created by Joseph A. Lambeth in the late 19th century to early 20th century.

**lame** (lom) A razor blade with a handle, used for scoring breads before baking.

**laminated dough** A pastry dough made by the *lamination* process. Also known as *rolled-in dough*.

**lamination** A technique of dough preparation that layers fat and dough in a long process of rolling and folding to create alternating layers. This method, along with a high baking temperature (which creates steam and leavens the product), causes the flaky layers characteristic of pastries made by this method. *Croissants*, *danish*, and *puff pastry* are examples of laminated doughs. See also *fold* and *turn*.

**Lamington** An Australian pastry or small chocolate-glazed butter cake that is rolled in shredded coconut. It was named in honor of Lord Lamington, governor of Queensland from 1895 to 1901. This cake is served for morning or afternoon tea, either plain or split in half and filled with cream and jam.

**lampone** (lahm-po-nay) The Italian word for *raspberry*; see *berry*.

**Lancashire cake** ('lank-ah-shur) A fruit-filled bun made from a yeast-risen dough, sprinkled with lump or raw sugar before baking. It was first produced in Lancashire, England, and is believed to be a variation on *Eccles cake* and *Banbury cake*, which are made with puff pastry.

**Lancashire cheese** A creamy white cow's milk cheese with a soft and crumbly texture. This farmhouse cheese, made in Lancashire, England, has a full flavor and excellent melting qualities, but does not travel well.

**landaise** (lahn-'days) A type of brioche from Andernos-les-Bains, in the Gironde region of southern France.

**Lane cake** A Southern white or yellow cake layered with rich custard, coconut, nuts, and dried fruits and iced with fluffy white frosting. It is believed to have originated in Clayton, Alabama, where its creator, Emma Rylander Lane, won a prize for it at the state fair.

**Langra mango** A sweet mango grown in India, with pink to red skin and juicy orange flesh.

**Langsamenknetter** (long-sahm-'ahn-kah-nay-tehr) A German rye bread mixer that slowly and gently mixes *rye doughs*.

**langsat** ('lung-saat) A sweet, slightly acidic fruit native to Southeast Asia. It is the size of a large grape and is yellowish brown when ripe.

**langue-de-chat** ('lawng-de-sha) Literally “cat's tongue” in French, a long, thin, delicate cookie often served with sorbet, iced desserts, and sweet wines. They can be sandwiched together with ganache, jam, or buttercream to make a richer cookies.

**langue-de-chat pan** A flat, rectangular tinned steel pan for making *langues-de-chat*. It has ten 3-inch-long (7.5 cm) shallow indentations per sheet. The pan can also be used to form *ladyfingers* and *éclair*s. See *cat's tongue mold*.

**Laos ginger** See *Thai ginger*.

**Lapsang souchong tea** ('lap-sang 'soo-shawng) A black tea from China's Fukian province, with a distinctive smoky aroma. See also *tea*.

**lard** Rendered pork fat, favored for its ability to produce a tender, flaky pie crust. It is a flavorful fat for frying as well, and has a high *smoke point*, but it is a *saturated fat* high in *cholesterol* and lacks nutritional value. When substituting lard for butter in baking, reduce the amount by 20 to 25%. All lard should be tightly wrapped to avoid absorbing other flavors while stored in the refrigerator.

**lardy cake** A small English cake made from a sweet, rich dough filled with dried fruit, lard, and sugar. It is similar to a *Chelsea bun*; many bakers now replace lard with butter.

**Laroda plum** See *plum*.

**lassi** ('lah-see) A chilled yogurt drink from India. It can be made salted or sweet and include fruit, fruit juices, spices, and herbs.

**La Stupenda** (lah stew-'pen-dah) An Australian dessert created to honor opera singer Dame Joan Sutherland (La Stupenda) for her last performance at the Sydney Opera House. It was created by Serge Dansereau, executive chef of the Regent Hotel in Sydney. It is made with *japonaise biscuits*, raspberry and mango *coulis*, a garnish of *chocolate curls*, *sable biscuits*, and a *passion fruit* filling, and served in a pool of *crème anglaise*.

**late harvest** An American wine term referring to wines made from grapes picked at the end of the harvest (usually late fall), preferably those with *Botrytis cinerea*, a fungus that shrivels the grape, thereby increasing its sugar content. Late-harvest wines are very sweet and usually have a high alcohol content. The most popular grapes used for these dessert wines are *Riesling*, *Gewürtztraminer*, and *Sauvignon Blanc*.

**latik** A Filipino snack or dessert topping made by heating coconut milk until the oil separates and produces a brown, curdlike product.

**latke** ('lat-ke) A pancake usually made from grated potatoes, eggs, onions, *matzo meal* and onions, traditionally served during Hanukkah; the oil used to cook latkes represents the lamp oil that continued to burn for eight days when the Maccabees rededicated the holy Temple.

**latte** ('lah-tay) The Italian word for *milk*. See also *caffè latte*.

**lattice** ('lah-tis) A design for the top crust of a pie or tart, made by overlapping or weaving thin strips of dough to produce a criss-cross open pattern. It is a popular top for *linzertorte* and *fruit pies*.

**lattice dough cutter** A tool for forming a lattice design in rolled-out pastry dough. It consists of a round, thin, two-piece stencil that, when pressed into the dough, cuts out the lattice design without having to weave individual pieces.

**lattice dough roller** A small tool that cuts a uniform lattice pattern when rolled over pastry dough. It has a metal roller disc and a short wooden handle; the roller has 17 notched blades that cut the pattern.

**laurel leaf** See *bay leaf*.

**lavash** ('lah-vash) A very thin, crisp *flatbread* eaten throughout the Middle East and now around the world. It dates back 3000 years and is a form of the earliest known bread. Also known as *Armenian cracker bread* and also spelled *lavosh*, *lavvosh*, *lavoche*.

**lavender** An evergreen shrub in the mint family, native to the Mediterranean. It has aromatic purple flowers and sage-green leaves, in the mint family. The flowers and leaves are used both fresh and dried, as a flavoring in cooking, confections, and to make herbal tea.

**lavender gem** A citrus fruit that is a cross between a white grapefruit and a tangelo. It has pale pink skin and a sweet flavor. Also called *wekiwas*.

**lavoche** See *lavash*.

**lavosh** See *lavash*.

**lawtonberry** See *berry*.

**laxtonberry** See *berry*.

**layer cake** A cake with two or more layers joined with cream or filling.

**Lazarroni di Saronno** See *amaretti*.

**lazy-daisy cake** An American cake made with a single layer of yellow cake, topped with coconut, butter, and brown sugar and browned under a *salamander*.

**lb.** The abbreviation for the *pound* measure.

**leaf gelatin** Another name for *sheet gelatin*; see *gelatin*.

**lean dough** A bread dough made with flour, water, salt, and yeast and little to no fat and sugar, which gives it a characteristic crisp crust. *French bread* is a common example of a lean dough.

**Leanesse** A fat substitute made from oat flour, produced by ConAgra. The process of heating and cooling yield a gel that resembles the texture of *fat*.

**lear oil** The Canadian term for *rapeseed oil*, which is best known in America as *canola oil*.

**leaven** To make a dough or batter rise through the addition of a *leavening agent* such as *ammonium bicarbonate*, *baking powder*, *baking soda*, *beaten eggs*, or *yeast*.

**leavening agent/leavener** A substance that raises or lightens a dough or batter by incorporating air, steam, or gas. For baking, leavening agents include *yeast* (organic), *baking powder* or *baking soda* (chemical), or *steam* (physical/mechanical).

**Lebkuchen** ('layb-koo-kuhn) A gingerbread cakelike cookie baked in a decorative mold and dipped in chocolate or topped with a hard confectioners' sugar glaze. It is a specialty of Nuremberg, Germany.

**leblebi** (lehb-lehb-ee) Roasted chickpeas eaten as a snack in India.

**lebneh** (lebbkneeh) A Lebanese cream cheese made with *laban* (yogurt).

**leche** ('lay-chay) The Spanish word for *milk*.

**leche flan** ('lay-chay flahn) A Filipino *crème caramel* made with evaporated milk and lime zest.

**leche frita** ('lay-chay 'free-ta) A Spanish dessert of fried custard squares flavored with lemon zest and cinnamon sugar.

**lecithin** ('less-a-thin) An *emulsifier* found in egg yolks and vegetables, used in chocolate and confectionery making to preserve and moisturize the food. It also acts as a *stabilizer* by preventing the fat from separating out of the mixture.

**leckerli** (leh-'chur-i) Either of two Swiss cookies: *Baseler leckerli* is a sweet mixture of honey, flour, spices, nuts, and candied peel, which is baked and covered with fondant. *Zurich leckerli* is a mixture of almonds, sugar, and egg whites that is dried and then cooked quickly to brown the top; the dough is pressed into wooden molds, which imprint designs on the surface of the cookies. Also spelled *leckerlie*.

**Le Concorde** (luh 'kohn-khord) A French pastry of three layers of *chocolate meringue* that is filled and iced with *chocolate mousse*, and garnished with small sticks of chocolate meringue.

**lees** (leez) The sediment that settles in the bottom of the wine barrel as a result of fermentation.

**lefse** ('leff-suh) Norwegian *flatbread*.

**lefse rolling pin** A 16.5-inch (41.2 cm) rolling pin with a ribbed face, used to score the surface of *lefse*.

**legume** ('lay-goom) Any of a group of plants that have roots with nodules that contain nitrogen-fixing bacteria, most of which are important food sources. The most common include soybeans, lentils, peanuts, beans, and peas, all of which have seed pods that split lengthwise when ripe.

**Leicester cheese** ('less-ter) An English whole-milk cow's cheese similar to *Cheddar cheese*, but with a higher moisture content. It is orangy-red in color and has a tangy, rich flavor.

**Leipziger Lerchen** ('lip-zhig-her lehr-hkehm) See *Leipzig skylark*.

**Leipzig skylark** ('lip-zhig ski-lark) A German shortcrust pastry tartlet created when the hunting of skylarks was banned. The pastry slightly resembles a bird's belly, and the two strips of thin dough that form a cross on the top symbolize the nets that were used to trap the birds. Also known as *Leipziger Lerchen*.

**lekach** ('lay-kakh) A honey and spice cake served on the Jewish holiday Rosh Hashanah.

**lekvár** ('lehk-vahr) A thick, intensely flavored pureed fruit spread used to fill pastries and cookies. This Hungarian favorite is traditionally made with prunes or dried apricots cooked with sugar.

**lemon** The fruit of the lemon tree, a cultivated hybrid of lime and citrus trees. The lemon was developed in Southeast Asia, but is now grown in other tropical and temperate climates, particularly Florida and California. The fruit ranges in size from a large egg to a small grapefruit, and contains 30 to 45% juice depending on variety. The bright yellow rind may be thick or thin, and surrounds an acidic pulp whose juice contains about 5% citric acid. The most common varieties are *Eureka lemon* and *Lisbon lemon*, and they are available year-round. The juice and rinds are used extensively in the production of pastries and desserts. See also *Meyer lemon*.

**lemonade** A cold drink made by combining water, sugar, and lemon juice.

**lemon aspen** A yellow fruit the size of a grape, native to the Australian rainforest. It has a strong lemon flavor, with hints of honey and eucalyptus, and is often used as a flavoring in cakes, desserts, and stewed fruits.

**lemon balm** A lemon-scented herb in the mint family, native to Europe. It is often used to infuse a lemon flavor in herbal teas and pastry products.

**lemon bar** A *bar cookie* that consists of a short dough base filled with *lemon curd*. After baking it is dusted with confectioners' sugar and cut into squares.

**lemon chess pie** See *chess pie*.

**lemon curd** A creamy, thick custard made from lemon juice, butter, sugar, and egg yolks. It is served with *scones* for *afternoon tea* and is also used as a filling for cakes and tarts.

**lemongrass** A lemon-flavored grass that is an important ingredient in Thai and Vietnamese cooking. It is used as an herb and may be purchased dried or fresh. See also *citral*.

**lemon meringue pie** An American pie made with a prebaked *flaky pastry* shell that is filled with *lemon curd* and topped with a thick layer of *meringue*, then lightly browned.

**lemon possit** An English dessert made from sweetened cream that has been reduced by boiling and infused with lemon. It is a sweet yet tart dessert with a velvety smooth texture.

**lemon verbena** (vehr-'bee-nuh) A lemon-scented herb native to South America. The long slender leaves may be purchased dried or fresh, and are often used to infuse a sweet lemon flavor in herbal teas, sorbets, and other pastries and desserts. See also *citral*.

**leopard skin loaf** A loaf of bread that has been brushed with liquid yeast and rice flour before baking. This yields a crisp, leopard-looking skin and adds a slight yeasty flavor.

**lepet** ('leh-peht) An Indonesian confection made by boiling sticky rice and black beans, and wrapping the mixture in a coconut palm leaf, then tying it with seaweed.

**Le Régent** (luh ray-j'ahnt) A rich chocolate gâteau made by layering chocolate cake with chocolate whipped cream and covering it with chocolate icing and chocolate sprinkles. The cake was created in Paris in the late 19th century.

**letter fold** A fold used in producing *laminated dough*, whereby the dough is folded in thirds like a letter. The rectangular sheet of dough has butter smeared over two-thirds of the surface and then the unbuttered third of the dough is folded into the center and the remaining third folded on top. Also known as *three-fold* and *simple fold*.

**levain** (luh-vahn) The French word for "leaven," referring to a *sourdough starter* cultured by wild yeast.

**level** 1. To make a cake the same height all around. This is accomplished by shaving off areas that are higher than others. 2. To cut off the domed area of a cake that may be present after baking, thereby making it level.

**leve seco** See *Port, white*.

**levulose** A simple sugar found in honey and fruits. It is also known as *fructose* or *fruit sugar*.

**leyden** ('li-din) A semi-soft Dutch cheese made from partially skimmed cow's milk and buttermilk. It is flavored with caraway or cumin seeds and is also known as *Komijne Kaas*.

**lichee** See *lychee*.

**licorice** A black confection made from the root of a leguminous plant native to southeastern Europe and the Middle East. The root contains the substance *glycyrrhizin*, which is 40 times sweeter than sugar. Also known as *sweet root* and *liquorice*.

**Liégeois café** (lee-'ayjh-eh-wah ka-feh) An iced coffee drink made by filling a wine or Champagne glass  $\frac{1}{2}$  full with hot coffee and a small scoop of coffee ice cream, then topping it with whipped cream and garnishing with toasted almond slices. It was created in Liège, Belgium, and is served with petit fours. The coffee ice cream may be substituted with other flavors, such as vanilla, chocolate, or strawberry.

**Liège waffle** See *waffle*.

**lier** A thickening agent of egg yolks or cream, used in *crème anglaise* and other sauces.

**Life Saver** A small, hard candy with a center hole. It was created in 1912 by Clarence Crane, father of poet Hart Crane, and became a summertime treat because it would not melt in the heat. Life Savers originally came in one flavor, Pep-O-Mint, and were the first candy in America to be wrapped in tinfoil to keep them fresh. Approximately 548 million rolls of Life Savers are produced annually.

**light brown sugar** See *sugar, brown*.

**light corn syrup** See *corn syrup*.

**light cream** See *cream*.

**light sour cream** See *sour cream*.

**lightning cake** An orange-flavored butter cake with nuts. It is named lightning cake because it rises very quickly, owing to the baking powder.

**light treacle** See *treacle*.

**light whipping cream** See *cream*.

**lilikoi** (lil-lah-koy) The Hawaiian word for *passion fruit*.

**Lillet** (luh-lay) A French apéritif made from wine, brandy, fruits, and herbs. It was developed in the French village of Podensac, and has been made since the late 1800s. Lillet Blanc is made from white wine and Lillet Rouge is made from red wine. Both are served over ice, with a twist of orange.

**lime** A small, oval citrus fruit that ranges in color from light to medium green and sometimes has a yellowish hue, depending on the variety. The *Persian lime* is the most common and is available year-round, particularly May through August. The porous skin encases a juicy, pale green pulp and is an excellent source of vitamin C. British sailors during the 19th century were fed limes as a way of preventing scurvy and this is believed to be the basis for the nickname “limey.” See also *caffir lime* and *Key lime*.

**limeade** A cold drink made by combining water, sugar, and lime juice.

**limequat** The small, oval fruit of a citrus tree that is a cross between a lime and a kumquat. The sweet-tasting skin is greenish yellow, while the tart lime-flavored pulp is high in vitamin C. It may be eaten whole or used for its juice or rind to flavor drinks and pastries. Although it was developed in China, the tree is now grown in Israel, Britain, Spain, California, and Florida, but can be found in the United States only in small quantities during the fall and winter.

**limoncello** A sweet, bright yellow lemon liqueur produced in the south of Italy. It is made from lemon rinds, sugar, alcohol, and water.

**limone** The Italian word for *lemon*.

**limestone** A dehumidifying agent used to protect sugar pieces, *tuile*, and other pastry products that would otherwise deteriorate when exposed to moist air. The limestone is placed on the bottom of an airtight container and covered with a piece of parchment paper to prevent its coming into contact with the food. It is very important to keep the limestone away from water, or it will cause a reaction that produces hot steam.

**limpa bread** (‘lihm-puh) A moist Swedish bread flavored with anise, fennel, cumin, and orange peel.

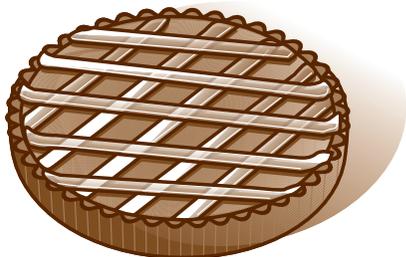
**lingonberry** See *berry*.

**linzer leaf** A leaf-shaped cookie made from linzer dough that is sold in many *Konditorei* as an accompaniment to coffee. They are typically made at Christmas time and coated in a fine European chocolate. See also *linzertorte*.

**linzertorte** (‘lihn-zuhr-tort) A Viennese pastry with a nutty, spicy pastry and raspberry or apricot filling. The specialty originated in Linz, Austria, and is made with a dough of ground hazelnuts and/or almonds. The top is decorated with a *lattice* pattern of dough and brushed with apricot glaze or dusted with confectioners’ sugar.

**lipid** See *fats and oils*.

**liquefier** An ingredient that helps loosen or liquefy a dough or batter; for example, water, milk, or oil.



**liqueur** (li-'kwoor) A sweet alcoholic beverage often flavored with herbs, spices, flowers, fruits, seeds, or plant stems and bark. The base is typically whisky, rum, brandy, or another spirit and ranges in alcohol content from 20 to 60%. Proprietary liqueurs are made by specific producers with secret recipes; generic liqueurs are made by various producers with general recipes. *Cream liqueurs* are sweet, syrupy mixtures flavored with cream. The word *liqueur* is derived from the Latin *liquifacere*, which means “to dissolve” and refers to how the flavor is dissolved to make the liqueur. This may be done in one of four ways: *percolation*, whereby the alcohol is dripped through the flavorings to extract their taste; *distillation*, whereby the alcohol and flavorings are mixed before being distilled; *maceration*, whereby the alcohol base is steeped with their flavorings; and *infusion*, whereby the flavorings are steeped in hot water before being mixed with the alcohol base. Liqueurs are used extensively in pastry and dessert production as flavoring agents. They are also served as after-dinner drinks and then sometimes referred to as *cordials*.

**liquor** ('lih-kuhr) A distilled alcoholic drink made from the fermented mash of grains or other plants. The word is derived from the Latin *liquere*, which means “to be fluid.”

**liquore** (lee-koh-reh) The Italian word for *liquor*.

**liquorice** See *licorice*.

**Lisbon lemon** See *lemon*.

**lite** Another spelling of the word *light*, which is now an accepted food-label term. Being called “lite” requires that the product to be  $\frac{1}{3}$  fewer calories than the regular product, or less than 50% of fat per serving.

**Liter** A metric measurement of volume that is equivalent to 33.8 fluid ounces. Liters are divided into milliliters (ml), centiliters (cl), and deciliters (dl):

10 milliliters = 1 centiliter

10 centiliters = 1 deciliter or 100 centiliters = 1 Liter

10 deciliters = 1 Liter

**loaf sugar** See *sugar*.

**lo cha** A *lychee*-flavored oolong tea from Taiwan.

**locust bean** See *carob*.

**loganberry** See *berry*.

**lokma** (loke-mah) A Turkish pastry of deep-fried yeast-risen dough balls that are dipped in a syrup of honey, lemon, and rosewater. They are sprinkled with cinnamon sugar and served warm. Also called *loukoumades* in Greece.

**lollipop** A hard sugar candy attached to the end of a small, thin wooden or paper stick, created in the early 19th century and made in different shapes, sizes, colors, and flavors.

**longan** See *dragon's eye*.

**long-grain rice** See *rice*.

**long john** See *Bismarck*.

**longyan dou fu** ('lahng-yahn doo-'oh foo) A chilled almond-milk gelatin dessert from Singapore, garnished with a *longan* poached in sweet syrup.

**Lorna Doone** A shortbread cookie introduced in 1912 but now produced by Nabisco. It is believed that the name came from the novel by R. D. Blackmore. The book and its Scottish main character were named *Lorna Doone*.

**loska** ('lohs-kah) A Slovak sweet poppy-seed bread served on Christmas eve.

**loquat** The oval or pear-shaped fruit of the loquat tree, distantly related to the apple and pear. Although it is native to China, loquat trees are now also cultivated in Turkey, Portugal, Israel, Brazil, Japan, and Hawaii. The fruit has a smooth yellow to orange skin and a sweet juicy pulp. The flesh ranges in color from cream to orange, and is high in sugar, acid, and pectin. It may be eaten fresh or used for making jam, jelly, pies, tarts, or wine.

**Lord Baltimore cake** A three-layered yellow cake filled with chopped pecans or almonds, candied cherries, and crushed macaroons, and covered with a fluffy white *boiled icing*. It is believed to have been created to use up the egg yolks left over from making *Lady Baltimore cake*.

**lotus** 1. A tree that is a member of the buckthorn family. Its large fruit is used to make breads and fermented drinks. 2. An Asian water plant whose leaves, roots, and seeds have culinary uses: the seeds may be candied or eaten raw as a snack; the leaves are used to wrap sweet or savory mixtures.

**loukoumades** (loo-koo-mah-thes) See *lokma*.

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

**low-fat milk** See *milk*.

**low-methoxyl pectin** A chemically modified pectin that requires calcium, but not a high sugar content, to gel a liquid.

**lua** See *imu*.

**luau** ('loo-ow) 1. A traditional Hawaiian feast. 2. Hawaiian for taro leaves.

**Lucullus** A dessert with a *savarin* base that is soaked in a sweet liqueur syrup and placed in a wafer-thin sweet pastry base; the middle of the savarin is filled with a raspberry soufflé and then baked. It is served with a raspberry sauce that is flavored with the same liqueur as used to soak the savarin. It was named after the famed Roman general Lucius Licinius (110–56 B.C.).

**lumpia** A transparent pastry sheet from the Philippines, made from wheat flour, eggs, and cornstarch and used to wrap spring rolls of the same name.

**luo bo gao** (loo-'oh boh 'gow) A sweet dessert from Singapore, made with fried slices of grated white turnip.

**Luster Dust** The brand name of a *pearl dust*.

**lychee** A small, round fruit native to China. The translucent white flesh is encased in a bumpy, bright red skin that is easily removed. The flesh is sweet and has a single brown seed.

