

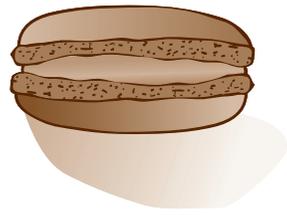
Mm

m The abbreviation for *meter*.

maamoul ('maah-mool) A small Middle Eastern cake formed with a *qalib*. It is flavored with orange flour water and filled with nuts.

macadamia nut (mak-uh-'day-mee-uh) A small, round, rich, buttery nut of a large tree native to Australia and Indonesia. They have a hard coating in a green husk that splits as the nut grows. Even with the husk split, the nutmeat is difficult to extract from the shell and requires pressured force to release it. They are up to 80% fat and 4% sugar and should be stored in the refrigerator to prevent spoilage. The tree and nut are named after John Macadam, who worked with botanist Ferdinand von Mueller to develop the cultivar. They pair well with tropical fruit and desserts. In the late 1800s, the trees were planted on the Big Island in Hawaii, which now produces 90% of the world's production.

macaroon (mah-kah-'roon) A small confection made from egg whites, sugar, and ground almonds or almond paste. It has a crisp exterior and a soft, chewy interior. It may be flavored with other ingredients such as citrus, coffee, chocolate, or coconut; other ground nuts may be substituted for the almonds. In France, macaroons are sandwiched together with a thin layer of *ganache* or raspberry or



apricot jam. Their origin dates back to 14th century Venice and its name is derived from the Venetian word "macarone" which means "fine paste." It is said that they are made in the shape of a monk's navel because the first recipe was made in the Cormery monastery; in the 18th century, they were made by the Carmelite nuns to pay for housing when they needed protection during the French Revolution. According to some historians, the nuns were following the principle of "almonds are for good girls who do not eat meat." During this time, two nuns living in the town of Nancy specialized in making and selling macaroons, and they became known as the "Macaroon Sisters." In 1952, the street where they operated was named after them and macaroons are still made there today.

maccha See *biki-cha*.

macchiato (mah-kee-'yah-toh) An espresso drink made with a dollop of steamed milk foam. Also known as *caffè macchiato*.

mace (mays) The bright red membrane that covers the nutmeg seed, ground and used as a pastry spice for fruit fillings and Middle Eastern confections. The membrane is removed and dried to a yellow-orange color. It is most commonly sold ground, but is also sometimes available whole, when it is known as *blade mace*. The flavor is similar to nutmeg but not as intense.

macédoine (mas-eh-dwahn) A mixture of small diced fruit or vegetables. The fruit is typically soaked in fruit syrup or sugar syrup flavored with liqueur and served cold.

macerate/maceration ('mas-eh-ryat) To soak a product, usually fruit, in a flavored liquid, usually alcohol, to soften and infuse it with flavor.

Macoun apple (muh-'koon) See *apple*.

maculan ('mah-coo-lahn) An Italian dessert wine that tastes like a mixture of orange, apricot, honey, and walnuts. It is slightly sweet and pairs well with nut cakes and fruit tarts.

Madeira (mah-'deer-uh) A fortified wine named after the Portuguese island where it is made. There are four distinct types, named after the white grape they are made from. They range in flavor from dry to sweet, and in color from pale yellow to deep ruby.

Sercial The driest, with a tangy bite.

Verdelho A medium-dry that is more full-bodied than Sercial.

Bual A medium-rich type.

Malmsey or Malvasia The richest, sweetest type.

These quality wines are not to be confused with the low-quality cooking Madeira made from the Tinta Negra Mole red grape. The finest Madeiras undergo a lengthy heating process and may be aged in oak caskets from three to 20 years. Their natural acidity makes them refreshing on their own or paired with food. The drier ones are generally served cool as an apéritif and pair well with salads or soups, while the sweeter versions are served room temperature and excellent with chocolate or cream-based desserts.

Madeira cake A rich sponge cake flavored with lemon peel and served with *afternoon tea*. Its origin dates back to 19th-century England, and is so named because it was popular to eat a slice of this cake with a glass of Madeira.

madeleine ('mahd-ehl-lihn) A small, light sponge cake baked in a madeleine pan, which gives it its distinct elongated scallop shell shape. It is traditionally served with tea or coffee, and may be made in a variety of flavors including lemon, orange, coffee, or chocolate. Madeleines have a crisp exterior and moist interior, and were originally flavored with orange flower water. Although their origin is debated, it is believed they are named after King Stanislaw Leszczyński's cook, Madeline, who created them in 1755. See also *madeleine pan*.

madeleine pan A pan used in the production of madeleines. It has small, shallow, scalloped shaped indentions and may be made of metal or silicone (*Flexipan*).

magdalena (mahg-duh-'lay-nuh) A Spanish version of the French *madeleine* that is made with olive oil instead of butter. It also differs in shape and may be oblong, or round with a domed or flat top.

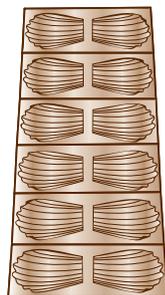
Magenbrot ('mah-gehn-braht) The German word for "stomach bread," referring to a spiced cookie that is supposed to be good for digestion.

Magnolia grape See *grape*.

magnum ('mahg-nuhm) A 1.5-Liter (50 oz.) wine bottle, equivalent to two bottles of wine. A double magnum is a 3-Liter (100 oz.) wine bottle that is equivalent to four bottles of wine.

mahleb (ma-hha-lub) An aromatic Middle Eastern spice made from ground black cherry pits. It has a nutty, sweet-tart flavor and is commonly added to breads, cakes, and cookies in Greece, Syria, Armenia, and Turkey.

Maibowle ('mi-bov-leh) See *May wine*.



maida flour (mai-daa) A flour used in India to make *flatbreads* and other baked goods.

maid of honor A small English tartlet made with *short dough* or *puff pastry* and filled with almonds, curd cheese, and lemon or orange flavoring. It originated in the 16th century in the town of Surrey, and was named after Anne Boleyn, who was the maid of honor to King Henry VIII's sister. He said they were as sweet as she was; shortly thereafter, she became his second wife.

Mai landerli (mi 'lahnt-ayr-li) A traditional lemon-flavored German Christmas cookie.

Maillard browning The browning or caramelization of baked goods due to the *Maillard reaction*.

Maillard reaction (may-yahrd) The caramelization in baked goods that occurs between 212° and 350°F (100° and 175°C), as a result of a reaction between reducing sugars and amino acids or proteins. It causes the sugar-protein bonds to brown at a lower temperature and creates different shades of color ranging from yellow-gold to rich brown. The effect of caramelization is apparent in both the look of the finished product and the flavor. It is an integral part of crust formation in bread baking and is affected by the oven temperature, fermentation time, and enzyme activity. Named after its discoverer, the chemist Dr. Louis-Camille Maillard.

maison (may-'zohn) The French word for "house," referring to a menu item that is a specialty of the restaurant or house.

mai tai (my tie) A strong alcoholic cocktail that consists of light rum, Triple Sec, orange or almond syrup, grenadine, and lime juice. It is garnished with a skewer of fresh pineapple and maraschino cherries. In the Polynesian islands it is traditionally served with an orchid floating on top. The name derives from the Tahitian word *maita'i*, which means "good." The story goes that when the drink's creator, Victor Bergeron, the original owner of Trader Vic's restaurant, served it to a couple of Tahitian friends, they exclaimed that the flavor was *maita'i roa*, which means "out of this world."

Maiwein See *May wine*.

makowiec (mah-koh-ve-eck) A poppyseed cake of Polish origin, made by filling a rolled out piece of *yeast dough* with a mixture of poppy seeds, almonds, honey, sugar, and citrus peel; the dough is then rolled into a cylinder and baked. It is traditionally served during the Christmas and Easter holidays.

Makrut lime A pear-shaped member of the citrus family that is cultivated in Hawaii and Southeast Asia. The bright yellow to green skin has a bumpy texture and the juice is acidic. The leaves are also used and may be purchased dried or fresh.

malai (ma-laa-ee) An Asian term that refers to a food similar to *clotted cream*. Buffalo milk produces the highest fat content, and the cream is used in a variety of desserts.

malakoff (mah-lah-koff) The name given to a variety of cakes that include nuts. The most popular consists of two layers of *japonaise* filled and covered with a strong coffee mousse. The torte is then topped with confectioners' sugar and the sides are covered in toasted almonds.

malassadas (mah-lass-sah-dahs) A Portuguese doughnut, made by frying *yeast dough* and then rolling it in cinnamon sugar. They are traditionally stretched into a rectangular shape, but are also popular as balls. In 1952, Leonard's Bakery began producing malasadas in Hawaii, and they have become a popular treat there ever since. Also known as *filbós* in Portugal.

Malay apple See *water apple*.

maldon See *sea salt*.

malic acid ('mal-ihk) A naturally occurring acid found in some fermented fruits. It is used as an acidulant (see *acidulated water*) and as a *flavoring agent* in some processed food products. During the wine-making process, the malic acid from the grapes is converted to *lactic acid* and produces malolactic fermentation. This reduces the wine's tartness and enhances flavor.

Malmsey See *Madeira*.

malsouqua (mahl-so-'ooh-goo-ah) Delicate, paper-thin sheets of pastry made with semolina flour. The name means "to adhere" in Arabic, and it is used in Tunisian dishes, particularly *brik*. The Moroccan version is called *warka*, which means "a leaf" and the Algerian version is called *dioul*.

malt A fine powder derived from barley and used for brewing beer, distilling liquor, and as a nutrient additive to food. The germinated grain is kiln-dried and ground. The malting process creates *amylase*, which converts the starch in the grain to a sugar called *maltose*. The resulting malt, also known as malted grain or *malted flour*, can be used for fermentation. Malt is also important in bread baking because it converts the flour starch to sugar, which provides food for the yeast and adds a sweet, nutty flavor. Some flours already contain *malted barley flour*, or it may be purchased separately and added to the dough.

malted barley flour A flour made from barley that has been soaked, sprouted, dried, and ground. It is high in *amylase* enzymes and is typically added to the flour during the milling process.

malt extract A nutritious extract derived from malt that is added to bread to aid in fermentation and provide moistness in baked goods. It also adds color to the crust because it caramelizes at a low temperature (see *Maillard reaction*). There are two main types of malt extract: *diastatic malt* and *nondiastatic malt*. Diastatic malt contains an enzyme called *diastase*, which converts starch to sugar; however, it should not be used in products with a long fermentation process because too much of the starch will be broken down. Nondiastatic malt is processed at a higher temperature, which kills the diastase but the maltose and flavor component remain intact. The product may be purchased in dried or powdered form and may be substituted with honey at a 2:1 ratio. Also known as *malt syrup*.

maltose Another name for *malt sugar*.

malt sugar See *sugar*.

malt syrup See *malt extract*.

Malvasia See *Madeira*.

mamey sapote The large fruit of a tree native to the West Indies but now cultivated in Mexico, South and Central America, and South Florida. It has a thick, rough, fuzzy brown skin that encases a creamy-sweet reddish-pink flesh that tastes like a cross between pumpkin and almond. It is primarily eaten raw and used to make smoothies, ice cream, and shakes.

Mandarine Napoléon ('mahn-duh-rihn nuh-'pohl-lee-uhn) An aromatic brandy-based liqueur made with tangerines. It is produced in Belgium and tastes like candied oranges.

mandarin orange ('manh-duh-rihn) Any variety of orange that is distinguished by a loose, easily peeled skin. They vary in size, shape, and flavor and are grouped into three varieties:

Satsuma Small Japanese orange that is the most popular because it is virtually seedless. The majority of canned mandarins are produced from this variety.

Tangerine The most common variety found in the United States, it is named for the Moroccan city of Tangier and has a thick skin and sweet flavor.

Hybrid A group that includes *tangelo*, *tangor*, *clementine*, and *Dancy orange*.

All varieties originated in China, but today the majority of the commercial crop is grown in Florida and California. They are available from November to June and can be stored in the refrigerator for up to two weeks.

mandelbrot ('mahn-duhl-broht) A crisp almond bread similar to *biscotti*, in that it is twice baked. The name derives from the German word *Mandel*, which means “almond” and *Brot*, which means “bread.” It is a Jewish specialty of German origin. The formed dough is baked, then sliced and baked again until dry and crisp.

mandelspan A lacy, almond wafer cookie from Sweden. It is made by combining almond paste, sugar, and eggs into a batter that is thinly spread onto wafer paper and baked on a semi-circular metal form. Once cooled, they are lightly dusted with confectioners' sugar and arranged to look like a crown.

M&M's Known throughout the world as the candy that “melts in your mouth, not in your hands,” these milk chocolate candies have a colored sugar coating. Legend has it that while on a trip to Spain during the Spanish Civil War, Forrest Mars, Sr., encountered soldiers who were eating pellets of chocolate encased in a hard sugary coating, which prevented them from melting. Inspired by this idea, he and R. Bruce Murrie created what was then known as “Smarties” in England. When they wanted to market them in the United States, they needed a different name because there was already a product called Smarties. So they took the last initial of both their names and created M&M'S Plain Chocolate Candies. They were first sold domestically in 1940. In 1954, brown M&M'S Peanut Chocolate Candies was introduced, and in 1960 red and green colors were added. In 1976 orange was added and red was taken off the market owing to the controversy over red food dye. Once it was shown that the red dye used did not contain amaranth (FD&C Red #2), the red candies reappeared in 1987.

Almond M&M's were introduced in 1988. In 1995, the Mars Company had a global vote for the new color and blue was the winner. They held another public vote and purple was chosen. In 1996, M&M's Minis were made available, and in 1998, Crispy M&M's hit the market. Today M&M's can be found in a variety of colors and are marketed all over the world.

mandoline ('mahn-duh-lihn) A stainless steel, hand-operated kitchen tool used to julienne and slice firm fruits and vegetables. It has sharp adjustable blades to set how thick or thin the slices will be and foldable legs for easy storage.

manger (mahn-zhay) The French verb for “to eat.”

mangiare (mahn-'jah-ray) The Italian verb for “to eat.”

mangkok kueh ('mahng-kahk koo-'eh) A spongy, individual steamed rice cake from Malaysia, served with sugarcane and grated coconut, and eaten for breakfast or as a snack.

mango ('mang-goh) The fruit of the mango tree, native to India but cultivated in subtropical climates all over the world. There are dozens of varieties that vary in shape, size, color, and flavor. The two basic types are unripe, also known as green mangoes, and ripe, which are golden yellow to red in color. Green mangoes have a sharp, sour flavor and are used predominately in Asian cooking to make chutneys, savory salads, and dips. Ripe mangoes are prized for their sweet, juicy flavor and are used extensively in pastry to make ice cream, sorbet, fillings, sauces, and fresh fruit salads. Mangoes contain a large stone in the center, so the flesh has to be cut off around it. The fruit contains an enzyme that inhibits gelatin from setting, but this may be neutralized by bringing the pulp to

a boil before use. Mangoes can be purchased canned, dried, and pureed. Fresh mangoes from Peru, Mexico, Ecuador, and Brazil are available year-round. The most common varieties are:

Atalupo A small, canary yellow variety from Mexico with a flattened oval shape. The yellow flesh is buttery with a distinctive sweet and spicy taste. Available February to May.

Keitt A large, oval variety from Mexico with a green skin that is blushed with red. It has a smooth texture and rich, fruity flavor. Available June to August.

Kent A large, oval variety from Mexico, Ecuador, and Peru with a greenish hard skin that is blushed with dark red and small yellow spots. It has a juicy, tender texture and vibrant mango flavor. Available January to March and May to August.

Haden A medium-large oval to round variety from Mexico, Ecuador, and Peru. It ranges in color from green to yellow with red highlights. The orange flesh is firm and fruity. Available October to December and March to May.

Tommy/Atkins A medium to large oval or oblong variety from Mexico, Brazil, Ecuador, and Peru. It has a golden-greenish skin blushed with dark pink. The deep yellow flesh is mildly sweet and has a firm, fibrous texture. Available year-round.

mangosteen The fruit of the mangosteen tree, native to Southeast Asia. The hard, dark brown skin is thick and tough, but cracks easily and reveals a tart, juicy segmented flesh with exquisite flavor. Mangosteens are typically eaten raw, but also produce unique creams and sorbets.

Manhattan A cocktail created in 1874 by a bartender at the Manhattan Club in New York City. It consists of blended whisky and sweet Vermouth. A dry Manhattan uses dry Vermouth, and a Perfect Manhattan uses equal parts dry and sweet Vermouth.

manioc ('man-ee-ok) Another name for *yuca*.

manjar (mahn-hahr) A Brazilian coconut and prune pudding.

manjar blanco ('mahn-hahr 'blahnk-koh) A South American milk pudding made by slow-cooking milk, cinnamon, and sugar until very thick. It is eaten as is or used as a pastry filling or bread topping.

mannitol ('mahn-ih-tahl) A sweetener used to thicken, stabilize, and flavor processed food.

mantou (mahn-'too) A type of Chinese steamed bun made from milled wheat flour, water, and leavening agents. It is eaten as a bread staple and may be filled or unfilled. A popular dessert version is made by deep-frying the buns and serving them with sweetened condensed milk.

manufacturing cream See *cream*.

Manzanilla See *sherry*.

Manzano See *banana*.

maple cream A thick, sweet, creamy maple spread made by heating the syrup, cooling it over an ice bath, and then whipping it until thickened.

maple syrup The sap of the native sugar maple tree, extracted and boiled to a thick, syrupy consistency. Native Americans discovered this process and passed it on to the colonists. It takes approximately 40 gallons (151 L) of sap to make 1 gallon (3L 840 ml) of pure maple syrup. The syrup is produced primarily in Vermont, and the quality and quantity produced depends on the weather because the saps flows

after the first thaw. Maple syrup is graded by color; the darker the color, the stronger the flavor. The grades are as follows:

Grade AA Light amber color and mild flavor.

Grade A Medium amber color and more intense mild flavor.

Grade B Dark amber color and strong flavor.

Grade C Very dark with a molasses flavor, used primarily for commercial purposes.

There are many products that blend maple syrup and corn syrup, use artificial flavorings, and use maple-flavored substitutes, but none compares to the rich maple flavor of pure syrup. It is used as a topping for pancakes and also to flavor candies, ice cream, and dessert sauces.

Marado See *papaya*.

maraschino cherry ('mahr-uh-shee-noh) See *cherry*.

maraschino liqueur A clear Italian liqueur typically made from the *Royal Ann cherry*. It has a slightly bitter cherry flavor and is a popular flavoring in fruit compotes and many Italian desserts. It may be substituted with *Kirschwasser*.

Marathon Bar 1. An American candy bar consisting of a twisted braid of caramel surrounded by chocolate, produced by Mars Inc. and marketed as "the world's longest candy bar." It was a full 8 inches in length, as shown by an 8-inch ruler printed on the back wrapper. It was introduced in 1973, but because of lackluster sales was discontinued in 1981. However, some will always remember its tagline, "Lasts a Good, Long Time." 2. Prior to 1990, Snickers was called Marathon Bar in Great Britain.

marbelize To give a product the appearance of marble by streaking two contrasting colors together. It is often used with chocolate, sugar, *marzipan*, and *rolled fondant*.

marble slab A sheet of marble used for chocolate and sugar work because the surface retains a cool temperature.

marc (mahr) The French version of *grappa*.

margarine ('mahr-juh-rihn) An imitation butter invented by a French chemist in the mid-1800s. *Vegetable oil margarine*, known as margarine, is made from partially hydrogenated corn or soybean oil; *oleomargarine*, known as *oleo*, is made from beef and veal fat, with vegetable and other oils added. The latter is similar to butter in that it contains at least 80% fat, but the remainder is made up of liquids, flavoring, coloring, and other additives. Margarine has the same number of calories and may be purchased salted or unsalted. It contains no cholesterol and has low levels of saturated fat, but some products have high amounts of trans fatty acids. Low-fat and fat-free margarines contain a higher percentage of water and rely on starches and gums to provide a butter-like consistency, which do not work as well in baking. Specific oleomargarines have been created for the baking industry that have a high melting point and/or cream well. Vegetable margarines are commonly used for products that must be vegan or pareve.

marigold A yellow or orange flower whose edible petals are used as garnish.

marinade ('meh-rihn-ade) The flavored liquid in which a food item is *marinated*.

marinate, marinated ('meh-rihn-ate) To soak a food item in a liquid for the purpose of infusing the flavor of the marinade into it.

maritozzi (mahr-ee-'to-tsee) A fat Italian sweet bun from Rome, filled with raisins and flavored with citrus zest. During medieval times, it was eaten as a Lenten sweet bread and is still enjoyed today for breakfast or as an afternoon snack with white wine.

marjolaine ('mahr-zho-lahn) A rectangular French gâteau created by Ferdinand Point, consisting of alternating layers of *japonaise*, chocolate *buttercream*, and *praline cream*.

marjoram ('mahr-juhr-uhm) An aromatic herb that is a member of the mint family and has a sweet, delicate flavor of oregano and sage. There are several varieties cultivated for culinary use, including French, knotted, winter, pot, and sweet marjoram.

Marlborough pie A custard-like pie from Massachusetts, often served as a Thanksgiving dessert. It consists of a pie shell filled with applesauce, eggs, cream, sherry, and nutmeg.

marmalade ('mahr-muh-layd) A citrus preserve that contains pieces of rind. The most common is made from Seville oranges, but limes, lemons, and grapefruits may also be used. The name derives from the Portuguese *marmalade*, which means "quince jam" because quince was the first fruit used to make this product. It is popular as a spread for sweet breads or to make dessert sauces, fillings, and glazes.

Marmite ('mahr-mite) A British spread of brown concentrated paste made from yeast extract, with a salty, slightly sweet taste. This British favorite was created in 1902.

marquise (mahr-'key) Most often a chocolate cake made in a rectangular mold lined with sponge cake and filled with a rich mousse and finished with a chocolate glaze. The term may also refer to a variety of other delicate desserts.

marron ('ma-rohn) The French word for *chestnut*.

marron glacé ('mah-rohn ' glah-say) Whole chestnuts that have been peeled and steeped in a concentrated sweet vanilla syrup. Once the sugar penetrates the chestnuts, they are glazed with a final coat of sugar syrup to give them a glossy finish. They are a French delicacy and are eaten as is or used as a garnish on cakes and pastries.

Marsala (mahr-'sah-lah) A fortified wine from Sicily, named after the ancient port city of Marsala. It was created by Englishman John Woodhouse in the 1770s and is primarily made from Grillo and Catarratto Bianco grapes. It comes in three colors: oro (golden), ambrà (amber), and rubino (ruby). Each type is fortified to 17 to 18% alcohol and may be secco (dry), semisecco (semisweet), or dolce (sweet). Fine Marsala is aged one year, Superiore is aged two years, Superiore Riserva is aged five years, and Vergine Stravecchio is aged ten years.

marshmallow A soft, fluffy confection originally made from the sweetened extract of the marsh mallow plant. Today, it is commercially produced from a mixture of gelatin, corn syrup, sugar, gum Arabic, and flavorings.

Marshmallow Fluff A thick, fluffy marshmallow cream used to make fudge, candies, and fillings. It was created in the 1920s by Fred L. Mower and H. Allen Durkee, and is used to make the renowned *Fluffernutter* sandwich.

martini (mahr-'tee-nee) A cocktail traditionally made with gin and dry Vermouth. There are many variations on the original, ranging from peach to chocolate and made with different liqueurs and flavorings.

Martinhörnchen ('mahr-tin-shoorn-ken) A crescent-shaped pastry of Erfurt, Germany, that consists of yeast dough or flaky pastry filled with jam or fruit preserves. It is made in honor of Martin Luther, a Protestant reformer, and served on St. Martin's day.

maryann pan A baking pan with a convex bottom to give the baked product a hollowed-out center that is then typically filled with fruit or cream.

marzipan ('mahr-zih-pan) A thick, pliable mixture of almond paste, sugar, glucose, and sometimes egg whites. It may be colored. It is used extensively in creating edible figurines such as animals and flowers, and also rolled into thin sheets and

used to cover cakes and pastries. Confectioners' sugar, rather than flour, is used to work with marzipan. If the dough is overworked, the almond oil will rise to the surface and make the dough sticky; this may be corrected by kneading in a bit of water and confectioners' sugar. Owing to its high sugar content, marzipan dries out quickly and should be kept covered. If it becomes too dry, it may be reconstituted with a bit of water, but this will reduce shelf life. It is best stored in an airtight container in a cool place. Also known as *pâte d'amande* and *almond paste*.

marzipan tool Any of several small, hand-held tools used to create decorative *marzipan* products, such as flowers and figurines. They are typically made of heavy plastic but may also be available in metal.

masa ('mah-sah) The Spanish word for "dough," referring to a cornmeal dough made from *masa harina*. Masa is used in Mexican and Latin American cooking to make tortillas and tamales. It is also used as a thickening agent.

masa harina ('mah-sah ah-'ree-nah) Cornmeal made from ground dried hominy, or hulled corn kernels. The corn is boiled in limewater, also known as calcium oxide, and then soaked overnight to release the hulls. It is then dried and ground to a fine powder.

masala (mah-'sah-lah) A variety of Indian spice mixtures. See *garam masala*.

mascarpone (mahs-kahr-'pohn) A soft, smooth, rich, triple-cream cheese from the Lombardy region of Italy. It is most well known for its use in *tiramisu*, but also makes a creamy cheesecake and pairs well with fruit, particularly figs.

mash 1. To crush a product to a smooth consistency. 2. The mixture of crushed grain or malt and hot water, steeped for the production of whisky and beer.

mastic The resin of the mastic tree, native to the Mediterranean region. It has a sweet, licorice flavor and is used throughout Greece, Turkey, and the Middle East to flavor desserts, bread, gum, and liqueurs.

masticha ('mas-tee-ka) A Greek liqueur made with mastic. It is typically served as an *aperitif* and is similar to *ouzo*.

mata kucing tea ('mah-tah 'koo-king 'tee) A Malaysian fruit tea made with fresh ginger, brown sugar, pandanus leaves, and the dried pulp of the mata kucing *longan* fruit.

matzo ('mat-suh) A thin unleavened bread eaten by Jewish people during Passover. It is made from flour and water that is processed quickly to prevent any fermentation. According to the Torah, when the Israelites were fleeing Egypt, they had no time to wait for the bread to rise, so they baked it immediately and the result was matzo.

matzo brei ('mat-suh bri) A version of French toast made with matzo, typically served with jam, honey, or cinnamon sugar.

matzo meal The fine or medium-fine flour made from grinding matzo, often used as a flour substitute in Passover cooking.

Mayapple The small yellow fruit of a herbaceous plant in the barberry family, native to the eastern United States. Only the ripe fruit is used, largely to make preserves, as it may be poisonous when green.

mayhaw A small red fruit of a tree that grows wild in the swamps of southwestern Georgia and along the Gulf coast. It has a floral, sweet-tart flavor and is used for making jelly.

May wine A German wine drink made with white wine and woodruff, an herb. It is traditionally served in springtime on the May Day holiday. Also known as *Maiwein* and *Maibowle*.

mazarek or mazurek (mah-zoo-rek) A Polish pastry with a soft, shortbread-like texture, topped with almonds or walnuts and decorated with fruit, jam, or colorful icing. Traditionally made for Easter.

mazurka (mah-'zhoor-kah) A small Russian confection similar to meringue, made with whipped eggs, honey, lemon juice and zest, and finely ground nuts such as almonds or walnuts. It is dusted with freshly grated nutmeg and served cold with whipped cream, traditionally at Easter.

Mazzard cherry See *cherry*.

McCallum A Scottish dessert of vanilla ice cream served with raspberry sauce. It originated in Glasgow during the 20th century, and is named after Mr. McCallum, who requested the white-and-red combination because it represented the colors of the Glasgow football (known as soccer in America) team.

McIntosh apple ('mak-ihn-tahsh) See *apple*.

mead (meed) A sweet alcoholic beverage made by fermenting honey, water, and yeast, that dates back to medieval times. If flavored with herbs and/or spices, it is called *metbeglin*, and if it contains fruit, it is called *melomel*. *Mulled mead* is warm spiced mead traditionally served during the winter holidays.

meal 1. The coarsely ground seeds of any edible grain. 2. A fine powder made from nuts that can be substituted for or used in combination with flour in the production of cakes and other pastry products.

mealy Something with a dry or crumbly texture. A term often used for pie dough when the fat is worked into the dough until it resembles cornmeal.

mealy pie dough See *pie dough*.

measuring cup 1. Any one of a set of metal or plastic nested containers used to measure dry and wet ingredients by volume. They come in increments of $\frac{1}{4}$ cup (55 g/60 ml), $\frac{1}{2}$ cup (115 g/120 ml), $\frac{1}{3}$ cup (155 g/150 ml), $\frac{3}{4}$ cup (170 g/180 ml), 1 cup (225 g/240 ml), and 2 cups (450 g/480 ml). The ingredient should be leveled off at the top for an accurate measurement. 2. Any one of a set of metal, glass, or plastic containers used to measure liquid ingredients. They come in increments of $\frac{1}{4}$ cup (60 ml) to 4 quarts (3 L 840 ml). The measurement should be read at eye level for accuracy.

measuring spoon Any of a set of handled half-scoop spoons used to measure small amounts of dry and liquid ingredients. They come in increments of $\frac{1}{4}$ teaspoon (1.25 ml), $\frac{1}{2}$ teaspoon (2.5 ml), $\frac{3}{4}$ teaspoon (3.5 ml), and 1 tablespoon (5 ml).

Mediterranean pine nut See *pine nut*.

medium-grain rice See *rice*.

medivnychky (metty-fah-'neech-kee) A Ukrainian honey cookie flavored with dried fruit or nuts.

medovik (meh-'do-veek) A Russian honey cake flavored with dried fruits, nuts, or spices.

mei kwei lu (moo-ee kwah-ee lou) A fragrant Chinese wine made from rose petals.

Meilleur Ouvrier de France See *MOF*.

meini (may-ee-nee) An Italian sweet bun that is a delicate cross between a scone and a corn muffin. It is a specialty of Lombardy, traditionally eaten on April 24 to celebrate the liberation of the countryside during the Middle Ages.

mélangeur (may-'lahn-goo-her) A refiner used in products such as *marzipan* and *gianduja* to reduce the particle size.

Melba peach See *peach*.

Melba sauce A sweetened raspberry puree created by Auguste Escoffier in honor of the Australian opera singer Dame Nellie Melba, who was rumored to be his mistress. It is most well known as the topping for *peach Melba*.

Melba toast A dry, crisp, thinly sliced toast created by Auguste Escoffier in honor of Australian opera singer Dame Nellie Melba. It is rumored that he created it to ease her upset stomach during an illness.

melogold grapefruit A large white grapefruit variety with a thick, green-tinged yellow skin. It can be up to 6 inches (15 cm) in diameter and weigh several pounds. It has very few seeds and is sweet and juicy with low acidity. Available October to April.

melomel See *mead*.

melon Any of a large variety of sweet fruits that belong to the gourd family. They are categorized as either *muskmelon* or *watermelon*, with each having its own varieties.

melon baller A small hand tool with a half-sphere scoop at the end of the handle to shape fruit, usually melon, into uniform balls. Some models have different size scoops on either end.

melting moment A rich, buttery cookie typically shaped into a ball, rolled in coconut flakes, and topped with a candied cherry or piece of angelica. These British cookies are popular for their melt-in-the-mouth quality and are often served with afternoon tea.

merengada (may-rayn-'gah-dah) A Latin American drink similar to a *milkshake*, consisting of milk, sugar, fresh fruit pulp, and ice. If it is made with water and milk, it is called *batido*; if it is made with no water or milk, it is called *jugo*.

meringue A light and delicate mixture of egg whites and sugar that has been whipped to the desired consistency. The name is believed to refer to the Swiss town of Meringuen. There are three types:

Common or French Egg whites and sugar whipped to desired peak.

Swiss Egg whites and sugar warmed over a double boiler to 120°F (49°C) and then whipped to desired peak.

Italian A mixture of sugar and water cooked to 240°F (115°C) and poured over egg whites that are then whipped immediately, so the whites do not cook. This is the most stable of the three meringues.

Meringues are an essential component of pastry making, used to leaven cakes and soufflés, lighten mousses, and provide a base for creams. They may also be used as a topping for pies and desserts, which are then browned in an oven or with a *blowtorch*. In addition, they can be colored and piped in different shapes that are then dried in a low oven and used as cookies. It is best to use room-temperature whites, as they will whip faster and provide more volume. To guard against salmonella, use pasteurized whites if the meringue will not be baked. It is important that there is no water or yolk residue when making meringues, or they will not whip sufficiently. As a rule of thumb, there should be at least one ounce of sugar per egg white or the meringue will not be stable. Once the meringue is whipped to the desired consistency, it should be used immediately or it will begin to deflate.

meringue disc A baked circle of meringue used as a base or layer in many cakes and gateaus. It is piped into rounds of varying sizes and baked in a slow oven 250°F (122°C) oven for 2 to 3 hours until completely dry.

meringue powder A substitute for fresh egg whites when making meringues and icings. It consists of dried egg whites, sugar, and vegetable gum, ground into a fine white powder.

Metaxa (muh-'tahk-suh) A sweet, amber-colored Greek liqueur invented by Spyros Metaxa in 1888. It is produced from Savatiano, Sultanina, and Black Corinth grapes that have been twice distilled and then blended with aged Muscat wine. It is then flavored with a secret botanical mix before being aged in handmade limousine oak casks. It is most commonly available as 3 star, 5 star, and 7 star. Each star represents the number of years it has been aged, while the Private Reserve is aged a minimum of 20 years.

Meteor cherry See *cherry*.

meter A metric measurement of length, equivalent to 39.37 inches.

10 millimeters = 1 centimeter

10 centimeters = 1 decimeter or 100 centimeters = 1 meter

10 decimeters = 1 meter

metheglin See *mead*.

méthode champenoise ('meh-tohd 'shahm-peh-nwahz) See *Champagne*.

metric system A system of weights and measurements developed in France and used throughout the world. It differs from the American system in that it is based on decimals. Weight is based on the *gram*, volume is based on the *Liter*, and length is based on the *meter*.

methylated spirit See *denatured alcohol*.

metrios See *Greek coffee*.

Mexican chocolate A variety of sweet chocolate flavored with cinnamon and a hint of almond. It is grainier than other chocolates and has visible sugar crystals. The most well known brand is Ibarra. As a substitute for Mexican chocolate, use 1 ounce semi-sweet chocolate, ½ teaspoon ground cinnamon, and 1 drop of almond extract.

Mexican lime See *Key lime*.

Mexican wedding cookie A rich, buttery cookie loaded with almonds or pecans, rolled in confectioners' sugar immediately after baking and then again when cool. Also known as *Russian tea cake* and *polvorone*.

Meyer lemon A cross between an orange and a lemon, with a thin, smooth lemony skin. They are named after Frank Meyer, who first imported this Chinese fruit to the United States in 1908. They are prized for their sweeter, less acidic flavor, and are available from October to May.

m'hanncha (ehm-'hahn-chah) The Moroccan word for "the snake," referring to a confection of ground almonds, cinnamon, confectioners' sugar, and orange flower water or rosewater, mixed into a thick paste and then rolled into a cylinder. The cylinder is then rolled in buttered *phyllo dough* and shaped like a coiled snake. After baking, it is topped with cinnamon sugar and cut into slices. The slices are served for special occasions.

niche (meesh) A flavorful, naturally fermented, dense, chewy country bread created by the renowned French baker Lionel Poilâne.

microplane A hand-held tool used to finely grate zest, chocolate, whole spices, and other pastry ingredients. The surgical-grade stainless steel grater comes in a variety of sizes and coarseness, and is typically attached to a handle for ease of use. It was designed as a woodworking tool for shaving wood, but has become popular among pastry professionals.



midori (mih-door-ee) A bright green liqueur from Japan, flavored with honeydew melon.

miglia foglia ('mee-glee-ah 'fo-glee-ah) The Italian name for *mille-feuille*.

mignardise See *petit four*.

mijiu ('mee-joo) A Chinese sweet rice wine served as dessert.

mikong ('mee-kong) A Chinese honey cake lightly flavored with ginger.

milk A natural combination of water, proteins, minerals, lactose, vitamins, milk solids, and milk fat produced by domesticated cows. It is classified by the amount of *milk fat* it contains, which ranges from 3.25% for whole milk to 0% for fat-free or skim milk. Although water or a lower-fat milk may be substituted for whole milk, the reduced fat content may affect the flavor, color, and/or texture of the end product. Milk is an important ingredient in the bakeshop, serving many functions, including achieving improved crust color and softness, obtaining a longer shelf life, developing a fine, even crumb, and adding flavor and richness. When using milk in yeast doughs, heat it to 180°F (82°C) because it will denature the whey proteins that interfere with gluten development.

Milfoil See *yarrow*.

milk chocolate See *chocolate*.

milk crumb A mixture of chocolate liquor, sugar, and milk solids sometimes added to milk chocolate during the manufacturing process to produce a caramel-like flavor.

milk dough A bread dough that is primarily hydrated with fresh milk. These are typically enriched white breads made with natural dough conditioners, fat, sugar, and milk. This combination causes the crust to caramelize quickly and gives the bread a soft, airy texture. Common examples are hamburger and hot dog buns.

milk fat See *milk*.

milk powder See *dry milk*.

milk shake An American dessert drink of ice cream, milk, and/or a flavored syrup or fruit. It is typically served topped with whipped cream and a maraschino cherry.

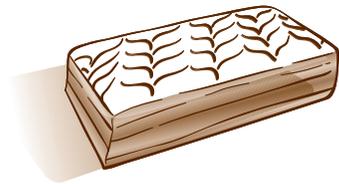
milk solid The protein found in *milk*.

milk sugar Another term for *lactose*.

milk toast Toast that has been buttered, sprinkled with cinnamon, and moistened with hot milk.

Milky Way An American candy bar that consists of a chocolate-malt flavored nougat covered with caramel and enrobed in milk chocolate. It was created in 1920 by Frank C. Mars, and was the first filled candy bar. Its taste was inspired by the chocolate malted *milk shake* that was popular at the time. The European version does not contain any caramel.

mille-feuille (meel-'fwee) French for “thousand layers” or “thousand leaves,” referring to a rectangular pastry of three strips of puff pastry layered with cream, jam, or another filling. It is topped with confectioners’ sugar or white fondant with spider web lines of chocolate. Also known as a *Napoleon* or *miglia foglia*.



millet ('mihl-leht) Any of a variety of cereal grains that have been cultivated for thousands of years, such as *common millet*, *pearl millet*, *teff*, and *sorghum*. It is an important food source for the poor regions of Asia and Africa, where the plants

thrive in hot, arid climates. The grains are high in protein and generally cooked in water to make porridge or ground and used as a flour to make breads and cakes.

milliliter A metric measurement of volume, equivalent to .034 ounces. See also *Liter*.

millimeter See *meter*.

mimosa (mih-'moh-sah) 1. A popular brunch cocktail of equal parts orange juice and Champagne. 2. The small yellow flower from the acacia tree, generally used in the production of liqueurs and fritter batters for their flavor and color.

mince To finely chop.

mincemeat A rich, spicy, preserved fruit mixture, usually consisting of dried fruit, candied fruit, apples, and beef suet and steeped in spices and brandy, rum, or Madeira. Originally mincemeat contained meat, hence the name, but modern versions no longer use beef. The mixture is used as a pie filling, or as a filling for cakes, cookies, and pastries.

Minneola See *tangelo*.

mint A large perennial herb group that has over 30 species and 600 varieties. Many are prized for their oil and aromatic leaves, and are used extensively as a flavoring agent and garnish. See also *peppermint* and *spearmint*.

mique (meek) A French cornmeal dumpling, either savory or sweet. They originated during the Middle Ages, and are made by shaping cornmeal, yeast, eggs, and butter into a small flat discs and then poaching or frying it. It is often served with jam and sugar for dessert.

Mirabellan Geist ('meer-ah-bell-an guyst) A famous German *eau-de-vie* made from the *Mirabelle plum*.

mirabelle plum ('mih-uh-behl) A very small, round European plum with a thin golden-yellow skin and a firm, sweet, juicy flesh. It is used in jams and tarts. Known in Great Britain as *cherry plum*.

mirliton 1. A puff pastry tartlet filled with almond cream and garnished with three almond halves that are arranged to form a star. 2. A crisp petit four flavored with orange flower water.

mise en place (meez ahn plahs) French for "everything in its place," referring to having all items properly prepared and set up for production.

Mission fig See *fig*.

mixer An electrical tool with metal whisks that is used to combine and beat ingredients to make breads and pastries. Mixers vary in size, shape, and model design, and come with different size stainless steel bowls. The machines come with a variety of attachments; see *mixer attachment*.

Floor mixer Larger and heavier than tabletop mixers, it is generally bolted to the floor to prevent it from shaking during mixing.

Oblique mixer Similar to the spiral mixer, but has a rotating arm that is paddle-shaped and placed on an angle.

Planetary mixer A floor or tabletop mixer with a fixed bowl and removable attachments such as a dough hook, paddle, and whip that hang vertically in the bowl.

Spiral mixer A fixed mixer with a spiral arm that turns simultaneously with a rotating bowl.

Tabletop mixer Small, portable mixer with the most common bowl sizes of 5 quart (5 L) and 20 quart (20 L).

mixer attachment Interchangeable parts for standard mixers, including a *dough hook*, *paddle*, and *whip*. The *dough hook* is a J-shaped metal attachment used

to mix and knead bread dough. The *paddle* is a flat, round metal frame with six evenly spaced parallel bars, used to cream ingredients and mix heavier batters, such as pound cakes. The *whip* is a batch of thin or thick metal wires looped around a flat metal base, designed to whip air into ingredients; the width and flexibility of the whip vary, based on the designed lightness of the product, such as with eggs and cream, or the thickness, such as with heavy batters and icings. Other attachments and accessories include a *sweet dough arm*, which is an open loop made in an irregular winding shape, used to mix doughs such as cookie and short doughs, which should be blended without incorporating air. The *pastry knife* is similar to a sweet dough arm, but has a smooth edge and a bottom loop that ends in a slightly curved point, designed for mixing pie doughs and other items when the fat should remain in small pieces and not be creamed. A *mounted bowl scraper* is a wide, heavy plastic scraper that fits tightly against the sides of the mixer bowl from top to bottom, used to scrape down the sides of the bowl; it saves time from having to stop the machine to scrape down the sides. A *bowl truck* is a heavy metal ring on wheels that sits under the bowl and allows the mixing bowl to be pulled rather than lifted.

mixing methods The techniques used to mix doughs and batters, influencing their ultimate texture and appearance. The following briefly describes the most common mixing methods in the bakeshop:

Angel food Egg whites and sugar are whipped to soft peaks and then sifted dry ingredients are gently folded in. Used for angel food cake.

Biscuit Dry ingredients are sifted, fat is cut into the dry ingredients, liquid is slowly added, and it is mixed just until combined. Used for biscuits, scones, and pie dough. For flaky pie dough, the fat is cut into pieces the size of hazelnuts. For mealy pie dough, the fat is cut in until it resembles coarse cornmeal.

Chiffon Egg yolks, oil, and part of the sugar are combined; dry ingredients are sifted and added to the yolk-oil mixture; egg whites are combined with the remaining sugar and whipped to soft peaks; and then whites are gently folded into the mixture. Used for chiffon cake.

Creaming The fat and sugar are creamed until light and fluffy and then the eggs are added slowly. The remaining liquids (if any) are combined and added alternately with the sifted dry ingredients. Used for cakes, cookies, and sometimes muffins and quickbreads.

Direct dough Another name for *straight dough method*.

Egg-foam Another term for *sponge method for cakes and cookies*.

Indirect dough Another name for *sponge method for yeast doughs*.

Modified straight A variation on the *straight dough method*; the fat, sugar, salt, milk solids, and flavorings are blended together first and then the eggs are added slowly; the liquid is added next and only then the flour and yeast. Used for rich, sweet doughs to ensure even distribution of fat and sugar.

Muffin The wet and sifted dry ingredients are mixed separately and then the wet mixture is added to the dry, just until combined. Used for muffins and other quickbreads.

One-bowl Another name for *one-stage method*.

One-stage All the ingredients are added in one step. Also known as *one-bowl method*.

Sponge method for cakes and cookies Whole eggs or yolks are warmed with some of the sugar and whipped to *ribbon stage*; the sifted dry ingredients are gently folded in and then the whipped whites, which may have sugar whipped with them or sometimes melted butter, are folded in last. Used for sponge cake, gênoise, and ladyfingers. Also known as *egg-foam method*.

Sponge method for yeast doughs A preferment or sponge made with liquid, flour, and yeast and fermented before being added to the dough. Also known as *indirect dough method*.

Straight dough All ingredients are added at once and combined until the dough is smooth. Used for some yeast breads. Also known as *direct dough method*.

Two-stage The fat is cut into the sifted dry ingredients and liquids are added in two stages; the eggs and the sugar are added in the second stage and the batter is whipped for aeration. Used for *high-ratio cakes*.

ml The abbreviation for *milliliter*.

mm The abbreviation for millimeter. See *meter*.

mocha ('moh-kah) A combination of coffee and chocolate flavors, used in pastries.

mochi (moh-chee) A sweet Japanese short-grained rice with a high starch content and glutinous texture, used to make rice cakes and confections.

mochiko (moh-chee-koh) A rice flour made from *mochi*.

modeling chocolate A pliable chocolate used for covering cakes or making decorative garnishes. The addition of corn syrup to the chocolate creates a firm, flexible dough-like product similar to *marzipan*. The chocolate may be dark, white, or milk chocolate. Also known as *plastic chocolate*.

modeling tool Any of a set of hand tools used to shape and sculpt *marzipan* figures and flowers. They are made of plastic and have different shapes on both ends, that include round, pointed, flat, and blunt bottoms.

modified straight dough method See *mixing methods*.

MOF The acronym for Meilleur Ouvrier de France (Best of France), which is the highest honor a pastry chef can receive in France.

moh sein buong (moh zeh-ihn boo-'ong) A Burmese steamed sponge cake made with rice flour and palm sugar. It is steamed in a tall mold and has light and dark layers, and is garnished with grated coconut, toasted sesame seeds, and salt. It is served on banana leaves for breakfast or as a snack.

moisten To add a small amount of a liquid to ingredients to make them damp but not wet.

moistener An ingredient such as water, milk, oil, eggs, cream, or syrup that helps produce a moist product.

mojito (moh-'hee-toh) A Cuban cocktail of mint, rum, sugar, lime juice, and club soda.

molasses (muh-'las-sihz) The brownish-black thick syrup that remains when sugar is refined from sugarcane. The type and quality of molasses depends on the maturity of the sugarcane, the amount of sugar extracted, and the method of extraction. There are three grades:

Light Derived from the first boiling of the sugar syrup, which results in a syrup that is light in color and flavor.

Dark Derived from the second boiling, which results in a thicker texture, darker color, and less sweet version of the light.

Blackstrap Derived from the third boiling, which results in a darker, thicker, and more bitter syrup.

Molasses is available as sulphured or unsulphured, depending on whether or not sulphur was used in the refining. Molasses is used in breads and cakes to add flavor and improve shelf life. Molasses made from sugar beets, rather than sugar-cane, is generally used as animal feed and in alcohol manufacturing.

mold 1. A container used to form or shape a product. 2. To form or shape a product by hand. 3. A fungus that grows on products such as bread, fruit, and cheese. Mold is desirable on cheese such as *Roquefort* and *Stilton*, but is an indication of spoilage on other foods.

molded chocolate A chocolate confection that has been molded in a decorative form (see *chocolate mold*). They may be solid or have a soft center.

molded cookie See *cookie*.

molinet (mo-lee-'neht) A wooden tool used by the Aztecs and Europeans to froth *xocotal*. Today, they are still an important part of Mexican cuisine, and the bottoms have ornamental carvings.

monkey bread A type of bread formed by arranging small balls of yeast dough in a pan so that they stick together as they rise and bake. They are typically brushed with melted butter and may be sweet or savory.

monosaccharide A simple sugar with one sugar unit or *saccharide*. The most common examples of a monosaccharide are *glucose* and *fructose*.

monounsaturated fat See *unsaturated fat*.

monstera (mon-steh-ruh) A tropical fruit that resembles a large pine cone, with a thick green scaly skin and firm, creamy flesh; it tastes like a combination of banana, pineapple, and mango. The tree is cultivated in California and Florida, and the fruit should be ripened at room temperature until the scales fall off.

Mont Blanc (mawhn blahn) French for "white mountain," referring to a rich dessert made with a sweet, *short pastry dough* topped with *crème chantilly* and thin strands of *chestnut puree*. The cream is piped to resemble a small mountain peak, as the dessert is named after the high mountain on the border between France and Italy. Known in Italy as *monte bianco*.

monte bianco See *Mont Blanc*.

Montmorency (mahnt-mo-'rayns) A French term that refers to any cake or dessert, such as ice creams, bombes, mousses, and tarts, in which the predominant flavor is of the Montmorency cherry. The cherries may be fresh, candied, or soaked in brandy. See *cherry*.

Montmorency cherry (mont-muh-'rehn-see) See *cherry*.

Montmorency gâteau A French cake of *gênoise* topped with brandy-soaked cherries and *Italian meringue*, and garnished with candied cherries.

Montpensier (mahnt-pahn-see-'her) A French name given to a variety of sweet and savory dishes created in honor of the Duchesse de Montpensier. Cakes cooked in a pan lined with the ingredient that gives it its predominant flavor are termed à la Montpensier.

moon cake A round, moon-shaped Chinese cake filled with sweet black bean or lotus paste or a mixture of pickled melon and nuts. According to legend, these decorative cakes were created to conceal news of a revolt against Mongolian rulers. They are traditionally served with green tea during the Moon Festival, which is the 15th day of the 8th lunar month, when the moon is at its fullest and brightest.

Moon Pie A cakelike cookie of marshmallow cream sandwiched between two round graham crackers and dipped in chocolate. Created by the Chattanooga

Bakery in 1917. Its origin is not certain, but it is believed that one of the employees, Mr. Mitchell, visited a coal mine and asked the miners what kind of snack they would like for their lunch pail. One of the miners replied, “Something big and filling” and Mr. Mitchell asked, “How big?” At the time the moon was rising, so the miner pointed to the moon and said, “As big as the moon.” Also known as *Scooter Pie* in New England.

Moravian Christmas cookie (moh-’ray-vee-uhn) A cookie made with ginger, molasses, and spices, from the Moravia region of the Czech Republic.

Morello cherry (mohr-’rehl-oh) See *cherry*.

mortar and pestle A two-part tool used to grind and pulverize herbs, spices, and other ingredients. The *mortar* is a bowl-shaped container and the *pestle* resembles a small baseball bat. The rounded end of the pestle is ground into the ingredients in the mortar until the desired consistency is reached.

Mouli grater (’moo-lee) A hand-held rotary grater used for small quantities of hard foods, such as chocolate and nuts.

mountain cranberry See *cowberry*.

mounted bowl scraper See *mixer attachments*.

mousse The French word for “froth” or “foam,” referring to a velvety smooth dessert. It may be made from chocolate or fruit purees and lightened with whipped egg whites and/or whipped cream. It may also include gelatin for a firmer texture. It is a dessert and also used as a filling for cakes and pastries.

mouthfeel A term used to describe the consistency and texture of food in your mouth such as creamy ice cream.

muddle To mash ingredients together, usually relating to the preparation of cocktails.

Muesli (’myoos-lee) The German word for “mixture,” referring to a breakfast cereal of raw rolled oats, wheat flakes, dried fruits, nuts, seeds, or other ingredients. It may be eaten dry or with milk or juice. It was created as a health food in the 19th century by Swiss nutritionist Dr. Bircher-Benner.

muffin 1. A small sweet or savory quickbread baked in a muffin pan, and made with various ingredients and flours. Muffins are most commonly eaten for breakfast or afternoon tea. 2. English term for a yeast-risen cake that is eaten as a snack or for breakfast; see *English muffin*.

muffin method See *mixing methods*.

muffin pan A metal or *Fleximold* baking form with small, medium, or large round indentions to hold muffin batter and to shape them during baking. The pans range in capacity from 6-cup to 4 dozen and come in full or half sheetpan size.

mulberry See *berry*.

mull To heat wine, ale, or cider and flavor it with sugar, spices, herbs, and/or fruit.

mulled mead See *mead*.

mulled wine An aromatic alcoholic drink of red wine, sugar, spices, and citrus fruit. It is served very warm and sometimes fortified with brandy or another spirit.

mung bean A small, oval bean that is eaten either whole, usually as bean sprouts or dried and made into flour. Whole mung beans are typically made from dried beans that have been cooked until they are tender and slightly sweet. The beans are green with the skin and light yellow without. They are used extensively in Chinese, Indian, and Japanese cooking to make sweet soups, dessert snacks, and ice cream. The flour is also used for breads and noodles.

Muscadine grape ('muhs-kuh-dine) See *grape*.

Muscat grape ('muhs-kat) See *grape*.

Muscatel wine ('muhs-kuh-tehl) A rich, sweet dessert wine made from the Muscat grape.

muscato See *grape*.

muscavado sugar See *sugar, Barbados*.

muskmelon A melon that contains seeds in a semi-hollow fibrous center and has either a smooth or netted skin. The most common varieties are:

Bitter An elongated, round, bumpy-skinned fruit with brown seeds. It is native to China, where it is used as a vegetable. When first picked it has a yellow-green skin and mildly sour flavor, but forms a bitter flavor as it ripens. Also known as *balsam pear*.

Canary An oblong melon with a smooth, bright yellow skin and firm, juicy, cream-colored flesh. It has a mild, sweet flavor. Available May through September.

Cantaloupe A round, netted melon with a golden yellow skin and bright orange flesh. It has a sweet, juicy flavor and tender texture. Available May through September.

Casaba A large, round to oval melon that is pointed at one end. It has a golden yellow skin and pale green flesh that has a mildly sweet flavor with a hint of cucumber. Available May through September.

Charentais A small, spherical melon with a greenish-tan skin that has long green streaks. The deep orange flesh is juicy with a sweet taste and floral aroma. Available May through September.

Crenshaw A large, oblong melon with a wrinkled, ridged dark green skin that turns yellow when ripe. The bright, salmon-colored flesh is tender and sweet with a hint of spice. Available May through September.

Galia A medium, sphere-shaped melon with a netted, dull green skin and pale green flesh. It has a firm, dense texture and sweet flavor. Available May through September.

Gaya A very small, roundish melon with a white flesh and smooth, white skin that is splotched with yellowish-green streaks. Available May through July.

Hami A large, oblong melon with an orange flesh and yellow skin that is streaked with green. It has a sweet, juicy flavor and crunchy texture. Available May through July.

Honeydew A sweet, smooth-skinned melon that has a round to oval shape. The three varieties are green, gold, and orange and the skin changes color from pale green to creamy yellow as it ripens, except for the gold variety, which has a light gold skin. The flesh is light green, except for the orange variety, which is orange. Available May through July.

Korean A small melon with a ridged, bright yellow skin and white flesh. It is very sweet and has a crisp texture. Available May through September.

Pepino A medium, oval melon with a point at one end. It has a pale yellow-green skin that has long, purple-red streaks and blotches. The smooth, tender flesh ranges in color from yellow to coral and has a sweet, mild cantaloupe-like flavor. Available November through April.

Persian A medium, round to oval melon with a netted, grayish-green skin and a pinkish-orange flesh. It is sweet with a firm, buttery texture. Available May through September.

Santa Claus A round or oval melon with a pale or dark green skin and light green flesh. It has a crunchy texture and mildly sweet flavor. Also known as *Christmas melon*. Available May through September.

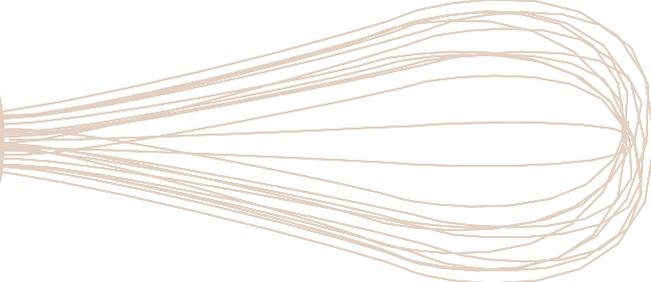
Sharlyn An oblong, medium melon with a netted, tannish-yellow skin and tender, pale green flesh. It is sweet with a hint of spice. Available May through September.

Spanish A large, oval, sweet, juicy melon with a ribbed green skin and pale green flesh. Available July through October.

Sprite A small, oval, very sweet, crisp melon with a creamy yellow skin and white flesh. Available May through June.

Winter melon A muskmelon variety that resembles a large honeydew. The frosted green skin encases a porous white flesh that tastes like zucchini. Although it is a fruit, it is used mostly as a vegetable in Asian cooking. Available year-round in Asian markets. Also known as *fuzzy melon*.

must The fresh juice of grapes or other fruit that has been pressed, before the fermentation process occurs. It may include seeds, pulp, or skins.



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