

# Nn

**naan bread** A soft-textured round or teardrop-shaped flatbread from India. It resembles a thick pita and has a golden bottom crust and a rippled surface that is typically brushed with *ghee* or butter. It is cooked in a *tandoor oven* and served warm. It may be stuffed with a variety of fillings or used to scoop other foods.

**nammura** A Lebanese dessert made by baking semolina, yogurt, sugar, *kater*, baking powder, and *tabini*, topped with coconut and almonds. When golden brown, it is cut into squares and soaked with lemon syrup.

**nanas goreng** (nah-nass go-rang) An Indonesian pineapple fritter, made by dipping thinly sliced fresh pineapple into a batter of rice flour, eggs, baking soda, salt, sugar, and water. They are served warm as a snack with coffee or tea.

**nanaimo bar** (nah-'nehm bahr) A three-layered Canadian pastry that consists of a cookie crumb layer topped with custard or buttercream and then topped with dark chocolate. The graham cracker crumb layer may include chocolate, coconut, butter, sugar, or walnuts; the middle layer may be flavored with vanilla, mint, mocha, or other. It is cut and served in individual squares. The dessert was created in the 1930s and named after the city of Nanaimo, in British Columbia.

**ngangka goring** ('nahng-kah 'gohr-ingh) Indonesian fried *jackfruit*, eaten as a sweet snack.

**Nanterre** See *brioche*.

**Nantes cake** (nahnt kayk) A small, round French cake flavored with citrus and baked in a mold lined with sliced almonds. Once baked, the cake is brushed with apricot glaze and iced with *fondant*.

**Napoleon** See *mille-feuille*.

**Napoleon cherry** Another name for *Royal Ann cherry*; see *cherry*.

**Napolitain** (nah-po-lee-'tay) A large cylindrical cake made with rings of almond pastry layered with jam and elaborately decorated with *marzipan* and candied fruits. Traditionally used as a buffet centerpiece, it is believed to have been created by Carême, who favored such dramatic showpieces.

**nappage** (nah-pah-zha) An apricot glaze commonly brushed on desserts and pastries to provide shine. It also helps protect fruit toppings from the air, so they will have a longer shelf life. The glaze may be made fresh or purchased in bulk from specialty vendors. The word derives from the French *nappé*, which means "to cover."

**nappé** (nah-pay) French for "to cover," used in the pastry kitchen to mean "to coat the back of a spoon." This term is used in the production of sauces, particularly *crème anglaise*, to determine its thickness.

**naranjilla** (nah-rahnh-'hee-lah) A small South American fruit that tastes like a cross between citrus and pineapple. It has an orange skin that encases a yellowish-green segmented flesh dotted with tiny, flat seeds.

**nashi** The Japanese word for “pear,” referring to a fruit with the texture and taste of a pear but the shape of an apple. The skin is yellowish green and the flesh is cream colored, sweet, and juicy.

**nasturtium** (nah-’ster-shuhm) An edible flower used as a garnish.

**natilla** (nah-’tee-yah) A soft Spanish custard made from ewe’s milk and flavored with spices.

**navel orange** See *orange*.

**navette** A small boat-shaped butter cake flavored with orange flower water. The name derives from the Latin *navis*, which means “boat.” It is believed to have originated in ancient Egypt, where the cake represented the boat that carried Isis, the goddess of fertility.

**Neapolitan ice cream** A layered ice cream dessert with three different flavors—vanilla, chocolate, and strawberry. The layers are stacked on top of or beside each other, and molded into a rectangle so that slicing reveals the layers. It was devised by a pastry chef named Tortoni in the 19th century.

**NECCO** The acronym for New England Candy Company, best known for their NECCO Wafers, hard little pastel-colored candy discs. The company has been in operation since 1847 and is headquartered in Revere, Massachusetts, and also makes Thin Mints and Haviland.

**Nectacotum pluot** See *pluot*.

**Nectar peach** See *peach*.

**nectarine** A peachlike fruit, but typically smaller and sweeter, with a smooth bright skin. It is a stone fruit, and its name derives from the Greek *necter*, which means “drink of the Gods.” The thin, bright yellow skin is streaked with red and the flesh is creamy white or golden yellow. They are available from late spring to late summer but peak in July and August. Although there are many varieties, the most common are all *freestone*:

**Gold Mine** A large white variety originally from New Zealand. Its skin is blushed with red.

**Fantasia** A slightly oval medium to large variety with a generous covering of red blush. It originated in California and has firm, smooth yellow flesh.

**Silver Lode** A juicy white nectarine from California. It has a yellow-red skin with red dots and a smooth, white flesh.

**neenish** A small, sweet tart with a *short dough* filled with gelatin-set lemon cream and topped with pink or white icing on one side and chocolate on the other. It is believed to have been created by Ruby Neenish of Australia in 1913.

**neige** (nehz) The French word for “snow,” referring to egg whites that have been whipped to stiff peaks. They are used in desserts such as *floating islands*; see *oeufs à la neige*.

**nelusko** A *petit four* that consists of a pitted cherry soaked in *Kirsch* and then dipped in *fondant*. Once set, the bottom of the confection is typically dipped in chocolate to provide a flat base.

**Nesselrode** (’nehs-uhl-rohd) One of several sweet or savory dishes named in honor of a 19th-century Russian diplomat, Count Nesselrode. The most well known is *Nesselrode pudding*, a mixture of custard cream, chestnut puree, candied fruit, currants, golden raisins, and whipped cream, created by Nesselrode’s head chef, M. Mouy.

**Nesselrode pudding** See *Nesselrode*.

**Nestlé Crunch Bar** The first chocolate bar to combine milk chocolate and crunchy crisps, created in 1938. Today it is Nestlé's third-largest-selling confectionery, available in about 40 countries worldwide. The candy is also made in the following varieties: Nestlé White Crunch, Nestlé Crunch Pieces, Nestlé Buncha Crunch, Nestlé Crunch with Caramel, and Nestlé Crunch Assorted Minis.

**Nestlé, Henri** Founder of the Nestlé Company, this German pharmacist was first known for inventing a food for babies who were unable to breastfeed. He changed his name from Heinrich to Henri when he moved to Vevey, Switzerland, and started the company in 1866. Although Nestlé is one of the largest food and beverage companies in the world, it is well known for its chocolates and confectionaries. In 1875, a friend and neighbor of Nestlé, Daniel Peter, figured out how to combine milk and cocoa powder to make milk chocolate. He formed a company called Peter, Cailler, and Kohler, and relied on Nestlé for milk and marketing expertise. In 1929, Nestlé acquired the company and it soon became one of the world's leading makers of chocolate.

**Nestlé Toll House cookie** See *Toll House Cookie*.

**Neufchâtel** ('noo-shuh-tell) A soft, unripened French cheese similar to *cream cheese* and *mascarpone*. It has a high fat content (35–45%) and creamy, mild flavor. It has been made in the small town of Neufchâtel, France, since the Middle Ages and is used extensively for desserts.

**new century** See *Asian pear*, *shinseiki*.

**Newton Pippin apple** See *apple*.

**New York style cheesecake** See *cheesecake*.

**Niagara grape** See *grape*.

**nib** See *cocoa nib*.

**nieulle** (nee-eh-'ool) A small, French cake from Flanders that resembles a waffle. It is made by combining eggs, flour, sugar, milk, and butter into a batter and baking it in a waffle iron.

**niflette** (nee-'fleht) A French cake that consists of *puff pastry* filled with *frangipane*. It is made on All Saints Day in the town of Brie.

**nigella** A tiny black seed with a distinct peppery flavor, commonly used for breads, particularly *naan*, and savory items in India and the Middle East. Also known as *black onion seed*.

**nijisseiki** See *Asian pear*.

**nipa palm fruit** The fruit of a palm tree that grows along rivers in Southeast Asia. The young shoots and the pulp of the immature seeds are edible and have a slightly sweet flavor. They are often boiled in sugar syrup or mixed with other fruits before eating.

**nitter kibbeh** ('niht-tehr 'kihbeh) An Ethiopian clarified butter flavored with aromatic spices.

**nixtamal** The Latin American word for *hominy*.

**noble rot** See *Botrytis cinerea*.

**Nocello** An Italian liqueur flavored with walnuts.

**Nockerln** An Austrian dessert that is a type of sweet dumpling. This specialty of Salzburg is made with a soufflé-type mixture set afloat a vanilla-flavored milk and then baked. The result is light and rich and is served using a crisp cookie as a spoon.

**nog** A slang term for *eggnog*.

**noisette** (nwah-'zeht) The French word for *hazelnut*.

**noix** (nwa) The French word for nut, especially *walnut*.

**nondairy creamer** A milk or cream substitute made from sweeteners, emulsifiers, and coconut, palm, or hydrogenated oil. A common ingredient found in most nondairy creamers is *sodium caseinate*, which is a milk protein that does not contain *lactose* so therefore is not considered a dairy product. The first powdered nondairy creamer was introduced in 1961 by *Nestlé* under the name *Coffee-Mate*. Today these creamers may be found in liquid, powder, and frozen form. Also known as *coffee whitener*.

**nondiastatic malt** Malt in which the natural *amylase* enzymes have been neutralized.

**nonfat sour cream** See *sour cream*.

**nonnette** (non-'neht) The French word for “nun,” referring to a small spice cake iced with white fondant to resemble nuns’ robes. These were originally made by nuns in convents and have been a specialty of Reims, France, since the Middle Ages.

**nonpareil** (non-puh-rehl) 1. A tiny sugar pellet for decorating cakes and other baked good, available in many colors. 2. A small flat chocolate candy covered with tiny white sugar pellets.

**nonreactive cookware** Cookware that is lined or made with a nonreactive material, such as stainless steel, ceramic, or glass, that does not have a negative reaction on the flavor or color of the food being cooking in it.

**nopale** (noh-'pah-lay) The oval leaves of the *nopal*, or prickly pear cactus. They are pale to medium green in color and have a light slightly tart flavor. They are used in Mexican cooking and may be purchased fresh or canned.

**Northern Spy apple** See *apple*.

**Northwest Greening apple** See *apple*.

**no-time dough** A yeast-raised bread dough that does not undergo bulk fermentation. Although this dough saves time, it compromises the flavor and texture of the bread.

**nougat** ('noo-guht) A sweet made with a cooked mixture of sugar, honey, and nuts, eaten as candy or used as an ingredient. Depending on the country, the ingredients, texture, and production method vary; the most well known is French white almond nougat, called *Nougat de Montélimar*, which is lightened with whipped egg whites. Nougat is susceptible to humidity, so is typically pressed between sheets of rice paper for storage.

**nougatine** ('new-gah-teen) A French confection made by combining sliced almonds and a cooked sugar syrup. The thick mixture is rolled out onto oiled marble while still warm and cut into decorative shapes or molded into baskets or other edible containers. The result is hard and crisp when cooled and may also be crushed and used as a flavoring in buttercreams, ice creams, and pastries.

**nouvelle cuisine** ('noo-vehl 'kwee-zeen) The French term for “new cuisine,” referring to a style of cooking that started in the early 1970s as a departure from rich classic cooking. It was based on using natural flavors and serving smaller portions.

**noyau** (no-yeh) The French word for “stone,” referring to liqueurs produced by infusing the flavor of a fruit’s stone (pit), such as apricots or cherries. These may be consumed straight or used to flavor sorbets or cocktails.

**Noyau de Poissy** ('no-yeh duh pwahs) A French liqueur made from the pits of cherries.

**nozzle** A small metal or plastic funnel fitted into a *pipng bag* to create designs, especially on pastries. It was invented by a French pâtissier named Trottier in the 19th century.

**nulle** ('noo-leh) A simple custard of egg yolks and cream baked in a mold and sprinkled with spiced sugar. It was created by an Italian chef named Nullio in the 17th century.

**nuo mi ci** (noo-oh 'mee see) A Singaporean confection of small green balls of glutinous rice filled with a paste of peanuts, sesame seeds, sugar, and butter and then rolled in grated coconut.

**nuo mi fen** (noo-oh mee fan) A Chinese rice flour.

**nut** A hard-shelled seed or dry fruit with an edible kernel surrounded by a papery skin. Note that many items called “nuts” in the bakeshop are actually seeds, legumes, or kernels. True nuts are high in fat, but considered healthy because they are also a good source of protein, vitamins, minerals, and fiber. They should be stored in an airtight container in a cool, dry place to prevent rancidity. See *almond, black walnut, Brazil nut, butternut, candlenut, cashew, chufa, hazelnut, hickory nut, macademia, nutmeg, peanut, pecan, pine nut, pistachio, and walnut.*

**Nutella** A sweet hazelnut spread, produced by the Italian company Ferrero. It makes an excellent flavoring for pastries and confections.

**nut flour** See *flour*.

**nut meat** The inner, edible kernel of a *nut*.

**nutmeg** The seed of a tropical evergreen tree, grated and used as a spice. The exposed seed is surrounded by a lacy membrane that is also ground to make another spice, mace. The nutmeg is oval and about 1 inch (2.5 cm) in length. It is used throughout the world and may be purchased whole or ground; however, freshly ground has a far superior flavor. This versatile spice is used extensively in baking and pastry to add a spicy, slightly sweet flavor to custards, sauces, creams, and dessert drinks.

**nutmeg grater** A small hand-held tool used to grate whole *nutmeg*.

**nut flour** See *flour*.

**nut mill** A tool to pulverize nuts without releasing their oils. It is typically made of cast iron and attaches to a tabletop.

**Nutrasweet** The brand name of an artificial sweetener, *aspartame*.



nutmeg grater

