



oat bran See *oats*.

oat flour See *flour*.

oat groats See *oats*.

oatmeal See *oats*.

oatmeal cookie See *cookie, drop*.

oats A nutritious cereal grass that is processed into the following forms:

Instant oats Cut groats that have been precooked and dried. This softens the oat pieces and so instant is not recommended for baking because once liquid is added, the mixture will turn gooey. Instant oats are sweetened and flavored, and sold in packages as a breakfast cereal.

Irish oats See *steel-cut oats*.

Oat bran The outer casing of the oat groat, prized for its high dietary fiber content and cholesterol-lowering qualities. It does not contain any gluten.

Oat flour See *flour*.

Oat groats Oat kernels that have been cleaned, toasted, hulled, and then cleaned again. The process leaves the nutritional value intact.

Oatmeal A thick porridge made with hulled, sliced, and cooked oats.

Pinhead oats Hulled oat groats that have been broken down and cleaned only once.

Quick oats Oat groats that have been cut, steamed, and rolled to reduce cooking time.

Rolled oats Large oat flakes produced when oat groats are cut, steamed, and flattened with rollers.

Scotch oats See *steel-cut oats*.

Steel-cut oats Oat groats that have been cut into two or three pieces, which takes them longer to cook; they are not precooked or rolled. Steel-cut oats are used for making oatmeal. Also known as *Irish oats* and *Scotch oats*.

oblatten (o-'blah-ten) A thin edible wafer used to line pans for making confections such as *nougat*. It is also used during Communion in Christian churches. The name derives from the Latin oblate, which means "flattened." Rice paper may be used as a substitute.

oblique mixer See *mixer*.

Obstorte ('ahbs-tor-tah) A German fruit torte that consists of a sponge cake filled with pastry cream and fresh and/or candied fruits, covered with almond meringue and garnished with toasted almonds.

oeuf (uhf) The French word for *egg*.

oeuf à la neige The French name for “snow egg”; see *floating island*.

offset spatula A metal pastry blade that is bent at the handle, used to spread a thin layer of cake batter across a sheet pan without interference from your hand or the handle. It has a rectangular blade with a rounded tip and varies in length from 3 to 10 inches (7.5 to 25 cm). It may also be used for other pastry tasks.

ohagi ('oh-ha-gee) Sweet “rice eggs” from Japan, made by mashing cooked sweetened short-grain rice into a paste and forming it into egg shapes. Another paste of bean paste, sugar, and salt is cooked until thick and then wrapped around the rice eggs; the eggs are then rolled in ground toasted sesame seeds. They are named after the flower *Hagi*, which means “bush clover” and are traditionally served as a sweet snack during the autumn, when the flower blooms.

oil A liquid form of fat that is 100% fat. It is most commonly made from a vegetable source, such as soybeans, and is often labeled “salad oil.” The most well known baking oils are cottonseed, corn, peanut, and canola. They may vary slightly in color and flavor, but can be used interchangeably in most recipes. Unlike *plastic fats*, oils cannot trap water or air and therefore do not aid in leavening. They do, however, produce a moist, tender crumb in quickbreads. Oils can be extracted either by *solvent extraction* or *cold pressing*. Solvent extraction grinds the source ingredient and immerses it in a solvent that is later extracted during boiling. In cold pressing, despite its name, the source ingredient is heated before the oil is pressed out. *Refined oils*, which are what are most commonly found in supermarkets, are treated to make them lighter and increase both the *smoke point* and *shelf life*. *Unrefined oils*, such as nut oils, are not treated and should be stored in the refrigerator to avoid rancidity.

oilstone A knife-sharpening tool made of very hard carborundum. The rectangular blocks are fine grained, and one side is coarser than the other. An oilstone must be lubricated with oil or water before use. Also known as *whetstone*.

okashi (oh-kah-shee) The Japanese term for sweets, pastries, or confections. Also known as *kashi*.

oke See *okolehao*.

okolehao (oh-koh-leh-hah-oh) A Hawaiian liquor made with aged whisky, tropical flavors, and the ti root. The islanders believe that ti not only wards off evil spirits but also brings goodness and strength. The liquor may be clear or golden colored and is 80 proof. It may be substituted with rum. Also known as *oke*.

olallie berry (ahluh-lee) See *berry*.

old dough 1. See *pâte fermentée*. 2. An overfermented dough.

oleo See *margarine*.

oleomargarine See *margarine*.

Olestra A fat substitute that contains no calories. It was created by Procter & Gamble, but is still awaiting approval by the FDA.

oliebollen (o-lee-'bo-lehn) A rich, fried Dutch doughnut filled with a spiced fruit mixture, usually apples, and rolled in sugar. These are served during Christmastime.

olio (oh-lyoh) The Italian word for *oil*.

olive oil An oil produced by pressing tree-ripened olives. It is used in cooking and baking because it is cholesterol free and high in monounsaturated fat, but its low *smoke point* makes it undesirable for frying. Olive oils are graded according to their levels of acidity, with the best olive oils being *cold-pressed*. Lower-grade olive oils are produced from the second or third hot pressing, which produces

higher levels of acidity and less flavor. Olive oils are labeled in descending order of quality as follows:

Extra-virgin The finest and most expensive because it is produced from the first pressing and contains only 1% acid. It has the smoothest and most fruity flavor; the color ranges from golden yellow to pale green.

Virgin A first-pressing oil with a slightly higher acidity level, between 1 and 3%.

Fine or Fino A blend of extra-virgin and virgin olive oils.

Olive oil or Pure A combination of refined extra-virgin and virgin oils.

Oliver biscuit See *Bath biscuit*.

Oloroso See *sherry*.

omelette surprise An oval-shaped, frozen dessert that consists of a sponge base that is soaked with flavored syrup, topped with ice cream and fruit, then covered in meringue, which is browned with a blowtorch or in the oven.

onde-onde ('on-deh-'on-deh) A sweet rice-flour ball from Indonesia, made with a paste of sweet rice flour, salt, and coconut formed into a small ball. Brown sugar is pinched into the center of the ball and it is rolled in sweet rice flour and poached, then rolled in shredded coconut. It is eaten as a sweet snack or after a meal.

one-bowl method Another name for *one-stage method*; see *mixing methods*.

one-stage method A *mixing method* whereby all the ingredients are combined in one step; also known as *one-bowl method*.

oolong tea See *tea*.

opera torte A French torte of very thin alternating layers of almond *jaconde* brushed with coffee syrup, chocolate *ganache*, and rich coffee *buttercream*. It is topped with a chocolate glaze and served with the sides cut off to expose the magnificent layers. It is believed to have been created in honor of the Paris opera. Also known as *gâteau l'opera*.

orange A citrus fruit originally from Southeast Asia, now cultivated in temperate climates all over the world. The four distinct groups of oranges include the *navel orange*, the common orange (both of these are also known as *sweet orange*), the *bitter orange* or *sour orange*, and the *blood orange*.

Bergamot A small acidic, pear-shape orange prized for its peel because it yields an essential oil used in perfumes and candies. The peel is also used to flavor *Earl Grey tea*.

Bitter A tangy orange high in pectin. It is most popular for making marmalade, and the most well known varieties are the Bergamot and Seville. Available December to May.

Blood Named for the deep red color of its flesh, it is prized for its distinctive rich flavor. Used to make sorbets and sauces. Available December to May.

Cara Cara A sweet, juicy variety that has a bright orange skin and dark, salmon-colored flesh. Available December to April.

Common A very sweet, juicy orange used predominately for its juice. The most widely grown is the Valencia variety.

Dancy Similar in size, color, and flavor to the *clementine*, but with seeds. See also *mandarin orange* and *clementine*.

Mandarin See *mandarin orange*.

Navel Known for its crisp, rich flavor and ease of peeling and separating, these varieties are the most popular eating oranges worldwide, with thick, bright orange skin and sweet, juicy flesh. Available October to May.

Seville An aromatic orange with a thick, yellowish-orange skin and tart, acidic flavor. Used to make orange liqueurs such as *Grand Marnier*; also, its peel is used in making candy. Available January to February.

Valencia A sweet, juicy orange variety grown in Florida and California. It has a thin-orange skin and contains very few seeds. It is often used for its quality juice and is in season from June to September.

orangeat (o-rah-n-jhey-'ah) A disc-shaped petit four made with *almond paste* mixed with candied orange pieces, covered with *fondant*, and garnished with candied orange peel.

orange flower water A highly aromatic liquid distilled from *bitter orange* blossoms. It has been used for centuries in Iran, Africa, and Turkey in cakes, confections, and desserts, including *Turkish delight*, sorbets, and ice creams.

orange liqueur See *Cointreau*, *Curaçao*, *Grand Marnier*, and *Triple Sec*.

orange pekoe tea See *tea*.

oregano (oh-'rehg-oh-'noh) An herb that comes from a bushy perennial mint plant. It is used as a seasoning for many applications, particularly ones that call for an Italian flavor. Also known as *wild marjoram*.

oreillettes (or-ray-'leht) A French fritter that is a rectangular strip of yeast dough slit down the center and twisted into a knot, fried, and rolled in cinnamon sugar. These are served warm at festivals.

Oreo A chocolate sandwich cookie made by Nabisco. The original version is two round chocolate wafer cookies sandwiched together with a sweet white cream filling. It was introduced by the Nabisco Biscuit Company in 1912, and it is estimated that over 345 billion have been consumed since then. The origin of the name is unknown, but some believe that it is from the French *or*, meaning "gold," which was the main color on early Oreo packages. Another theory is that it was named for the Greek *oreo*, meaning "mountain," because early test batches were hill-shaped. There is also much debate over the best way to eat an Oreo cookie, including dipping it in milk, twisting it open and eating the cream center first, or eating it as is. Today, there are at least nine varieties of Oreos: Double Stuff, Oreo Minis, Chocolate Cream filled, Reduced Fat, Vanilla Oreos, Fudge Covered, Fudge Mint Covered, White Chocolate Covered, and Baked.

organic Refers to food that has been cultivated or processed without the use of insecticides, chemicals, fertilizers, additives, or artificial colors or flavors. In 1990 Congress passed the Federal Organic Foods Production Act, which called for national organic food guidelines including certified growers and standards for organic food production.

orgeat syrup (ohr-zhay) A sweet syrup made from almonds, sugar, and orange flower water. It has a predominant almond flavor and is used as a flavoring agent in cocktails and confections. The name derives from the French *orge*, which means "barley," because the syrup was originally made with a barley-almond blend.

organic acid A naturally occurring acid that is produced in doughs, particularly doughs with preferments, that provides aroma and flavor to the bread.

oro blanco ('ohr-ro 'blahn-koh) The Spanish term for "white gold," referring to a *pomelo* hybrid that was developed in the 1950s. It is the size of a grapefruit and has a thick, bright yellow skin and sweet, juicy flesh. They are available from November to March.

osmotolerant See *yeast, SAF*.

ostia ('os-tee-ah) An Italian edible wafer paper, made from wheat starch and used to line molds and baking pans for making pastries, desserts, and confections such as *torrone* and *panforte*. Rice paper may be used as a substitute.

Othello A sweet confection of two small sponge cakes sandwiched together with chocolate pastry cream and brushed with apricot glaze, then covered in chocolate fondant. It was created by an English pastry chef in honor of the Shakespearean character Othello.

ounce A volume unit of measurement equivalent to 2 U.S. tablespoons or $\frac{1}{8}$ cup, and the metric equivalent of 28.35 grams or 30 ml.

ouzo ('oo-zoh) A strong, sweet, anise-flavored liqueur from Greece. It is typically served as an *aperitif* straight or with the addition of water, which turns it milky white.

oven A self-contained piece of equipment used to bake, roast, and heat foods. There are many types of ovens, and they may be gas, electric, or wood-fired.

Adobe A beehive-shape oven found in the pueblo villages of the U.S. Southwest. It is approximately 4 feet (1 m 20 cm) tall and 4 feet (1 m 20 cm) in diameter at the base. The bread is baked on the floor of the oven. Also known as *horn*.

Combi Known as a combination oven, it holds half- or full-size sheet pans on wire shelving, and allows the operator to bake with convection heat with or without the addition of steam heat. This dry/moist heat feature offers great flexibility in making breads where some steam is required, as well as the convenience of convection baking without steam. The oven may also be used on a steam-only setting. The oven is self-cleaning and generally bakes up to 30% faster than the standard convection oven.

Convection A large oven designed to hold full-sheet pans on multiple wire racks. The oven is heated either by a gas-fired or an electric element. The back of the oven holds a fan that circulates the heated air in the oven to provide even heating and cooking. Convection ovens may also be outfitted with the ability to pump water into the oven to provide limited steam for bread baking. It is generally recommended that oven temperatures be lowered 25 degrees when operating a convection oven, so as not to overbake the products. Convection ovens are popular in many commercial kitchens and bakeshops.

Deck A large oven with a stone hearth floor for baking directly on the hearth, providing consistent heat for crisping breads and pizzas. These ovens are well insulated and are capable even when fully loaded and steam is applied to their chamber. Deck ovens may be gas fired, heated by an electric element, or even wood fired. Deck ovens take their design from wood stone hearth ovens that were used centuries ago and are still highly sought by bakers.

Rack A large convection oven that can hold up to four baker's racks designed for each particular model. They are typically equipped with steam injection and, although expensive, can produce a large quantity of evenly baked products at one time.

Rotating A large, bulky oven with long shelves that revolve like a Ferris wheel. Since the product is in constant motion, there are no hot spots. However, many bakers are replacing them with smaller rack ovens.

Tandoor ('tahn-door) A traditional Indian oven used to bake flatbreads or cook other products. It is typically barrel-shaped and made of brick

and clay. The walls are heated by a wood or coal fire made at the base of the oven. Flatbreads are baked by slapping the dough against the very hot walls, which produces a golden brown bottom and a puffy, light top. Chicken and other meats are generally skewered and placed in the oven to cook, and referred to as tandoori chicken or tandoori beef, etc. Also known as *tandoori oven*.

oven brush A long (12 to 14 inches /30 to 35 cm), wide (2 to 3 inches /5 to 7.5 cm) brush attached to a long handle, used to reach the back of the oven. It is used to sweep out the oven after baking, to remove seeds, crumbs, or flour so they do not burn onto the oven's surface during the next bake.

oven spring The rapid initial rise of a yeast dough when it is placed in a hot oven. The heat causes the carbon dioxide gas to expand until the dough reaches a temperature of 140°F (60°C). See also *12 Steps of Baking* appendix.

oven thermometer See *thermometer*.

overrun The increase in volume of ice cream as a result of incorporating air during the freezing process. Overrun is expressed as a percentage; for example, if the base doubles in volume, it has 100% overrun. In general, the higher the percentage of overrun, the lower the quality of ice cream. The amount of overrun is determined by the amount of fat in the base, the type of machine used, the amount of base used, and the length of time it is churned.

overpiping A cake decorating technique whereby, after an initial design is piped onto a cake or confection, the decorator goes back over the design and pipes a second design with a small tube so that depth is created. For quality depth of design, the technique is accomplished in *royal icing*, allowing each piped layer to dry completely before applying a second layer. The technique creates an ornate design and demonstrates a mastery of skills. Overpiping was introduced by Joseph Lambeth in the later part of the 19th century and is commonly known as the *Lambeth method*.

ovos moles d'aveiro ('oh-vohs mohl-ehs dee-ah-'vehr-oh) A rich Portuguese egg custard eaten as is or used as a filling for cakes, tarts, and confections or as a sauce for puddings. It is from the town of Aveiro.

oxidation The chemical reaction that occurs when a product is exposed to oxygen. In dough making, mixing incorporates oxygen and helps strengthen the gluten bonds, but when done in excess, may result in artificial maturing and breakdown of the dough. Also, oxidation occurs after milling flour to strengthen the flour proteins, either naturally by allowing the flour to age a few weeks or artificially by treating it with a chemical additive.

oz. The abbreviation for *ounce*.

