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qahweh bel habahan (kah-va behl hah-bah-hahn) A thick Egyptian coffee that is sweetened and flavored with cardamom. *Qahweh* is the Arabic word for coffee.

qalib (koo-lib) A wooden mold used in the Middle East, with small, deep engravings that make decorative impressions on bread and pastry dough.

qater (kah-tar) A Middle Eastern pastry syrup made with honey and sugar, used to soak pastries such as *maamoul* and *awwam*.

qt. The abbreviation for *quart*.

Quady A California winery that specializes in the production of dessert wines. They have been in operation since 1975. A few of their award-winning dessert wines include:

Electra A light, delicate dessert wine with a crisp, floral flavor and hints of peach and melon. It is made from Orange Muscat grape juice and has an alcohol content of only 4%. It pairs well with strawberries, nectarines, peaches, or melons.

Elysium Named for the Greek term for heaven, it is made from the Black Muscat grape. It has a rose-like aroma and litchi-like flavor. It pairs well with blue cheese, vanilla, dark chocolate, ice cream, and desserts containing red fruits such as strawberries and raspberries.

Essencia Made from 100% Orange Muscat grapes, it has an aroma reminiscent of orange blossom and apricot, and a lingering refreshing aftertaste. The wine is lightly fortified to about 15% alcohol and aged for three months in French oak casks. It pairs well with chocolate and desserts containing almonds, peaches, apples, or apricots. It is also excellent for dipping biscotti, or as a flavoring agent in syrups, sauces, and beverages.

quaking pudding A British dessert of bread crumbs, cream, eggs, sugar, and spices that resembles a cross between a light sponge and a custard. It dates from the 17th century and its name refers to the fact that it wobbles or “quakes” when set.

Qualitaschäumwein ('kwoohl-it-ahs-shoim-vine) See *Sekt*.

quark (kwark) A soft, unripened cow's milk cheese from Austria, where it is known as *Topfen*, which means “pot cheese.” The texture is somewhere between yogurt and cottage cheese.

quart A U.S. measurement of volume that is the equivalent of 32 fluid ounces or 946 ml. It is abbreviated in recipes as qt.

Quart de Chaume (qwahrt du shOm) A sweet white wine from Anjou, France.

quarter To slice a food item into four even parts.

quatre-quarts (kw'aht-reh kwahrt) A French rectangular sponge cake. It is rich in flavor, the equivalent of a *pound cake*. The name means “four of one quarter” because each of the four main ingredients (butter, sugar, flour, and eggs) is added in equal amounts.

Queen Ann plum *See plum.*

queen of puddings A British dessert that consists of a baked custard flavored with lemon-vanilla and thickened with bread crumbs. Once set, it is spread with jam and topped with browned meringue.

queen of Sheba An airy French chocolate cake that is made with a mixture of flour and ground almonds and lightened with whipped egg whites. After baking, the center sinks slightly as it cools and it is served cold with *crème anglaise* in the center. Also known by its French name, *Reine de Saba*.

Queensland arrowroot *See canna.*

Queijadas (qwah-he-'hah-dahs) A small fresh cheesecake from Portugal, flavored with coconut, almonds, and cinnamon.

quenelle (kweh-'neh) A small oval French dumpling, usually savory but sometimes a sweet item. It is shaped with two spoons. Its unique shape makes it useful as a garnish.

Queso ('kay-soh) The Spanish word for cheese. Some of the most popular Spanish cheeses are:

Añejo (ahn-'yeh-ho) An aged Mexican white cheese made from skimmed cow's or goat's milk. It has a dry, crumbly texture and slightly salty flavor.

Blanco ('blahnk-koh) A white Mexican cheese similar to farmers cheese, with a mild, slightly salty taste. Also known as queso fresco.

De Cabra ('kah-brah) A strong goat cheese from Chile, made from raw milk.

De Crema ('crehm-mah) A rich cream cheese from Costa Rica.

De Mano ('mahn-oh) A cow's milk curd cheese from Venezuela.

Del Pais (pie-'eeze) A mild semi-soft Puerto Rican cheese made with cow's milk.

De Puna ('poo-nah) A Puerto Rican cottage cheese made from skimmed cow's milk.

Requeson (reh-'kway-sohn) A fresh, mild, curd-like cheese similar to ricotta. It is used in fillings and desserts.

queso de tuna ('kay-soh day 'too-nah) A sweet paste made from fermented *prickly pear* juice. It is used in the production of Mexican confections and desserts.

Quetsch (ketch) An Alsatian *eau-de-vie* made from a plum of the same name. The plum is also used to make tarts, compotes, and jams.

Quetzalcoatl Believed to have been a Toltec king who was also a mythological god, an important figure in the history of chocolate. His purpose was to bring cocoa seeds to humans and teach them how to cultivate cacao. When he left the capital, owing to political uprisings, Aztec astrologers predicted he would return in 1519; when Cortes arrived in 1519, Montezuma believed he was Quetzalcoatl and showered him with gifts, including a cacao plantation and *xocolatl*.

quiche (keesh) A French savory custard tart. It originated in Lothringen, Germany, which the French later renamed Lorraine. The word *quiche* derives from the German *kuchen*, which means "cake." The bottom crust was originally made from bread dough, but today it is made with a *short pastry dough* or *puff pastry*. The original quiche Lorraine is an open tart filled with eggs, cream, and smoked bacon; today, it also contains cheese. There are many ingredients that may be used to make quiche filling, including, vegetables, meats, and seafood.

quickbread A category of breads, muffins, scones, and biscuits that are quick to make because the batter or dough uses chemical leavening rather than yeast.

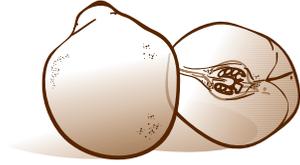
quicklime See *limestone*.

quick oats See *oats*.

quillet (qee-'leh) A small round *sponge cake* layered and decorated with buttercream flavored with *orgeat syrup* and vanilla. It is named for the pastry cook who created it.

Quinalt strawberry (qee-n'ahl strawberry) An everbearing strawberry variety that is large and sweet.

quince The fruit of the quince tree, a member of the rose family. The fruit resembles and tastes like a cross between an apple and a pear; its thin yellow skin encases a hard, bitter, tart cream-colored flesh. The tree has grown in the Mediterranean region for over 4,000 years. The ancient Romans referred to it as "golden apple," and the flower was used to scent honey and perfume. It was also given as a symbol of love.



Owing to the fruit's high pectin content, it is used to make jams and preserves, but Europeans also cook quince for use in tarts, custards, and pies. It is available fresh or as a paste, and pairs well with aged cheeses.

quindin (qeen-d'ayn) A Brazilian custard-like dessert of coconut milk, sugar, and eggs.

quinine ('kwi-nine) An alkaloid derived from the bark of the cinchona tree, which is native to the mountainous regions of South and Central America. It has a bitter flavor and is primarily used to flavor *tonic water* and other beverages.

quinine water See *tonic water*.

quinoa (keen-wa) A cereal grain with a light, fluffy texture and mild nutty flavor. It resembles tiny clear balls and was revered by the Incas as "the mother of all grains." It is a staple of Peruvian cuisine, prized for its nutritional value because it is high in protein and contains all eight essential amino acids. It is also gluten-free and may be ground for use as flour or thickener in soups.

