

Uu

ube The Filipino word for purple yam. Although it is a vegetable, it is commonly cooked with sugar and eaten as a dessert or made into a jam. It is also used for the bright violet color and unique flavor it imparts to ice cream, sorbet, cakes, and other pastries. This is a true yam, not a sweet potato.

ubod (oo-bod) A Filipino vegetable that comes from the inner core of the coconut palm. It is used in savory items such as salads and egg rolls, but may be cooked with sugar for a sweet snack. It also absorbs the other flavoring agents that it is cooked with and is a good source of fiber. Also known as heart of palm.

udon (oo-dohn) A flat, spaghetti-like Japanese noodle made from either wheat or corn flour. It is available fresh or dried.

ugali (oo-'gah-lee) A thick cornmeal porridge from Kenya and Tanzania.

Ugandan coffee Most of Uganda's coffee is the *Robusta coffee bean*, but the *Arabica coffee bean* is similar to Kenyan coffees. The best coffee is produced on the western slopes of Mt. Elgon and is called *bugisbu*. It has a heavy body and rich, rustic, fruity character.

ugli fruit ('uhg-lee) A hybrid of the *tangerine* and the *grapefruit*. It is referred to as "ugly" because it has a thick, wrinkled, baggy rind. The peel comes off easily, and contains a segmented flesh. It may weigh up to 2 pounds (910 g) and is available from January to May.

Ugni Blanc (ooyn blahnk) A French white grape that is the predominant grape used to make *Cognac*.

ujeqe (oo-ye-quay) A whole wheat and cornmeal dumpling from South Africa.

uj-wee ('ujj-wee) A Middle Eastern confection of dates stuffed with almonds and rolled in sugar.

ulanda (oo-'lahn-dah) A cocktail of Pernod, gin, and Cointreau.

uld man's milk An alcoholic Scottish drink of whisky, milk, cream, sugar, nutmeg, and whipped egg whites.

ulekan ('oo-lee-kan) An Indonesian version of a mortar and pestle, made from granite or volcanic rock. It is used to grind spices.

ullage The space that develops at the top of a wine bottle when there is leakage or evaporation. This may cause oxidation and spoil the wine.

Ulmer Wasserweck ('ool-mehr 'vahz-zehr-vehk) A small German wheat roll made with water instead of milk.

Ulmer Zuckerbrot ('ool-mehr 'zoo-kehr-'broht) A German yeasted bun flavored with sugar, fennel seeds, and rose oil.

ultra pasteurization A process for prolonging the shelf life of milk and cream. The pasteurization is done at a higher temperature (280°F/138°C) than regular pasteurization. Ultrapasteurized cream is not recommended for use in the bake shop because will attain less volume when whipped.

ulu ('ooh-looh) The Hawaiian word for *breadfruit*.

umm Ali (umm-'aah-lee) The Arabic word for “mother of Ali,” referring to an Egyptian bread pudding of milk, cream, pistachios, almonds, cinnamon, rosewater, and phyllo.

umami (u-mom-ee) The Japanese word for “tastiness,” which is debated to be a fifth basic taste. It applies to the sensation of savoriness in high-protein foods.

umbrella pine A Japanese pine tree shaped like an open umbrella. It is one of several varieties that produce *pine nuts*.

ume (oo-meh) The Japanese word for a plum used to make a several products including *umeboshi* and *umesbu*. They are high in potassium and calcium and are believed to bring good health.

umeboshi (oo-meh-boh-she) A Japanese condiment of unripe plums pickled in brine and *red shiso* leaves. The leaves add flavor and turn the product pink. It has a salty-tart flavor; it is often served with the breakfast meal. It may also be pureed and used as a seasoning, which is called *bainiku*.

umesbu (oo-meh-shoo) A Japanese plum wine made from green ume plums and a white liquor called *shochu*. It has been consumed for over 1,000 years; it has an alcohol content of about 35% and a sweet-tart flavor.

unbleached flour See *flour*.

Unicum ('yoan-ee-kuhm) A Hungarian liqueur, made from a secret formula of over 40 herbs and spices that are blended and distilled, then aged in oak casks for six months. It is believed to have gotten its name in 1790, when the Habsburg monarch, Joseph II, tasted it and exclaimed to its creator, his court physician, Dr. Zwack, “*Das ist ein Unikum*,” meaning, “This is a specialty.” It is still produced by the Zwack family, and may be drunk as an *apéritif* or as a *digestif*.

unleavened (uhn-'lehv-uhnd) A baked good that contains no leavening, typically used to describe *flatbreads*.

unmold To remove a baked or gelled mixture from its mold. This may be accomplished by briefly heating the mold to loosen the frozen or chilled dessert, or by running a thin blade around the inner circumference to release the item.

unrefined oil See *oil*.

unripened cheese A cheese made from acidified skim milk, which has milk fats added to it during the curd stage. It is eaten fresh and usually has a high moisture content.

unsalted butter See *butter*.

unsaturated fat A type of fat derived from plants. With the exception of partially hydrogenated vegetable shortenings, it tends to be liquid. It may be monounsaturated, meaning one double bond between carbon atoms, or polyunsaturated, meaning more than one double bond between carbon atoms. See also *saturated fat*.

unsweetened chocolate Another name for *baker's chocolate*; see *chocolate*.

unsweetened cocoa See *cocoa powder*.

upside down cake A cake that is made by covering the bottom of a pan with sugar, butter, and fruit; the batter is poured on top, and as the cake bakes, the sugar caramelizes so that when the cake is turned upside down, the glazed fruit is on top. The most well known is *pineapple upside down cake*.

uva A strong, aromatic black tea grown on the eastern slopes of the central mountains of Sri Lanka. It has a deep, rich, coppery color and smooth, full-flavored taste.

uva ursi A perennial herb that is infused to make a medicinal tea, used to treat urinary tract infections. It is the Latin word for “bear berry,” which is also its common name because bears are fond of the plant's red sour berries.