



vacherin ('vahs-ran) A cold French dessert of rings of baked *meringue* that are piped into the shape of a basket and filled with *crème chantilly* or ice cream and fruit. It may be left open and garnished with crystallized flowers or topped with a baked meringue lid. It is named after a cheese of the same shape and color.

vadai ('wah-dl) A warm, spicy street snack of southern India, particularly Kerala. It has a hole in the middle and is fried like a doughnut.

Valencia orange (vuh-'lehn-see-uh) See *orange*.

Valrhona A French chocolate company, known for its high-quality chocolate products.

vandyke To make a V-shaped cut or zigzag pattern around the circumference of a fruit or vegetable, for decorative purposes. It is commonly done for lemon crowns, tomato garnishes, watermelon baskets, and buffet displays.

Van Houten, Coenraad Johannes A Dutch chocolate maker who, in 1828, invented the press that extracts cocoa butter from cocoa solids, to produce cocoa powder.

vanilla, vanilla bean The seed pod of the orchid *Vanilla planifolia*, native to tropical regions. It has been used as a flavoring agent for hundreds of years, and was cultivated by the Aztecs for their cocoa-based drink *xocolatl*. Owing to its time-consuming and labor-intensive cultivation and collection, vanilla is an expensive ingredient. The vines must be pruned regularly and bent into loops for easy access by workers. The clusters of buds that form on the vine take many weeks to develop into flowers, which must be hand-pollinated during their short blooming period. Once pollinated, the flowers develop long, thin, green cylindrical seed pods that range in length from 8 to 12 inches (20 to 30 cm). After eight months, the pods are harvested. Since the green pods have no vanilla flavor or fragrance, they must be cured, a process that takes between three and six months and requires sundrying; they become hot, so when they are wrapped in blankets, they sweat and begin to ferment; this is repeated for several weeks until the pods turn dark brown. Lastly, they are dried in the sun for several months before being packed and shipped. The three most common types of vanilla beans are:

Bourbon-Madagascar Named for the region in which they are grown, they make up approximately 75% of commercial bean production. They are the thinnest variety and have a rich, sweet flavor.

Mexican The thickest variety, with a rich, smooth flavor. They are produced in the Veracruz region of Mexico.

Tahitian Grown in Tahiti, these beans are sweeter, softer, wider, and more floral than the other varieties.

vanilla extract A concentrated flavoring essence, used in pastries, desserts, and confections. It is categorized as follows:

Imitation A vanilla-flavored product made entirely of artificial flavorings. It is significantly less expensive than pure vanilla extract, but has a harsher quality and bitter aftertaste. It is also necessary to use larger amounts to achieve the desired vanilla flavor.

Pure A flavoring agent made by aging chopped vanilla beans and alcohol. To be considered pure, there must be a minimum of 13.5 ounces (385 g) vanilla beans per gallon (3 L 840 ml) and 35% alcohol.

vanilla passion fruit See *passion fruit*.

vanilla powder A vanilla-flavored product made when the whole, dried vanilla bean is ground to a powder.

vanilla sauce The American word for *crème anglaise*.

vanilla sugar Flavored granulated sugar, made by infusing it with vanilla beans. The longer the beans are left in the sugar, the stronger the flavor. It is used to flavor cakes, pastries, fillings, and confections.

vanillin The aromatic, white, powdery crystals that form on the outside of the vanilla bean during the curing process. It is also made synthetically and used to flavor imitation vanilla extract.

varak (vah-ruhk) The Indian word for paper-thin sheets of *gold leaf* or *silver leaf*. They are packaged in small, square sheets that are separated by tissue paper. They are very expensive and somewhat difficult to work with, but make a stunning garnish on desserts and confections. Also known as *vark*.

varietal wine A wine produced from a particular variety of grape. To be named a grape varietal, the wine must contain a minimum of 75% of that grape. For example, Chardonnay, Pinot Noir, and Cabernet Sauvignon are varietals.

vari glykos See *Greek coffee*.

vark See *varak*.

vatrouchka A Russian cheesecake made with curd cheese and dried fruits, baked onto a *sable dough* base. It is topped with a lattice of sweet pastry dough and dusted with confectioners' sugar before serving.

vatrouchki A Russian turnover made with a rich *brioche dough* that is filled with curd cheese and sometimes fruit, and either fried or baked.

vegan ('vee-guhn) A person who does not eat anything derived from animals, including meat, butter, eggs, cheese, and milk. It is a challenge for the pastry chef to produce tasty vegan desserts, but it can be done by using fruits, vegetables, and *soy milk*.

Vegemite ('vej-uh-mite) A yeast extract produced by Kraft Foods. It is the Australian version of the British product *Marmite*, and was created in 1922 by Australian scientist Cyril Callister. The thick, salty brown paste is flavored with onions and celery, and is a breakfast spread on toast.

vegetable oil An edible oil derived from a plant. The most common vegetable oils are *canola oil*, *corn oil*, *peanut oil*, and *safflower oil*.

vegetable oil margarine See *margarine*.

vegetable peeler A hand-held metal tool used to peel the skin off vegetables and fruits. It is available in various shapes and sizes, but all have a blade that is slit in the middle to allow the skin to pass through. The blade usually swivels, so that the shape of the fruit or vegetable may be followed as it is peeled to minimize waste.

vegetable shortening A solid fat made from vegetable oils.

vegetarian A person who does not eat meat.

Veneziana A sweet Italian holiday bread very similar to *pannetone* but with no candied fruit or citron. It is a tradition of Venice, made for Christmas and New Year's Eve, and the top is dusted with confectioners' sugar and whole almonds.

verbena See *lemon verbena*.

Verdelho See *Madeira*.

Vergine Stravecchio (vehr-j'hee-nay strah-veh-'kee-o) See *Marsala*.

verjuice The acidic juice of unripened grapes. It was used extensively as a sour flavoring agent in medieval cooking, before citrus was commonly available. It is sometimes labeled *verjus* when marketed in wine bottles for cooking.

verjus See *verjuice*.

vermicelli 1. Another name for *jimmies*. 2. The Italian term for "little worms" that refers to very thin strands of pasta.

vermouth A fortified red or white wine that has been infused with aromatic spices, herbs, flavorings, and barks. It was created in Piedmont, Italy, in the 1700s; the name derives from the German *Wermut*, meaning "wormwood," because it was the primary flavoring agent before that substance was banned because of toxicity. Red vermouth is generally sweet while white vermouth is dry or semi-sweet. It is served as an *apéritif* and is also an essential ingredient in Manhattans and Martinis.

Vernors Ginger Ale See *ginger ale*.

vettalapam ('veht-tah-lah-pahm) A national custard dish of Sri Lanka that is made with coconut, coconut cream, and palm sugar.

Victoria sandwich cake An English cake consisting of two layers of buttery *sponge cake*, filled with either raspberry or strawberry jam and *buttercream* or sweetened whipped cream, named in honor of Queen Victoria. It is served at *afternoon tea*.

Victoria sponge cake A rich, buttery *sponge cake* used to make *trifle*, *petit fours*, and *Victoria sponge cake*.

vidiler (vee-dee-'layr) To decoratively pinch a pastry dough to give it a neat, even, stylish border.

Vienna roll See *kaiser roll*.

Viennese bread See *Danish pastry*.

Viennese coffee ('vee-uh-neeze) A strong, rich, sweetened coffee from Vienna, served warm in a tall glass and topped with whipped cream.

Viennese horn See *Kipferln*.

viennoiserie (vee-uhn-wah-zah-rhee) A French term that refers to baked goods other than breads, such as *danish* and *coffee cakes*.

vin (vahn) The French word for *wine*.

vinegar ('vih-nuh-ger) The sour liquid produced when bacterial activity converts a fermenting mixture such as cider, beer, or wine into *acetic acid*. The word derives from the French *vin aigre*, which means "sour wine." There is a wide variety of vinegars, including:

Apple Cider Made from fermented apple cider. It is light amber colored and has a tangy taste.

Balsamic An Italian vinegar made from the juice of Trebbiano grapes. It is aged in casks of different woods, which produce complex, pungent sweetness.

Black Rice Made from glutinous sweet rice. It has a dark color and rich, mild flavor.

Cane Made from sugarcane, with a rich, slightly sweet flavor.

Cuka A colorless vinegar from Indonesia. It may be substituted with malt vinegar.

Distilled White Made from a grain-alcohol mixture. It is colorless and has an astringent taste.

Fruit Made from fruits such as blueberries and raspberries.

Herb Made by infusing herbs in vinegar.

Malt Made from malted barley. It has a mild taste and is popular in Britain.

Palm A mild white vinegar popular in the Philippines.

Red Rice A Chinese product that has a clear, pink color and sweetish-tart, salty flavor.

Red Wine Made from red wine.

Rice Made from fermented rice. It has a mild, slightly sweet flavor.

Sweet Rice A Chinese product that is flavored with star anise and has a brownish-black color.

Turkish Mildly sweet with a strong, sharp flavor. It may be substituted with a combination of balsamic and wine vinegars.

White Wine Made from white wine.

viniculture ('vihn-ih-kuhl-cher) The science of wine making. Also known as *enology*.

vino ('vee-noh) The Italian word for wine.

vintage Port See *Port*.

Virginia peanut See *peanut*.

viscoelasticity The ability of a product to stretch and change shape without tearing or breaking, such as *gluten*.

viscosity A measure of fluidity: low-viscosity fluids flow easily and high-viscosity fluids do not flow easily.

visitandine (vee-see-tan-'daan) A small boat-shaped cake made by lining a *barquette mold* with a sweet pastry base and filling it with ground almonds, egg whites, butter, and sugar. After baking, these are glazed with apricot and thinly brushed with a Kirsch-flavored *fondant*. They were originally made in French and Italian monasteries in the 16th century as a way to use up leftover egg whites.

vital wheat gluten Dried wheat *gluten* that contains approximately 75% protein. The wet gluten is dried in a way that retains its vital properties when reconstituted. It is purchased as a creamy tan powder and added to *yeast doughs* to improve flour quality, volume, dough elasticity and strength, and shelf-life.

vitamin C See *ascorbic acid*.

violet An edible flower used as a garnish.

viticulture ('viht-ih-kuhl-cher) The science of growing grapes.

vodka A clear, colorless distilled spirit made from potatoes and other grains such as barley and wheat. Its name derives from the Russian *zhiznennaia voda*, which means "water of life."

voiler To cover pastries and desserts with fine threads of sugar that have been cooked to the *hard-crack stage*.

volatile oil An oil that evaporates easily and provides strong, aromatic flavor. All spices contain volatile oils, and the quality of the spice depends on the amount of volatile oil it contains. Also known as *essential oil*.

vol-au-vent ('vawl-oh-vahn) The French term for “flying in the wind,” referring to a light-as-air *puff* pastry container that resembles a small pot with a lid. It was invented by renowned pastry chef Carême, and although it is filled with a warm savory mixture, it may be filled with sweet mixtures as well.



Volkornbrot The German word for “full-grained bread,” referring to a bread that is made either entirely or almost entirely with whole grains.

volume measurement See *Weight and Volume Equivalents for Most Common Ingredients* appendix.

vort limpa A sweet Swedish rye bread made during the Christmas holidays.

vouvray (voo-'vray) A white wine produced in the Loire Valley of France from 100% Chenin Blanc grapes. They are categorized by sweetness as follows: *sec* = dry; *demi-sec* = medium dry; *moelleux* = medium sweet; *doux* = very sweet. The great sweet Vouvrais are popular as a dessert wine.

VS; VSOP; VVSOP See *Cognac*.

