



wafer A very thin, crisp biscuit or cookie. They vary in size and may be round, fan-shaped, or rolled into a cigarette. They may also be embossed with a design, such as those using a *pizelle iron* or *krumkake iron*.

wafer cookie See *cookie*.

waffle There are many variations of waffles around the world, with the most popular being:

American A thin, crisp, batter cake that is baked on a waffle iron, which gives it its distinct grid appearance. It is an American breakfast item typically topped with butter and maple syrup. The batter may be leavened with baking powder or yeast and flavored in numerous ways.

Belgian A thick, fluffy, and crisp waffle, a specialty of Brussels; it is both a breakfast item and a dessert, where it is topped with strawberries, whipped cream, and sometimes ice cream.

Liège A small, sweet, and dense waffle named for the Belgian city. It is coated in caramelized sugar and eaten as is or topped with fruit, whipped cream, or chocolate.

Taiyaki A Japanese batter cake that resembles a fish-shaped waffle. It is traditionally filled with a sweet bean paste.

waffle cone A crisp ice cream cone made by pouring a thin batter onto a *pizelle iron*. While warm, the wafer is wrapped around a cone and cooled. It is used as an edible container for ice cream, but may also be used to hold other desserts such as sorbets, mousses, and fruit mixtures.

waffle iron An appliance with two hinged metal plates that have a honeycomb design, for cooking waffles. It is available in electric or stovetop models and comes in different shapes and sizes, including round, square, and heart shaped.

wagashi (wah-'ga-shee) An assortment of small Japanese confections, made from glutinous rice, adzuki beans, fruit, sugar, rice powder, agar-agar, and red bean paste. They are crafted into artistic shapes and figures, such as flowers and fish, and are served with green tea during the Japanese tea ceremony.

wajik ('vah-jich) An Indonesian confection made with sticky rice boiled in palm sugar. They come in a variety of colors and shapes.

walnut The fruit of the walnut tree, native to Asia but now cultivated in Europe and North America. California, in particular, produces 90% of the most common commercial walnut, the *English walnut*, which is also known as *Persian walnut*. They are easy to shell and have a mild-nutty flavor. The nuts are available year-round and may be purchased whole, shelled, in halves, in pieces, or ground (walnut flour or meal). The other type of walnut is the *black walnut*, native to North America. It has a hard black shell that is difficult to remove and therefore the nutmeats are more expensive. The strong, rich nutmeat has a distinctive flavor that is slightly bitter and smoky. The high oil content of walnuts makes them susceptible to rancidity, so they should be stored in the refrigerator or freezer.

walnut oil An oil extracted from the nutmeats of the English walnut. It is expensive and perishable, so it should be refrigerated.

warka (war-kah) See *malsouqua*.

warming lamp See *heat lamp*.

wasabi (wah-sah-bee) A pungent, fiery-hot green Japanese green condiment. It is made from horseradish, and is available fresh or dried. Although it has been traditionally served with sushi and sashimi, many pastry chefs use it as a flavoring agent to provide heat and color to ice creams, sauces, and desserts.

wasanbon toh (wah-'sahn-bon toe) See *sugar*.

wassail (wahs-'uhl) A warm Nordic punch of sweetened wine or ale, flavored with cinnamon, nutmeg, and ginger. The word derives from the Norwegian "ves heil," which is a toast that means "in good health."

water An essential ingredient that serves many functions, including hydrating flour so that gluten can form; converting to steam, which acts as a leavener and also prevents bread crust from forming too quickly; adjusting the temperature in batters and doughs; and gelatinizing starches during the baking process. See also *water hardness* and *water pH*.

water apple See *wax apple*.

water bath A container that sits in water, used for baking to provide even distribution of heat to the baking item and help prevent overcooking. A water bath is also used to keep foods warm and to melt chocolate. It may set up on the stovetop or in the oven. Also known as *bain-marie* in French.

water biscuit A crisp, bland cracker often served with wine and cheese.

water chestnut The edible tuber of a water plant, native to Southeast Asia. Although water chestnuts may be purchased canned, fresh ones are crunchier and sweeter. They are shaped like a chestnut and have a purplish-brown skin that must be removed before eating. They may be cooked in sugar syrup and eaten as a sweet snack.

water chestnut powder An Asian starch made from ground dried water chestnuts. It is used as a thickener and also as a flour.

water hardness The amount of minerals in water. *Hard water* is high in minerals and *soft water* is low in minerals. This is important because minerals affect *gluten* development. If the water is too hard, the dough may be too strong or elastic, while dough made from water that is too soft may be too slack, soft, or sticky. The water hardness may be adjusted with a water softening system or through the addition of a *dough conditioner*.

water ice A smooth frozen dessert of water, sugar, and fruit juice, puree, or an infusion of other flavors such as coffee or liqueur.

watermelon A category of melon native to Africa and characterized by a thick, smooth rind and crunchy, juicy flesh. There are many varieties that range in shape, size, color, and flavor, but the most common is the *Charleston Gray watermelon*, which has an elongated-oval shape and weighs between 15 and 35 pounds (7 K to 18 K). It has a two-tone green or grayish-green rind that is striped or marbled. The flesh color ranges from pink to red and contains scattered shiny black seeds. Other varieties may have a yellow or orange flesh and the seeds may be white, brown, or speckled. They may also be seedless, which actually have a few small beige seeds scattered throughout; the baby variety offers a mini alternative to the larger types.

Watermelon is a refreshing summer treat eaten cold and raw, and it is also popular as a decorative container for fruit salads on buffets, where the skin is

often carved into intricate patterns for display. In other countries, watermelon seeds are roasted as a snack and the rind is pickled. Although they are available year-round, peak season is June to August.

water nozzle The part of the espresso machine that automatically dispenses water at about 210°F (99°C).

water pH A measure of the amount of acidity or alkalinity in water. The *pH* scale ranges from 0 to 14, with 7 being neutral. The ideal water pH for gluten development is 5 to 6. It may be adjusted by adding an acid such as cream of tartar or lemon juice, or an alkali such as baking soda.

wattle seed The seed of the Australian wattle tree. They are roasted and ground, and used to impart a nutty flavor to cakes and pastries or made into a form of coffee.

wax apple A tropical bell-shaped berry with a crunchy texture and juicy, sweet flavor, native to Malaysia and Indonesia. Also known as *water apple*.

waxed paper A thin opaque piece of paper that has been coated with a thin film of wax on both sides. It is used to line baking pans in order to prevent sticking. See also *parchment paper*.

waxy maize A cornstarch typically modified to increase its stability against excessive heat, acid, or freezing. It is generally clear, with a clean taste. See also *starch*.

wedding cake An elaborate cake made to celebrate a wedding. The history of the wedding cake dates back to ancient Rome, where barley bread was crumbled over the bride's head to symbolize fertility. In medieval England, guests brought sweet cakes as gifts and stacked them on a table; the bride and groom would kiss over the stack of cakes to bring them good luck and prosperity. As baking methods advanced and ingredients became more readily available, the wedding cake evolved. In the mid-1840s, Queen Victoria married Prince Albert, and their single-layer cake was over 7 feet (2.5 m) in circumference and intricately decorated with pure white icing. The whiteness of the icing represents the purity of the bride and also the affluence of the family, because refined sugar has been an expensive commodity. The tiered wedding cake as we know it today first appeared at the marriage of the Queen's daughter in 1859. A photograph of the cake in newspapers inspired other brides to imitate this style.

Today, the design and decoration of the wedding cake has become an art form and the possibilities are endless. The joint act of cutting the cake has come to symbolize the first task the bride and groom do together as they begin their new life as husband and wife. In America, it is a tradition for the top tier to be reserved and eaten on the couple's one-year anniversary. Although each country may have its own designs and traditions, the wedding cake is an integral part of the celebration.

Weinchaudeau (vine-kow-do) An Austrian version of *sabayon*; it should be used immediately because it is slightly more delicate and will not hold.

wekiwas See *lavender gem*.

West Indies cherry See *acerola*.

West Indian lime See *Key lime*.

wheat An ancient cereal grain. Wheat has been cultivated for at least 6,000 years, and there are over 30,000 varieties, distinguished by color and growing season. *Hard wheat* or *soft wheat* refers to the hardness or softness of the wheat kernel and also to the protein content. Hard wheat contains more protein and less starch, while soft wheat contains less protein and more starch. Winter and spring are the two growing seasons. *Winter wheat* is planted in the fall and harvested in early summer. It is grown in areas with milder winters, such as Kansas and Nebraska. *Spring wheat* is planted in the spring and harvested in late summer. It is grown in areas with

harsher winters, such as Minnesota, Montana, and the Dakotas. The wheat color ranges from white to red and affects the color and flavor of the flour. All wheat varieties fall under one of these categories:

Durum A very hard, high-protein wheat used to make semolina flour for pasta. The average protein content is 15%.

Hard Red Spring Constitutes 20% of the U.S. crop and produces a high-protein flour with a protein content of 13 to 15%. Used primarily for bread flour and high-gluten flour.

Hard Red Winter Constitutes 40% of the U.S. crop with an average protein content of 11 to 12%. Used primarily for all-purpose flour.

Hard White Winter The newest class of wheat grown in the U.S. The red pigment is bred out and results in a bran that is lighter in color and milder in flavor than Hard Red Winter. Produces flour with a protein content of 11 to 12%. Popular for use in *artisan bread* making.

Soft White Constitutes 10% of the U.S. crop with a protein content of about 10%. It is favored for use in flatbreads, cakes, pastries, and crackers.

Soft Red Winter A low-protein wheat, approximately 10%, typically grown in warm southern climates and used for cake and pastry flour.

wheat berry A whole wheat kernel that may be hulled or unhulled. These are popular in Middle Eastern cooking, and the chewy, slightly sweet kernels go well with sweet spices.

wheat bran See *wheat kernel*.

wheat flour See *flour*.

wheat germ See *wheat kernel*.

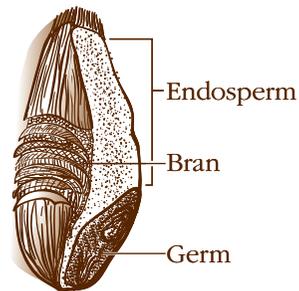
wheat gluten See *seitan*.

wheat kernel The seed of the wheat plant, which is milled into flour. It comprises three parts:

Bran The protective outer covering of the wheat kernel. It contains a high amount of dietary fiber.

Endosperm The largest part of the kernel. It is approximately 70 to 75% starch and contains the two gluten-forming proteins, *glutenin* and *gliadin*.

Germ The embryo of the wheat plant. Although it constitutes only 3% of the kernel, it is packed with nutrients but prone to rancidity because of its high fat content.



wheat kernel

wheatstone See *oilstone*.

whew The liquid solid of coagulated milk that is produced during the cheese-making process.

whip 1. To beat heavy cream or egg whites in order to incorporate air and increase the volume to a firm or semi-firm consistency. 2. A cold dessert of fruit puree, whipped cream, and meringue. It is typically served in an edible bowl made from chocolate or *tuile*. 3. Another name for a *whisk*. 4. See *mixer attachments*.

whipped butter See *butter*.

whipped cream Cream that has been whipped to incorporate air and change the consistency from a liquid to a solid or semi-solid state. The cream must contain a minimum of 30% butterfat in order to whip properly; overwhipping will cause the cream to turn to butter. Whipped cream should be kept cold and used immediately,

as heat will cause it to separate. This product is used extensively in pastry making as a garnish, filling, and ingredient in mousses and still-frozen desserts.

whipping cream See *cream*.

whisk

1. A hand-held kitchen tool used to mix ingredients and incorporate air. Whisks are made of rounded metal wires affixed to a handle. They come in different sizes, and the wires are stiff or flexible depending on their thickness. Different whisks are made for different jobs but they are most often used to whip egg whites and cream. The most common pastry whisks are:

Balloon Whisk Recommended for whipping egg whites and cream because it has a large balloon-shaped end and light, flexible wires that maximize the incorporation of air. Also known as an egg whisk.

Sauce Whisk Has stiffer metal wires and is recommended for whipping thicker products.

Batter Whisk Recommended for mixing or beating batters to make them smooth with minimal incorporation of air; they have a rounded end but are flat and two-dimensional.

2. The act of whisking a product with a whip in order to mix ingredients and/or incorporate air.

whisky A distilled alcoholic beverage made from the fermented mash of a grain such as corn, barley, rye, or wheat. The type and quality of the whisky depends on the type of grain used, how it is distilled, and the aging process. Bourbon and rye fall under the whisky classification, while Scotch, Canadian, and Irish whisky are often referred to simply as their names. *Whisky* is the Gaelic word for “water of life.”

white chocolate See *chocolate*.

white currant See *currant*.

white flour See *flour*.

white lady A cocktail of Cointreau, white crème de menthe, and lemon juice.

white peach See *peach*.

white pepper (corns) See *peppercorns*.

white poppy seeds See *poppy seeds*.

white Port See *Port*.

white rice See *rice*.

white sapote (sah-'poh-tay) A small, plum-shape tropical fruit native to Mexico and Central America, but now grown in Florida and California. It resembles a green-skinned apple with one pointed end. Its crisp, creamy, ivory flesh has a few inedible seeds and tastes like a combination of mango and banana with a hint of vanilla. Also known as *zapote blanco*.

white tea See *tea*.

white walnut See *butternut*.

white wine vinegar See *vinegar*.

white Zinfandel See *Zinfandel*.

wholemeal flour See *flour*.

whole wheat flour See *flour*.

whortleberry See *berry*, *bilberry*.

wiamanola ('why-amm-ann-ho-lah) A rich, buttery *macadamia nut* variety grown in Hawaii.

Wickson plum See *plum*.

wienerbrod ('vee-nehr-brod) See *danish pastry*.

wild majoram Another name for *oregano*.

wild rice See *rice*.

wild strawberry See *fraise des bois*.

wild yeast See *yeast*.

wild yeast starter See *sourdough culture/starter*.

wine An alcoholic beverage made from the fermented juice of grapes and sometimes other fruits. Wines are categorized as follows:

Fortified A wine that has its alcohol content increased by the addition of a distilled spirit, usually brandy. They are generally categorized as dessert wine or liqueur, and have an alcohol content of 16 to 20%. See *Madeira*, *Marsala*, *Muscatel*, *Port*, *Setúbal*, *Sherry*, and *Vermouth*.

Sparkling A wine with bubbles. See *cava*, *Champagne*, *sekt*, and *spumante*.

Still Nonsparkling wine, which includes white wine, red wine, and rosé.

wine cream A thick, sweet wine custard made with thickened wine and sugar. It was created in Germany during the 18th century as a way to use leftover wine.

Winesap apple See *apple*.

wineberry See *berry*.

winnowing See *chocolate*.

wintergreen A native North American evergreen shrub that has small red berries and white, bell-shaped flowers. The highly aromatic leaves are prized for its oil, which is used to flavor candies and confections. Also known as checkerberry.

winter melon See *melon*.

winter wheat See *wheat*.

winternelis pear See *pear*.

wo bing A deep-fried lotus-paste pancake from China. A thin batter of flour, salt, water, and eggs is cooked in oil to form a very thin pancake. The center is filled with lotus paste, and the sides of the pancake are folded into the center and sealed with additional batter. The pancake is fried in hot oil, then cut into thin strips and served warm, topped with toasted sesame seeds.

wok (wahk) A round-bottomed metal cooking pan with sloping sides. It is used in Chinese cookery for stir-frying, steaming, braising, deep-frying, and poaching. Woks are available in various sizes and may be electric or come with a special ring trivet for use on a gas stove; or be flat-bottomed for use on an electric stove.

Wonder Bread A popular 1½-pound (680 g) American white loaf bread. It was created by the Taggart Baking Company of Indianapolis and named by Vice President Elmer Cline because he was inspired by the International Balloon Race at the Indianapolis Speedway. Upon seeing the sky filled with hundreds of colorful balloons, he felt a sense of wonder. Since that time, the colorful red, blue, and yellow balloons have been the cornerstone of Wonder Bread's logo and package. In 1925, the Continental Baking Company bought the Indianapolis bakery and Wonder Bread soon became a national brand. The Continental Baking Company altered the course of bread forever in the 1930s when it introduced "sliced" Wonder Bread. During the 1940s, several advances in its nutrition and baking were made, and in 1941, Wonder Bread was involved in a government-supported move to enrich white bread with vitamins and minerals to improve nutrition. At the same time, Wonder introduced a new way of baking that eliminated holes in

bread. In 1986, a new reduced-calorie Wonder Bread was launched and is one of the company's strong sellers today. In 1995, Interstate Brands Corporation acquired the Continental Baking Company, and continues to produce this soft, popular American white bread.

Wondra flour See *flour, instant*.

wonton wrapper A paper-thin square or round of dough, used to wrap sweet and savory items. Once filled, the wontons may be steamed or pan-fried.

woodruff A sweet scented leaf used in Germany and Austria to flavor *May wine*, jam, teas, and candies.

wood sugar See *xylitol*.

wormwood An aromatic, bitter herb whose leaves are used to flavor *absinthe* and its flowers are used to flavor *vermouth*. The name is from the fact that it was originally a medicine to treat intestinal worms. The oil extracted from the leaves may be toxic, and it is therefore banned for use in any products in the United States.

Wuchteln ('vook-tehlm) An Austrian dessert that is a rich, buttery yeast bun filled with plums or plum jam. After baking, it is usually served warm with *crème anglaise*.

