

XX



X A label symbol used in the grading of confectioners' sugar that represents the degree of coarseness. The more X's, the finer the grade of sugar.

xanthan gum ('ksahn-thuhn) A food additive made from corn syrup. It is used as an emulsifier, stabilizer, and thickener in processed foods.

xanthia (ksahn-'thee-ah) A cocktail of cherry brandy, yellow Chartreuse, and gin.

xanthine (ksahn-'thee'nee) An alkaloid that, when *methylated*, can be found in the caffeine in coffee and the *theobromine* found in chocolate.

xanthophyllus (ksah-tho-pee-lus) A pigment that aids in the yellow colorization of egg yolks. It is chemically related to *carotene* and is also found in onions and potatoes.

xérès ('zayr-rez) The French word for Sherry. The name derives from the Spanish city where sherry originated, Jerez de la Frontera, which was formerly known as Xeres.

xìn rén dòu fù (sheen 'rehn do 'foo) A Chinese almond bean curd that resembles tofu. It is made from jellied almond extract and condensed milk and is typically served in a fruit salad with syrup.

xithum ('ksee-thom) A type of beer produced from fermented barley in ancient Egypt.

xio vo (soy vah) A Vietnamese snack food of coconut rice and yellow mung beans.

XO A brandy term that means "extra old."

xocolatl ('zhock-ah-tehl) An ancient drink made by grinding cocoa beans into a paste and then adding cold water and chiles. The origin of the name is debated but is believed to be influenced by the ancient Aztecs and Mayan cultures, who referred to it as "bitter water." It was considered a royal drink and was so highly regarded that the ground paste was kept in golden containers and drunk from beakers made of pure gold. The Aztecs believed it had aphrodisiac powers, and Montezuma introduced it to the Spanish explorer Cortes in 1519. Cortes was also impressed with its stimulative properties and proclaimed that it "kept a soldier fresh for the whole day." He brought it back to Spain, where sugar and other spices such as anise seed, cinnamon, and almonds were added, and the cold water was replaced with hot water, which dissolved the paste more effectively. Although the Spaniards were able to keep this cherished beverage a secret for over 100 years, it was eventually discovered by the rest of Europe, and led to the creation of chocolate houses, where it could be enjoyed by Europe's upper class. See also *chocolate*.

xoi (zhoy) A Vietnamese street food of sticky rice steamed in a banana-leaf wrapper. It may or may not also contain peanuts or mung beans.

xoi gat (zhoy 'gah) A bright orange carrot powder used to color rice in Vietnam.

xylem (ksee-lehm) The tissue in a tree trunk that transports food to the leaves. This is where maple sap flows and is tapped for *maple syrup* production.

xylitol ('ksee-lee-to) A sugar alcohol used as a sugar substitute. It can be extracted from corn, birch bark, fruits, vegetables, and berries. It is popular in Finnish confections and also is an ingredient in chewing gum. Also known as *wood sugar* or *birch sugar*.

