



**yak bap** (yahk bahp) A Korean dessert of creamy rice sweetened with honey and flavored with dates, pine nuts, and chestnuts.

**yakshik** (yah-'shee) A Korean rice dessert made with *jujubes*, which are prized for their medicinal properties. *Yak* is Korean for "medicine."

**yali** (yah-ree) See *Asian pear*.

**yam** A root vegetable of the tropics, often confused with the sweet potato, but larger, with a starchy taste and higher moisture content. Its flesh ranges in color from creamy white to pink or purple and the skin may be off-white or light to dark brown. Depending on the variety, the texture may be moist and tender or dry and mealy. It is used extensively in the South Pacific, South America, and Africa. See also *fufu*.

**yamada nishiki** ('yah-mah-dah 'nee-shkey) See *sake*.

**yarrow** ('yah-roh) A widely naturalized European herb also cultivated in the United States. Its lacy green leaves have a pungent flavor and are dried and used to flavor tea. The flowers may be yellow, pink, or magenta and are used as a food coloring. Known as milfoil in Europe.

**yeast** A single-celled living organism that is a fungus. Although there are hundreds of yeast species, *Saccharomyces cerevisiae* is the strain most commonly used in baking because of its rapid gas production. Yeast will grow and multiply when the following conditions are met: moisture, dough temperature between 85° and 95°F (29° to 35°C), and sugar (either added to the dough or converted from the natural starch in the flour) for food. Yeast fermentation is retarded in temperatures below 60°F (16°C) and above 115°F (46°C), and it dies at 145°F (63°C). Yeast is a crucial ingredient in baking because, when yeast ferments, it breaks down the sugar and starches and converts them to alcohol and carbon dioxide, which leavens bread or other yeast-risen baked goods. Yeast fermentation is affected by several factors, including temperature of dough, amount of salt, amount and type of sugar, pH of the dough, and amount and type of yeast. It is important to not allow yeast to come into direct contact with salt because it can retard the effects of the yeast and slow or kill fermentation. Once a yeast package is opened, it will begin to absorb moisture from the air and lose its strength; therefore, it is important to keep yeast in an airtight container in the refrigerator or freezer. There are several types of yeast available.

**Active Dry** Yeast that has been dehydrated and vacuum packed to extend shelf life. Once open, it can stay at room temperature for several months or longer if refrigerated or frozen. The process of drying the yeast kills the outside layer of each granule and yields 25% dead yeast cells per package. Once dead or damaged, the yeast releases a substance called *glutathione*, which adversely affects the quality of gluten in dough; therefore, this product is not popular with professional bakers. If used it should be dissolved in very warm water (110°F/43°C) that is four times its weight.

**Brewer's** Nonleavening yeast used specifically in beer making.

**Compressed Fresh** Although preferred by many bakers, it has a shelf life of only two to three weeks. It may be frozen, but will lose approximately 5% of its strength and should be thawed slowly and used immediately. It is typically sold in 1-pound rectangular blocks and should crumble easily. Also called fresh yeast. If not available, it may be substituted accordingly:

To convert fresh yeast to active dry yeast, multiply the weight of the fresh yeast by .4

To convert fresh yeast to instant dry yeast, multiply the weight of the fresh yeast by .33

**Cream** Used only in large commercial production facilities, the yeast and nutrient base are in liquid form, which makes it easier to blend into the dough.

**Instant Active Dry** Yeast that can be added directly to the dough and does not need to be hydrated first. It contains about 25% more living yeast cells than active dry yeast because it is processed more gently.

**SAF** An instant yeast called *osmotolerant*. It is used specifically for very sweet or very acidic doughs because it is able to tolerate the high amounts of sugar or acidity that typically slow down regular yeast strains. Regular yeast may be substituted, but it will take longer to activate. It is commonly known as SAF Gold because it is packaged in a gold wrapper.

**Wild** Yeast that live in the air as well as on seeds, grains, flour, and grape skins. This yeast plays a crucial role in the leavening of bread and the production of *starters*. The strain used to make sourdough bread is called *Saccharomyces exiguus*.

**yeast bread** Any bread that is leavened by yeast.

**yeast dough** Any dough that contains yeast as a leavening agent.

**yeast extract** A mixture of liquid yeast extract and vegetable extract. It is rich in vitamin B and is used as a seasoning and as a base for products such as *Marmite* and *Vegemite*.

**yeast raised** Any product leavened with yeast, such as bread or doughnuts.

**yeast roll** See *rolls*.

**yeast starter** See *starter*.

**Yellow Baby** A variety of baby watermelon. See *watermelon*.

**Yellow Delicious apple** See *apple*.

**yellow peach** See *peach*.

**yergecheffe** ('yehr-geh-chehf-eh) An Ethiopian Arabica coffee bean that produces a medium-bodied coffee with a sweet flavor and aroma.

**yield** The quantity or number of servings that a recipe makes.

**ylang-ylang** A Filipino flower prized for its perfumed aroma and bitter floral taste. The flower's oils are extracted and used to flavor confections, ice cream, and pastries.

**yoe** (yoh) 1. A Tibetan snack of toasted barley, soybeans, and corn millet. 2. A variety of corn millet known as white broom from the Gansu province of China.

**yogurt** A tangy, custard-like dairy product made by adding bacteria to milk and holding it at a warm temperature until it ferments and coagulates. According to folklore, it was accidentally created thousands of years ago by nomadic Balkan tribes in an effort to preserve milk.

Although the milk may be from any animal, cow's milk is the most prevalent. It may be purchased plain or flavored with fruit and/or sugar and artificial flavorings, and is available in whole milk, low-fat milk, and nonfat milk varieties. It is commonly eaten with fruit and/or nuts or granola as a breakfast item or snack and may also be used as a substitute for *sour cream* in baking. Frozen yogurt has a creamy consistency and is popular as an alternative to ice cream. Soy yogurt, which is made with soy milk, is available for people who do not eat dairy.

**yogurt tatlısı** (tah-'tlee-see) A Turkish yogurt cake that is soaked in sweet syrup and garnished with toasted pistachios.

**yokan** (yoh-kahn) A Japanese confection made with sweetened adzuki bean paste and gelled with *agar-agar*.

**yolk** See *egg*.

**York Imperial apple** See *apple*.

**Yorkshire pudding** ('york-shuhr) A savory British *popover*. It is named for the English region of Yorkshire, and is traditionally served with roast beef, made from the pan drippings; but it is also popular with other dishes that have gravy. It is made from a thin batter that is poured into muffin tins greased with beef drippings. The high heat of the oven produces the steam that leavens the popover and it bakes to a puffy, crisp golden brown.

**youngberry** See *berry*.

**young dough** An underfermented dough.

**Yquem** (kem) See *Sauternes*.

**yuba** ('yoo-bah) The skin produced from heating soybean milk. This film is skimmed from the top and dried in sheets or sticks. It is then rehydrated in water before being used to wrap foods or fried and eaten as a snack.

**yuca** ('yuhk-uh) The large root of a succulent plant of dry areas in the New World, now primarily imported from Africa. The root may be bitter (poisonous if not cooked) or sweet (used to make *tapioca*), and ranges in size from 6 to 12 inches (15 to 30 cm) in length and 2 to 3 inches (5 to 7.5 cm) in diameter. It has a tough brown skin and a crisp white flesh. It can be stored in the refrigerator for no more than four days. Also spelled *yucca* and known as *cassava* and *manioc*.

**yucca** Another spelling of *yuca*. See *yuca*.

**yuè bing** (u-eh bing) A sweet Chinese moon cake filled with dried fruits and nuts.

**yufka** A Turkish bread dough similar to *phyllo* but thicker. It is rolled into a thin circle and used to wrap sweet and savory items.

**Yule log** See *bûche de Noël*.

**yuzu** (yoo-zoo) A sour citrus fruit from Japan, used almost exclusively for its aromatic juice and rind. It is the size of a small orange and has a green, pebbled skin that turns yellowish-orange as it ripens. The pale, yellowish-green flesh is heavily seeded and tastes like lime, lemon, grapefruit, and tangerine. It may be used as a garnish or to flavor various dishes.