



**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-'tee-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.

# Zz

**za'atar** ('zah-ttar) 1. The Arabic word for thyme, referring to another herb that tastes like a combination of thyme, marjoram, and oregano. 2. A spice blend made primarily of sumac, sesame seeds, and the za'atar herb. It is common as a topping on flatbreads.

**zabaglione** (zah-bahl-'yoh-nay) An Italian dessert made by whipping yolks, sugar, and Marsala over a double boiler until thick and creamy. It may be served as is or used as a sauce to top fruit or other desserts. Champagne or other dessert wines may also be used to flavor the mixture. The name is derived from the Neopolitan *zapillare*, which means "foam." It is known as *sabayon* in France.

**zabaglione pot** An unlined copper pot with a round bottom and long handle. It is designed so that the product, particularly *zabaglione*, can be easily whisked over simmering water.

**zaletti** (zah-'let-tee) An Italian cornmeal cookie flavored with lemon zest, vanilla, and golden raisins soaked in grappa or brandy. The cookie, a specialty of Venice, has a name derived from *gioletti*, which means "little yellow things."

**Zante currant** See *currant*.

**Zante grape** See *grape*.

**zapatilla** (zha-pah-'teel-yah) A somewhat flattened bread that is popular in Madrid, Spain. It is cut into large squares and filled with a variety of items such as cured ham, garlic, and tomato that is sprinkled with olive oil.

**zapote, zapote blanco** (zah-'poh-tay blahn-'koh) Another spelling of *sapote*; see *white sapote*.

**zarda** ('zahr-dah) A spicy, sweet Indian pudding flavored with saffron, nuts, and raisins.

**zein** (tsayn) A cream-colored protein powder used as a coating for processed baked foods.

**zéphyr** (zefer) The French word for "light wind," referring to sweet and savory dishes characterized by a light, frothy consistency. Both mousses and soufflés fall under this category.

**zerde** (zerr-dee) A sweet Iranian pudding flavored with cinnamon, rosewater, and saffron.

**zero mist** A dessert cocktail made with two parts crème de menthe and one part water.

**zest** The colored outer skin of the rind of a citrus fruit. It may be removed with a *zester*, knife or vegetable peeler; only the colored portion of the skin is desirable because the white pith under the skin is bitter. Zest is a popular ingredient in cooking and baking; the peel contains the fruit's aromatic and flavorful essential oils. It may also be candied and used as is or as an ingredient in custards, cakes, pastries, and other confections.

**zester** A hand tool for harvesting the outer rind of citrus fruit. There are several varieties, including one that has five small holes that removes the zest in thin strips, one that removes the zest in one wide strip, and a miniature grater that removes the zest in flakes. It may also be purchased as a combination stripper/zester.



**zhan mi fen** (han me fan) A Chinese rice flour made from long-grained rice.

**zhi ma jiang** (shee ma 'gee-hang) A sesame seed paste from China.

**zhoug** (tsoos) A spicy dipping sauce for soft *flatbreads*, popular in the Yemini community of Israel. It is made with a mixture of fresh parsley and cilantro, chiles, garlic, cumin, and oil.

**Zimtsterne** ('tsimt-stehrn-eh) The German word for “cinnamon stars,” referring to an almond Christmas cookie flavored with lemon or Kirsch and topped with a cinnamon-flavored meringue. Once baked, they are decorated with colored sugar crystals.

**Zinfandel grape** ('zihn-fuhn-dehl) A red grape that produces a light, slightly sweet white or a bold, fruity full-bodied red wine. Originally from Europe, this grape is now grown widely in California. The white wine is typically drunk as is or made into a *spritzer*; while the red pairs well with chocolate desserts. Although less common, there are also late-harvest zinfandels that are very sweet and served as a dessert wine.

**Zitron** ('ziht-trohn) A Swiss pastry of sweet tart dough filled with smooth, rich lemon curd and topped with a thin layer of yellow fondant. It is decorated with a chocolate *Z* on top.

**zombie** A dessert cocktail of pineapple, lime, and orange juice, apricot brandy, light and dark rum, and passion fruit syrup.

**Zubrovka** (zoo-'brahv-kah) Another name for *Zubrowka*.

**Zubrowka** (zoo-'bravv-kah) A yellowish vodka from Poland and Hungary, which contains a blade of bison grass in each bottle. Also called *Zubrovka*.

**zuccotto** (zoo-'koht-toh) A dome-shaped Italian dessert made by lining a mold with ladyfingers that have been soaked in liqueur and then filling it with sweetened whipped cream, candied fruit, chopped chocolate, and toasted hazelnuts. It is then topped with additional cake and chilled until set. The dessert is inverted and dusted with confectioners' sugar and cocoa powder. The name is believed to derive from the Italian *duomo*, which means “cathedral church,” because these desserts are typically built with a similar dome-shaped ornamental top.

**Zucker** ('zook-kehr) The German word for *sugar*.

**Zuger Kirschtorte** ('zook-kehr Kirsch-tohrt) A Swiss torte made by sandwiching two almond or hazelnut meringue layers with Kirsch-flavored buttercream and genoise that has been brushed with a Kirsch syrup. The torte is iced with the Kirsch buttercream and the sides covered with toasted almonds or hazelnuts. The top is heavily dusted with confectioners' sugar and scored in a diamond pattern. It is named after the Swiss town of Zug, where it was created. Also known as *Kirschtorte*.

**zuppa inglese** ('zoo-pah een-'glay-zeh) Italian for “English soup,” referring to a chilled dessert made by layering Kirsch-soaked sponge cake with pastry cream, candied fruit, whipped cream, and toasted almonds. The cake is topped with meringue and browned in the oven. It was invented in the 19th century by

Neapolitan pastry cooks who were inspired by the English puddings that were popular at the time.

**Zurich leckerli** See *leckerli*.

**zurra** ('zohr-ah) See *sangría*.

**Zwetschgen im Strudelteig** ('tsvehtsh-gehn-im-stroo-dehl-tihk) A deep-fried plum strudel from Germany.

**Zwieback** ('zwhy-bahk) The German word for “twice baked,” referring to a cracker-like bread. It is made baking bread and then slicing it into pieces and baking it again until it is crisp and dry.

**zymase** (tsee-mah-she) A yeast enzyme that takes part in the breakdown of sugars during the fermentation process.

**zymurgy** ('zi-mahr-jee) The area of chemistry that deals with fermentation, particularly for brewing.

