

LUNCH PROGRAM CULINARY GLOSSARY

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| <u>Adobo</u> | Dark, red ground chili sauce |
| <u>Aioli</u> | Garlicy mayonnaise based sauce from South of France |
| <u>Anaheim Pepper</u> | Long, narrow green chili pepper with a sweet/mild taste |
| <u>Andouille Sausage</u> | Spicy smoked sausage from French tradition made popular by Cajun's in their gumbos and jambalyas |
| <u>Antipasto</u> | meaning "before pasta" - a hot/cold Hor D'oeuvre containing nearly any variety of meats, cheese, vegetables other than pastas |
| <u>Baba Ghanough</u> | Middle Eastern puree of tahini, eggplant, olive oil and lemon juice (tahini is a paste of sesame seeds) |
| <u>Baja Style</u> | Ingredients indigionous to Baja Mexico - typically a Mexican cuisine with a slight Cuban/Caribbean influence |
| <u>Balsamic Vinegar</u> | Italian vinegar made from the Trebbiano grape which gets its color and flavor by a multi barrel and multi wood aging process |
| <u>Basmati Rice</u> | Named the "queen of fragrance" is a long grain rice found in Indian and Middle Eastern markets consisting of a nutlike aroma |
| <u>Cannelloni</u> | Large pasta tubes stuffed with meat and/or cheese and baked |
| <u>Capers</u> | Sundried and marinated in a pickling brine flower bud of a Mediteranean and Asian bush |
| <u>Caprese</u> | Italian salad of fresh tomatoes, buffala mozzarella and basil |
| <u>Chipotle Pepper</u> | Smoked jalapeno with "chocolately" flavor |
| <u>Chorizo</u> | Seasoned pork sausage of primarily garlic, paprika, and chili powder of Spanish/Mexican cookery |
| <u>Chowder</u> | Thick seafood soup often of clams often containing potatoes as thickening agent |
| <u>Cioppino</u> | Italian fish or shellfish tomato stew |
| <u>Corinader</u> | a seed native to the Mediterranean and Orient with a lemony and sage perfume while leaves are known as cilantro |
| <u>Couscous</u> | Semolina grain native to North Africa is often steamed and served as an entrée filled with meats and vegetables |
| <u>Curry</u> | From an Indian word Kari meaning sauce refers to a hot, spicy sauce |
| <u>Curry Powder</u> | Indian spices combined in a wide variety of combinations often composed by region - common spices include chili, cinnamon, close, corriander, cumin and mace. |
| <u>Dirty Rice</u> | Cajun speciality of cooking meats, onion and bacon in the rice to give an off white color |
| <u>Edamame</u> | Japanese name for soybean |

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| <u>Enchilada</u> | Mexican dish of a rolled corn tortilla filled with meat and cheese topped with tomato salsa |
| <u>Etouffee</u> | Thick Cajun stew dish from the French word meaning "smother" usually containing shrimp or crawfish |
| <u>Feta</u> | Greek sheep or goat milk cheese made in a salty whey brine |
| <u>Ghee</u> | Clarified butter that has the milk solids removed and used in Middle Eastern cuisines |
| <u>Gnocchi</u> | Italian dumplings often made of potatoes |
| <u>Grits</u> | Native American staple of courseley to fine ground cornmeal porridge often flavored with regional ingredients or served plain with butter |
| <u>Guacomole</u> | Orginally an Aztec staple of avocadoes, tomatoes, and salt, Spanish Conquistadors took recipe back to Spain |
| <u>Gumbo</u> | Creole stew made of many regional ingredients including tomatoes, onions and okra |
| <u>Gyro</u> | Greek "sandwich" made with roasted lamb and served in a pita or flatbread with a cucumber/mint sauce |
| <u>Hearts of Palm</u> | Edible portion of a cabbage palm tree, typically from Brazil and Florida, tastes of white aparagus and artichoke hearts |
| <u>Holy Trinity</u> | Cajun and Creole term for combing green peppers, onions and celery as a base to soups and sauces |
| <u>Hoppin John</u> | Believed to be named after a slave from the South, this is a black eye pea dish cooked with pork over rice |
| <u>Hummus</u> | Middle Eastern sauce from mashed chick peas with lemon juice, garlic, olive oil and ground sesame seed paste (tahini) |
| <u>Jambalya</u> | Creole rice dish created from the French word Jambon meaning ham but can typically be used with any meat in this dish |
| <u>Jasmine Rice</u> | An aromatic rice from Thailand comparable to the Indian Basmati Rice |
| <u>Jerk Seasoning</u> | Most combinations of chillis, thyme, cinnamon, ginger, cloves and garlic used in rubs or marinades |
| <u>Jicama</u> | Often referred as a Mexican potato with a sweet, nutty flavor |
| <u>Kalamata Olive</u> | Almond shaped Greek olive containing rich, fruity flavor |
| <u>Kimchee</u> | Korean spicy condiment made up of fermented cabbage or turnips |
| <u>Manchego</u> | A Spanish sheep's milk semi firm cheese with a full, mellow flavor |
| <u>Manicotti</u> | Narrow tube like noodle filled with meat and/or cheese and covered with sauce |
| <u>Minestrone</u> | Minesta is Italian for soup - Minestrone refers to "big" soup containing thick amounts of vegetables and noodles |

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| <u>Mojo</u> | Popular Cuban and Caribbean culinary term referring to recipes using garlic, cumin and a variety of citrus ingredients |
| <u>Naan</u> | Middle Eastern flatbread lightly leavened by natural yeast |
| <u>Pad Thai</u> | Thailand noodle dish made in a variety of ways including peanuts, sprouts, and chilis |
| <u>Paella</u> | Spanish stew like dish of saffron flavored rice using an assortment of meats, seafoods, vegetables and accented with Chorizo sausage |
| <u>Panang</u> | Traditional Thai dish consisting of coconut milk, curry paste and fish sauce |
| <u>Panko</u> | Crustless bread crumbs often used in Japanese cooking |
| <u>Peperonada</u> | Dish containing roasting peppers, tomatoes, onion, and garlic in olive oil |
| <u>Pesto</u> | Basil/garlic sauce containing pinenuts, olive oil and parmesan |
| <u>Pico de Gallo</u> | Southwest relish made of freshly chopped peppers, cucumbers, tomatoes and onions |
| <u>Pierogi</u> | Polish half moon shaped dumpling |
| <u>Piroshki</u> | Small Russian pastry turnover filled with meats,cheese, seafood or vegetables |
| <u>Pissaladiere</u> | South of France specialty of a flaky pizza-like tart |
| <u>Pita Bread</u> | Middle Eastern flatbread made of white or wheat flour baked to form a "pocket" to be filled with meats, seafood or vegetables |
| <u>Poblano</u> | A dark green mild chili |
| <u>Po Boy</u> | Sandwich of loaf bread filled with cultural ingredients - other regional names are: sub, hogie, and grinder |
| <u>Polenta</u> | Cornmeal dish from Northern Italy mixed with cheeses |
| <u>Ponzu Sauce</u> | Japanese dipping sauce of rice vinegar, soy, mirin and dried bonito flakes |
| <u>Primavera</u> | An Italian term meaning "spring style" to use a variety of fresh vegetables in dishes |
| <u>Prosciutto</u> | An Italian term meaning "ham" is seasoned,salt cured (not smoked) and air dried |
| <u>Puttanesca</u> | A tangy group of ingredients made up of tomatoes, capers, olives, garlic and anchovies usually used on pasta |
| <u>Pupu</u> | Hawaiian term meaning an assortment of appetizers |
| <u>Ragout</u> | French rich, thick stew like dish made up of meat, fish, or vegetables |

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| <u>Ragu</u> | Northern Italy meat sauce served with pasta |
| <u>Raita</u> | Indian yogurt salads combined with chopped vegetables such as cucumbers, eggplant and fruits and seasoned with Garam Masala |
| <u>Ratatouille</u> | A Provence dish combining eggplant, tomatoes, onions, bell peppers, garlic, and herbs in olive oil |
| <u>Ravioli</u> | A square noodle filled with meats, seafood, or cheese |
| <u>Rigatoni</u> | Short tubes of macaroni pasta |
| <u>Saffron</u> | The world's most expensive spice is used from the stigmas of the purple crocus flower to provide a pungent, aromatic flavor |
| <u>Saga Blue</u> | A soft, double cream bleu cheese from Denmark with a elegant, mellow flavor |
| <u>Saganaki</u> | Greek appetizer of Kasseri cheese often accompanied with pita bread |
| <u>Saltimbocca</u> | An Italian culinary term which must include sage and prosciutto ham |
| <u>Sambal</u> | Common condiment in Indonesia, Malaysia, and southern India made up of chilis, brown sugar and salt |
| <u>Scaloppini</u> | Italian cooking term to slice thinly |
| <u>Scampi</u> | An Italian name for prawns, U.S restaurants use this term to describe shrimp with a garlic butter sauce |
| <u>Schnitzel</u> | German word for "cutlet" describing meat that is dipped in egg and breaded |
| <u>Serrano Chili</u> | A small very hot chili with a savory flavor |
| <u>Slider</u> | Name given to mini sub or hogie sandwiches |
| <u>Soba</u> | Japanese buckwheat noodle |
| <u>Souvlakia</u> | Greek dish consisting of marinated lamb in olive oil, lemon juice and oregano then grilled |
| <u>Spaetzle</u> | German dumpling dish of very small noodles of flour, eggs, milk, and nutmeg |
| <u>Spanakopita</u> | Greek spinach pie made with phyllo dough and feta cheese |
| <u>Spring Roll</u> | Smaller more delicate version of the egg roll comprising of paper thin wrappers filled with savory fillings |
| <u>Succotash</u> | Southern dish of corn, beans and sweet peppers derived from the Native Americans |
| <u>Sunomono</u> | Japanese word for "vinegared things" used in or as a salad of sweetening vinegar to marinate vegetables, meats, or seafood |

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| <u>Tagilioni</u> | Long paper thin ribbon noodles |
| <u>Tahini</u> | Sesame seed paste used in Middle Eastern cooking |
| <u>Tamari</u> | More mellow, yet thicker soy sauce |
| <u>Tandoori</u> | A round top oven to cook items with a smokey, very hot temperature - also a spiced filled yogurt marinade for meats and seafood |
| <u>Tapenade</u> | A thick paste or relish of capers, anchovies, olives and olive oil from the Provence region of France |
| <u>Tempura</u> | Japanese batter dipped meat, fish, or vegetables |
| <u>Teriyaki</u> | Japanese cooking method for marinating ingredients in a ginger, soy, and sugar liquid |
| <u>Tilapia</u> | A lowfat white fish with a sweet, fine texture flesh imported from Indonesia and South America |
| <u>Tomatilla</u> | Mexican green tomato |
| <u>Tortellini</u> | Small pasta stuffed with various fillings and folded over to form a hat or ring shape |
| <u>Tzatkiki</u> | Yogurt sauce made with cucumbers, garlic, olive oil, lemon juice and mint |
| <u>Vidalia Onion</u> | Large pale onion with an extremely sweet and juicy flavor from Vidalia, Georgia |
| <u>Yeung Chow</u> | Cantonese style fried rice often with BBQ pork, shrimp, eggs, and peas |