

## ARVM LUNCH PROGRAM CULINARY GLOSSARY



<b>Adobo</b>	Dark, red ground chili sauce
<b>Aioli</b>	Garlicy mayonnaise based sauce from South of France
<b>Anaheim Pepper</b>	Long, narrow green chili pepper with a sweet/mild taste
<b>Andouille Sausage</b>	Spicy smoked sausage from French tradition made popular by Cajun's in their gumbos and jambalayas
<b>Antipasto</b>	meaning “before pasta” - a hot/cold Hors D'oeuvre containing nearly any variety of meats, cheese, vegetables other than pastas
<b>Baba Ghanouj</b>	Middle Eastern puree of tahini, eggplant, olive oil and lemon juice (tahini is a paste of sesame seeds)
<b>Baja Style</b>	Ingredients indigenous to Baja Mexico - typically a Mexican cuisine with a slight Cuban/Caribbean influence
<b>Balsamic Vinegar</b>	Italian vinegar made from the Trebbiano grape which gets its color and flavor by a multi barrel and multi wood aging process
<b>Basmati Rice</b>	Named the “queen of fragrance” is a long grain rice found in Indian and Middle Eastern markets consisting of a nutlike aroma
<b>Cannelloni</b>	Large pasta tubes stuffed with meat and/or cheese and baked
<b>Capers</b>	Sundried and marinated in a pickling brine flower bud of a Mediterranean and Asian bush
<b>Caprese</b>	Italian salad of fresh tomatoes, buffalo mozzarella and basil
<b>Chipotle Pepper</b>	Smoked jalapeno with “chocolately” flavor
<b>Chorizo</b>	Seasoned pork sausage of primarily garlic, paprika, and chili powder of Spanish/Mexican cookery
<b>Chowder</b>	Thick seafood soup often of clams often containing potatoes as thickening agent
<b>Cioppino</b>	Italian fish or shellfish tomato stew
<b>Coriander</b>	a seed native to the Mediterranean and Orient with a lemony and sage perfume while leaves are known as cilantro
<b>Couscous</b>	Semolina grain native to North Africa is often steamed and served as an entrée filled with meats and vegetables



<b>Curry</b>	From an Indian word Kari meaning sauce refers to a hot, spicy sauce
<b>Curry Powder</b>	Indian spices combined in a wide variety of combinations often composed by region - common spices include chili, cinnamon, clove, coriander, cumin and mace.
<b>Dirty Rice</b>	Cajun speciality of cooking meats, onion and bacon in the rice to give an off white color
<b>Edamame</b>	Japanese name for soybean
<b>Enchilada</b>	Mexican dish of a rolled corn tortilla filled with meat and cheese topped with tomato salsa
<b>Etouffee</b>	Thick Cajun stew dish from the French word meaning “smother” usually containing shrimp or crawfish
<b>Feta</b>	Greek sheep or goat milk cheese made in a salty whey brine
<b>Ghee</b>	Clarified butter that has the milk solids removed and used in Middle Eastern cuisines
<b>Gnocchi</b>	Italian dumplings often made of potatoes
<b>Grits</b>	Native American staple of coarsely to fine ground cornmeal porridge often flavored with regional ingredients or served plain with butter
<b>Guacomole</b>	Originally an Aztec staple of avocados, tomatoes, and salt, Spanish Conquistadors took recipe back to Spain
<b>Gumbo</b>	Creole stew made of many regional ingredients including tomatoes, onions and okra
<b>Gyro</b>	Greek “sandwich” made with roasted lamb and served in a pita or flatbread with a cucumber/mint sauce
<b>Hearts of Palm</b>	Edible portion of a cabbage palm tree, typically from Brazil and Florida, tastes of white asparagus and artichoke hearts
<b>Holy Trinity</b>	Cajun and Creole term for combining green peppers, onions and celery as a base to soups and sauces
<b>Hoppin John</b>	Believed to be named after a slave from the South, this is a black eye pea dish cooked with pork over rice
<b>Hummus</b>	Middle Eastern sauce from mashed chick peas with lemon juice, garlic, olive oil and ground sesame seed paste (tahini)
<b>Jambalya</b>	Creole rice dish created from the French word Jambon meaning ham but can typically be used with any meat in this dish



<b>Jasmine Rice</b>	An aromatic rice from Thailand comparable to the Indian Basmati Rice
<b>Jerk Seasoning</b>	Most combinations of chilis, thyme, cinnamon, ginger, cloves and garlic used in rubs or marinades
<b>Jicama</b>	Often referred as a Mexican potato with a sweet, nutty flavor
<b>Kalamata Olive</b>	Almond shaped Greek olive containing rich, fruity flavor
<b>Kimchee</b>	Korean spicy condiment made up of fermented cabbage or turnips
<b>Manchego</b>	A Spanish sheep's milk semi firm cheese with a full, mellow flavor
<b>Manicotti</b>	Narrow tube like noodle filled with meat and/or cheese and covered with sauce
<b>Minestrone</b>	Minesta is Italian for soup - Minestrone refers to "big" soup containing thick amounts of vegetables and noodles
<b>Mojo</b>	Popular Cuban and Caribbean culinary term referring to recipes using garlic, cumin and a variety of citrus ingredients
<b>Naan</b>	Middle Eastern flatbread lightly leavened by natural yeast
<b>Pad Thai</b>	Thailand noodle dish made in a variety of ways including peanuts, sprouts, and chilis
<b>Paella</b>	Spanish stew like dish of saffron flavored rice using an assortment of meats, seafoods, vegetables and accented with Chorizo sausage
<b>Panang</b>	Traditional Thai dish consisting of coconut milk, curry paste and fish sauce
<b>Panko</b>	Crustless bread crumbs often used in Japanese cooking
<b>Peperonada</b>	Dish containing roasting peppers, tomatoes, onion, and garlic in olive oil
<b>Pesto</b>	Basil/garlic sauce containing pinenuts, olive oil and parmesan
<b>Pico de Gallo</b>	Southwest relish made of freshly chopped peppers, cucumbers, tomatoes and onions
<b>Pierogi</b>	Polish half moon shaped dumpling
<b>Piroshki</b>	Small Russian pastry turnover filled with meats,cheese, seafood or vegetables



<b>Pissaladiere</b>	South of France specialty of a flaky pizza-like tart
<b>Pita Bread</b>	Middle Eastern flatbread made of white or wheat flour baked to form a “pocket” to be filled with meats, seafood or vegetables
<b>Poblano</b>	A dark green mild chili
<b>Po Boy</b>	Sandwich of loaf bread filled with cultural ingredients - other regional names are: sub, hogie, and grinder
<b>Polenta</b>	Cornmeal dish from Northern Italy mixed with cheeses
<b>Ponzu Sauce</b>	Japanese dipping sauce of rice vinegar, soy, mirin and dried bonito flakes
<b>Primavera</b>	An Italian term meaning “spring style” to use a variety of fresh vegetables in dishes
<b>Prosciutto</b>	An Italian term meaning “ham” is seasoned, salt cured (not smoked) and air dried
<b>Puttanesca</b>	A tangy group of ingredients made up of tomatoes, capers, olives, garlic and anchovies usually used on pasta
<b>Pupu</b>	Hawaiian term meaning an assortment of appetizers
<b>Ragout</b>	French rich, thick stew like dish made up of meat, fish, or vegetables
<b>Ragu</b>	Northern Italy meat sauce served with pasta
<b>Raita</b>	Indian yogurt salads combined with chopped vegetables such as cucumbers, eggplant and fruits and seasoned with Garam Masala
<b>Ratatouille</b>	A Provence dish combining eggplant, tomatoes, onions, bell peppers, garlic, and herbs in olive oil
<b>Ravioli</b>	A square noodle filled with meats, seafood, or cheese
<b>Rigatoni</b>	Short tubes of macaroni pasta
<b>Saffron</b>	The world’s most expensive spice is used from the stigmas of the purple crocus flower to provide a pungent, aromatic flavor
<b>Saga Blue</b>	A soft, double cream bleu cheese from Denmark with a elegant, mellow flavor
<b>Saganaki</b>	Greek appetizer of Kassereri cheese often accompanied with pita bread



<b><i>Saltimbocca</i></b>	An Italian culinary term which must include sage and proscuitto ham
<b><i>Sambal</i></b>	Common condiment in Indonesia, Malaysia, and southern India made up of chilis, brown sugar and salt
<b><i>Scaloppini</i></b>	Italian cooking term to slice thinly
<b><i>Scampi</i></b>	An Italian name for prawns, U.S restaurants use this term to describe shrimp with a garlic butter sauce
<b><i>Schnitzel</i></b>	German word for “cutlet” describing meat that is dipped in egg and breaded
<b><i>Serrano Chili</i></b>	A small very hot chili with a savory flavor
<b><i>Slider</i></b>	Name given to mini sub or hogie sandwiches
<b><i>Soba</i></b>	Japanese buckwheat noodle
<b><i>Souvlakia</i></b>	Greek dish consisting of marinated lamb in olive oil, lemon juice and oregano then grilled
<b><i>Spaetzle</i></b>	German dumpling dish of very small noodles of flour, eggs, milk, and nutmeg
<b><i>Spanakopita</i></b>	Greek spinach pie made with phyllo dough and feta cheese
<b><i>Spring Roll</i></b>	Smaller more delicate version of the egg roll comprising of paper thin wrappers filled with savory fillings
<b><i>Succotash</i></b>	Southern dish of corn, beans and sweet peppers derived from the Native Americans
<b><i>Sunomono</i></b>	Japanese word for “vinegared things” used in or as a salad of sweetening vinegar to marinate vegetables, meats, or seafood
<b><i>Tagilioni</i></b>	Long paper thin ribbon noodles
<b><i>Tahini</i></b>	Sesame seed paste used in Middle Eastern cooking
<b><i>Tamari</i></b>	More mellow, yet thicker soy sauce
<b><i>Tandoori</i></b>	A round top oven to cook items with a smokey, very hot temperature - also a spiced filled yogurt marinade for meats and seafood
<b><i>Tapenade</i></b>	A thick paste or relish of capers, anchovies, olives and olive oil from the Provence region of France

<b>Tempura</b>	Japanese batter dipped meat, fish, or vegetables
<b>Teriyaki</b>	Japanese cooking method for marinating ingredients in a ginger, soy, and sugar liquid
<b>Tilapia</b>	A lowfat white fish with a sweet, fine texture flesh imported from Indonesia and South America
<b>Tomatilla</b>	Mexican green tomato
<b>Tortellini</b>	Small pasta stuffed with various fillings and folded over to form a hat or ring shape
<b>Tzatziki</b>	Yogurt sauce made with cucumbers, garlic, olive oil, lemon juice and mint
<b>Vidalia Onion</b>	Large pale onion with an extremely sweet and juicy flavor from Vidalia, Georgia
<b>Yeung Chow</b>	Cantonese style fried rice often with BBQ pork, shrimp, eggs, and peas

