

Glossary: Gourmet Terms, International Dishes, Table Settings

PREPARATION:

A la broche or en brochette- a la BROch En brochette skewered like a shish kabob

Al dente- al DEN te- Italian pasta cooked to point of slight resistance to teeth

Chinese styles: Cantonese- Chinese style with roasted meats fried rice, Shark fin Soup, Birds Nest Soup; **Szechuan-Hunan**- SEHshu an- HU nan- hot spicy Chinese dishes; **Mandarin**- aristocratic dishes of finest ingredients

Confit - salted meat aged in brine- especially duck, goose, pork

Coulis- KOO lus- puree of vegetables or fruit as a sauce dribbled around plate as a flavoring agent

Du jour- term applied to special for the day

En croute- en CRUT prepared in a flaky crust

Kosher- Jewish dietary laws; meat sold within 48 hours of butchering, no mixing of meat and dairy

Maitre d'hôtel-MAYtre dohTEL- meat or fish with butter, parsley and lemon

Menu styles: A la carte- each item on menu is priced separately; **Pris Fixe**- PREE FEEX fixed price for entire meal appetizer to dessert; **Tasting menu**: chef's samples of multiple food for each course-set price

Paillard- pieLARD- **meat or fish pounded very thin and grilled or sauteed**

Sushi- SOO she- Japanese nori seaweed around steamed rice with raw fish

Sashimii- sahSHEE mee – Japanese sliced raw fish-served with daikon radish, pickled ginger, soy sauce and wasabi-green horseradish paste- usually an appetizer

Tempura- temPUHra- Japanese batter dipped deep fried fish or vegetables

Quenelle- kwuhNELL-Pastry with puree of raw fish, veal or chicken-poached in seasoned liquid

Vegan- vegetarian no meat or animal derivatives (eggs or dairy)-preferably organic

Vegan ovo-lacto- vegetarian with eggs and dairy

BREADS:

Baguette- bag ET- long thin crusty French bread

Beignet- bin YEA- French square doughnut with powdered sugar

Brioche-breeOCHE- rich French bread with eggs, butter...shiny crust with rounded "head"

Chapati- Indian flat bread

Croissant- kwoSANT-crescent shaped flaky French roll-

Focaccia- fo CAHCH ee a- Italian flat bread

Grissini- gruhSINee- long thin strawlike Italian bread sticks

Matzoh (Matza)- MAT za- cracker like bread, often for fasting at Jewish holiday of Yom Kippur

Naan – Indian flat bread similar to a tortilla

Panini- pahNEEnee- Italian roll for sandwiches

Pita- PEEtah- Middle Eastern flat pocket bread often filled as a sandwich

SOUPS, APPETIZERS

Bisque- BISK- thickened soup of shellfish

Borscht- Russian chilled beet soup

Bouillabaise- BOO yah bays- French seafood stew

Bruschetta- brusKETTA- Italian toasted bread slices with chopped tomato, olive oil, onion and cheese

Carpaccio- car PAH cheeo- thin shavings of raw beef

Crostini- crosTEE nee- Italian canapés toasted bread slices with cheese

Dashi- common Japanese soup base or broth of bonito flakes and kelp

Matza Ball Soup- chicken broth with large dumpling

Profiterole- pro FIT eroll- small puff pastry filled with pate

Vichyssoise- vih she SWA- French cold potato soup

Won Ton Soup- Chinese broth with ravioli like filled dough

ENTREES:

Ahi Tuna- Ahee- mild tuna fish steak served rare

Blintzes- Jewish- thin pancakes around fruit or cream cheese or meat

Calamari-kahlahMAREe-Italian squid or octopus

Cassoulet- cass ou LAY- French bean stew; assorted meats layered with confit of lamb, pork sausage

Clams- Hard shell: little neck, cherrystone, quahog; soft shell- steamer, razor, geoduck

Cioppino- chopPINO Italian fish stew

Couscous- COOS COOS-Middle Eastern stew with long grains of semolina with fish or meat or vegetables

Dolma- DOLLmah- stuffed grape leaves with rice and meat filling- Middle Eastern

Entrecote- beef cut from between the ribs

Foie Gras- fwah-GRAH- seasoned goose liver

Falafel- Middle Eastern dweep fried balls of spiced ground chick peas served with Pita and yogurt or tahini sauce

Gefilte Fish- guhFILLte fish- ground fish with eggs matza in patties or balls and broth

Gnocchi- NOCKee- Italian potato dumpling

Kibbeh- KIBbeh- Middle Eastern ground meat and burghul (cracked wheat)

Kreplach- KREPlak- Jewish ravioli

Mahi Mahi- dolphin

Mozzarella di bufalo- Italian soft, mild mozzarella cheese from water buffalo milk

Moussaka- mooSAHK a- Greek casserole with layered meat, egg plant, vegetables

Paella- pie AY ya- Spanish stew with saffron rice, chicken, mussels, sausage, shellfish

Pate- pahTAY- paste of ground meat, liver of duck, veal goose, chicken- often spread on crackers

Polenta- pohLENTa- Italian cornmeal mush

Quiche- KEYSH- open faced French pastry shell with egg custard and fillings

Ragout- raGOO- French stew with a rich gravy

Ratatouille- rah tah TU ee- Mediterranean eggplant casserole

Risotto- riSOHtoh-braised Italian Arborio rice served with cheese, etc

Salmi-SAL mee- rich game stew

Steak Tartare- tarTAR- raw ground filet mignon

Seviche- seh VEEche- Spanish raw fish scallops shrimp marinated “cooked” in citrus juices served with onions, chiles, peppers

Sweetbreads- brains or organs of goose, veal

Trout Meuniere- munYAIR- trout sautéed in butter with lemon, parsley

SALADS, SIDE DISHES:

Babba Ghannouj- BABA ghaNOUSH- Middle Eastern egg plant puree with sesame seeds spread for pita –(flat pocket bread)

Crudites- crudiTAYS- raw vegetable salad

Dim Sum- Chinese dumplings

Haricort Verts- harry cor VAR – thin small green beans

Hummus- HUMMUS- Middle Eastern ground chick peas as spread for pita bread

Kimchee- KIM chee- Korean staple of spicy fermented pickled vegetables

Mesclun- mixed young, delicate salad greens

Tabbouleh- TAB oooleh- Middle Eastern salad of chopped mint, parsley, radishes and cracked wheat

INGREDIENTS, SAUCES:

Caponata- spread or cold salad of eggplant, celery, tomatoes, raisins

Capsicum- green pepper

Guacamole- gwa ka MOH lee-Mexican mashed avocados with onions, tomatoes, cilantro

Hoisin Sauce- thick reddish brown sweet and spicy sauce in Chinese cooking with Peking Duck

Kalamata olives- Greek dark olives

Lychees- fruits

Marscapone- MARScA PONeh- very rich silky Italian cheese used in tiramisu and ravioli filling

Miso MEE so- Japanese paste of soy beans, grains aged and served with a range of dishes

Mushrooms- oyster, Portobello, porcini -porCHEEnee, shiitake -shiTAHkee

Pesto- Italian sauce of basil, garlic, pine nuts, Parmesan cheese for many dishes

Pignoli nuts- pin YOLee- pine nuts, Asian and Italian seeds from pine trees

Remoulade- rehmo LAHD- French sauce with mayonnaise, mustard, capers, gherkins, anchovies

Tahini- ta HEENee creamy paste of sesame seed

Tapenade- black olive paste with anchovies, capers, lemon

Truffles- fungus, like a mushroom, very expensive in French cooking, smelled underground by pigs OR a chocolate candy

Wasabi- wahSAHbee- Japanese horseradish served in a green paste with Sushi- break off and mix with soy sauce.

Zest- citrus rind

SWEETS:

Biscotti- bisCOHtee- Italian hard cookie in slices with anise or nut flavors

Cassata Siciliana- cas SAHT a siCHEEliANa- mound of different ice creams with candied fruit and nuts

Clotted Cream- specialty of Devonshire, England- served in “High or Cream Tea” with jam and scones

Crème Brulee- CREM bruh LAY- French pudding of eggs, milk-custard like

Gâteau- gat OH- French round flat cake –foundation for jelly or fruits

Gelato- gel AH toh- Italian ice cream, very rich

Macedoine-masehDWAN fresh fruit cup served cold or fresh vegetables served hot or cold

Madeleine- French shell shaped cake like cookie with lemon

Sorbet- sorBAY- frozen fruit juices often served between courses to cleanse palate

Syllabub- English dessert of whipped cream with brandy and fruit preserves

Zabaglione- zaBAL ee OH neh- sweet Italian sauce of egg yolk, sugar, brandy or sherry

ALCOHOL, LIQUEURS:

Amaretto- a marETto almond

Anisette-anihSET licorice, French

Absinthe- ABSinth licorice, French

B & B- brandy and Benedictine

Chartreuse- charTRUSE herbal liqueur

Curaçao- CUR eh soh- Orange peels

Crème de cacao- chocolate

Drambuie- dramBOOee- Scotch, honey and herbs **Frangelico-** hazelnut

Framboise- framBWAH raspberry

Grand Marnier-grand marNEEAY orange

Kahlua- kaLUa Mexican coffee flavored

Midori- Japanese, sweet melon

Ouzo- licorice, Greek

Sake- SAH kee- Japanese heated rice wine...really a form of beer, served in tiny porcelain cups

Sambuca-samBUka licorice, Italian, often served with whole coffee beans

Tia Maria- Jamaican- coffee flavored

Triple Sec- orange

WINE TERMS: for menu descriptions

Nose- smell of the wine

Bouquet- smell of more complex fuller wines
Taste: 3 different time points: first in the mouth, palate and finish or aftertaste
Colour- as seen through a glass tilted toward light source
Legs- liquid rivulets on inside of glass after swirling as sign of higher alcoholic content
Dry- little or no sweetness
Fruity- a little extra sweetness
Hard- puckery taste full of acid or tannin
Tannin- part of skins, stems and seeds of grapes yielding a bitter taste; natural preservative and balancer for wine
Fresh- lively, fruity
Oaky or Woody- taste or smell of fresh sawn wood- from the barrel aging
Austere- hard, restrained fruit and character
Oily- vaguely fatty, slippery sensation especially in chardonnays and sweet wines

Naming Wines

In Italy, France, Germany, wines are named for the geographical region.
 Examples: Bordeaux, Champagne, Burgundy, Chianti, Chablis, Rhine, Sancerre, Alsace, Beaujolais.
 Grapes may be mixed varieties.
 French Chateau wines are from own vineyards

American Wines: Oregon, California SAFE Choices: California Regions NAPA and SONOMA Valleys, near San Francisco

Wines named for variety of grape
 Red Grapes: *Cabernet Sauvignon, Merlot, Zinfandel, Pinot Noir*
 White Grapes: *Chardonnay, Riesling, Sauvignon Blanc, Pinot Blanc, Gewurztraminer*
 . Other names are marketing ideas: *Fumé Blanc, Rosé, Rubesco*

Whites:

Chardonnay- shar done AY dry, white wine.
 Sauvignon Blanc- Sav inYAWN blahnk- from Sauvignon Blanc grape
 Viognier- Vee onYEA
 Riesling—REESling-
 Pinot Blanc- PEENo Blahnk-
 Gewurztraminer- GeVURTZtra MEEner
 Fume Blanc- FuMAY blahnk

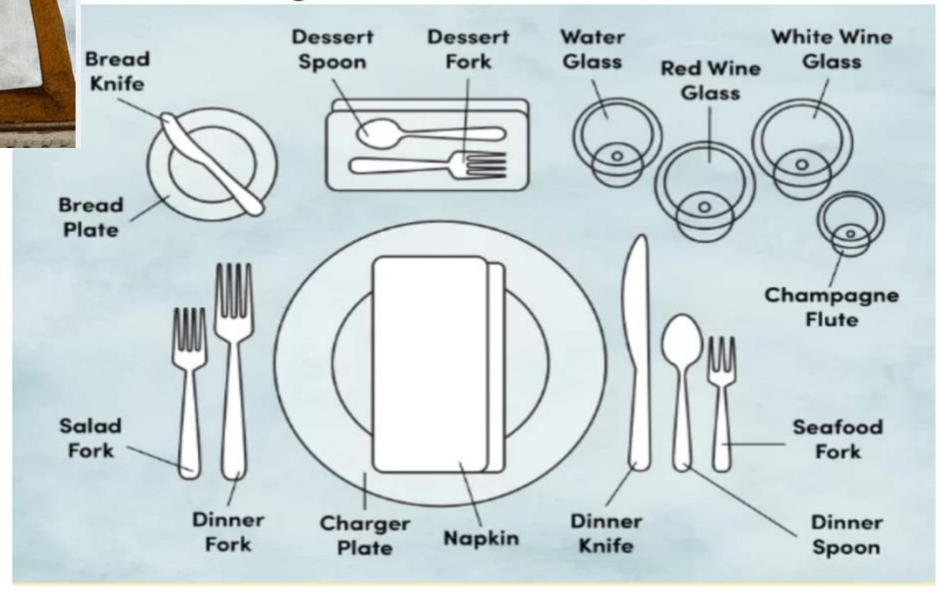
Reds:

Cabernet Sauvignon- CaberNAY Sav inYAWN
 Mer lot- Mer LOW
 Pinot Noir- PEENo NUAH
 Zinfandel-ZINfandell

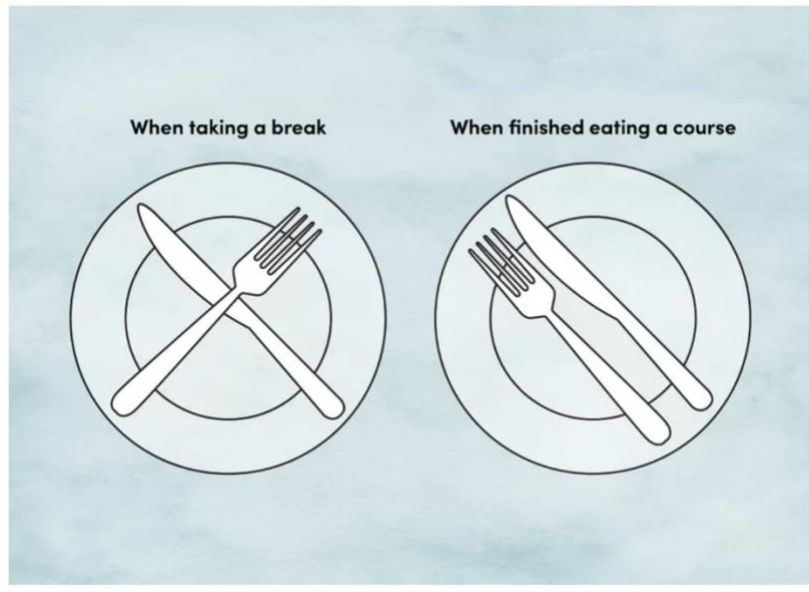


Wine glasses have different shapes for red and white wines. Red glasses are more bulbous. Whites are taller and thinner. This is to accommodate room for swirling. Only fill glasses about 1/2 full. Red wines are more robust in flavor and whites more subtle. The bulbous red glass allows more room to swirl; swirling allows oxygen to meet the wine surface and releases the flavor and bouquet.

Place Setting



Which glass or bread plate is yours?
b for bread and d for drink.
 Use your thumb and index fingers to shape the letters--- the right hand makes a d for drink on the right side; the left hand makes a b for bread plate on the left.



European etiquette differs. When cutting a bite, typically Americans change fork back to the right hand after cutting a bite of meat. In Europe, the knife remains in right hand and food is from fork in left hand, tines curving down. See video <https://www.wikihow.com/Use-a-Fork-and-Knife>
 Signals like the placement of utensils tell the wait staff when you are done or pausing.