



Food Writers New Zealand
HANDBOOK
terminology

TERMINOLOGY

A

A blanc	French “in-white”, as in sauces or meat cooked without browning first.
Acetic acid	What makes vinegar sour i.e. when airborne bacteria reacts with fermented food and beverages.
Acidic	Biochemistry term to explain whether a food is acidic or alkaline.
Acidulate	To make food or beverage more acidic by adding lemon juice or vinegar.
Aerate	Dry ingredients passed through a sieve or mesh strainer, i.e. to sift. Puts air into an ingredient to decrease clumps and make lighter.
Affriander	French word for stylish presentation of food.
Affrioler	French term for enticing guests to eat, with appetisers or small plates.
Ageing	When freshly slaughtered meat is rested to reach a state suitable for consumption; when cheese is stored at a controlled temperature to develop flavour; also used for wine that is stored in bottles or oak barrels to benefit taste.
A la	French term for “in the style of”.
A la carte	Menu with dishes individually described and priced.
Al dente	Italian term for “to the tooth”. Food cooked to a stage when tender but still firm to the bite, as in pasta. Just underdone, not too soft.
Al forno	Italian term for roasted foods.
Alkali	As in baking soda, neutralises acids in food.
Alkaline	Biochemistry term to explain whether a food is acidic or alkaline.
Allspice	Dried aromatic fruit of the Caribbean myrtle tree, used whole or ground as a culinary spice.
Aluminium	As in aluminium foil. Use this term, not “tin foil”. Americans spell it aluminum.
Amuse bouche	French term for “amuse the mouth”. Small samplings of food to stimulate the palate.
Aniseed	The seed of the anise, used in cooking and herbal medicine. Distinguish from star anise.
Antipasto	Italian term for “before the pasta”. An array of hot and cold meats, fish, cheeses, olives etc. A light dish before the main meal is served. Don’t spell as antipasta.

Apéritif	French term for a pre-dinner drink to stimulate the palate and appetite. Usually champagne or sherry.
A point	French term used to describe food cooked to perfect “doneness”.
Appellation	Wine growing areas, governed by council or government rules.
Apples	When using in recipes, identify whether a cooking or dessert apple is required; state variety if applicable.
AQ	Acronym for “as quoted”. Used in menus where items may be seasonal or where market price fluctuates.
Aromatic	A herb, plant or spice which gives food and beverages a distinct aroma or flavour.
Artichoke	When using in recipes, identify whether globe or Jerusalem.
Ascorbic acid	Not Vitamin C when referring to the cooking ingredient.
Assation	French term for cooking foods in their own natural juices.
Au bleu	French term for cooking seafood the moment it is caught and/or killed.
Au gratin	French term for dishes that are browned under a grill, often prepared with a sauce and topped with breadcrumbs and/or cheese.
Au jus	French term for meat served in its natural juices.
Au poivre	French term for “with pepper”, as in meats prepared by rubbing or coating in coarse ground pepper before cooking, or served with a peppercorn sauce.
Avocado	Pear-shaped fruit with leathery skin and oily flesh. When using in recipes, use the term avocado, not avocado pear. Plural is avocados, not avocadoes.

B

Back of house	Restaurant term for the kitchen, dishwashing and food preparation area.
Bain marie	Preferred term for the water bath used to cook food or keep food at a constant temperature over hot water.
Bake	Cook in dry heat, usually in an oven or on a hot surface.
Bake blind	Technique by which a pie or tart shell is cooked prior to filling it. Done to keep the shell bottom from becoming soggy. The shell is perforated with a fork to stop puffing, covered with aluminium foil or baking paper then weighted with rice or beans.
Baking paper	See parchment paper.
Baking soda	Sodium bicarbonate, used in cooking when a recipe has an acidic element. In recipes, use the term baking soda or bicarbonate of soda or sodium bicarbonate, never soda bicarb.

Baking stone	A thin, unglazed ceramic plate, stone or disc. Also called a pizza stone. Allows for high temperature and dry heat, necessary for crisp crusts.
Barbecue	In recipes, use barbecue, not barbeque. Acronym is BBQ. A meal or gathering where the meat, fish or other food is cooked outside over an open fire or appliance.
Bard	To cover lean meats with thin strips of fat before roasting.
Baron	An English term for a large cut of beef, usually for catering or celebrations.
Baste	Spoon juices over food being roasted to prevent drying; to glaze the surface of food.
Batter	The uncooked mixture (usually milk, flour, eggs) when making cakes, muffins, pancakes, pikelets etc. Thin enough to pour from a jug or thick enough to drop from a spoon. When too thick to pour or spoon, it's called dough. Also to coat foods before being deep-fried.
Batterie de cuisine	A French term for the various equipment and utensils needed in a functional kitchen.
Beard	The hair-like filament that attached bi-valves (shellfish) to rocks. When long enough, they should be removed before cooking (as in mussels).
Beans	In recipes, identify whether green or dry and within that, state bean type (e.g. French, runner, haricot, lima, black etc).
Beat	To rapidly stir in a vigorous, circular motion, either by hand or mechanical mixer.
Béchamel	A sauce made from butter and flour roux, plus milk.
Beurre manié	Flour and butter mixed together to form a paste then added to hot soups, sauces and stews to thicken.
Bind	To add ingredients such as eggs, cream or liquids to make a mixture hold together; also to incorporate a thickening agent into hot liquid.
Bistro	A quaint, modest local restaurant that serves regional specialties and wines.
Bi-valve	Any mollusc food such as oysters, pipi, clams, scallops, mussels etc. A shellfish that is housed between two shells hinged together and held closed by a strong abductor muscle.
Blackened	Cooking technique where meat or fish is coated with a seasoning mixture then cooked in an oiled pan which has reached a high-smoke point. Sears and gives a crust to the meat.
Blanch	Put food into boiling water briefly; done partly to cook, to soften, to remove skins, to remove strong flavours, to set colours or prior to freezing.
Blend	Mix ingredients together thoroughly to give an even consistency, not to be confused with the action of a blender or liquidiser; also a mix of several flavours to produce a unique quality or flavour.
Blender	In recipes, use the term blender or liquidiser.

Bleu	A French term for a cut of meat cooked only until warmed through or very rare. You can also use au bleu, or blue.
Blondir	A French term for lightly browning a food in fat (e.g. meat and flour, to produce a roux).
Bocconcini	An Italian term meaning “mouthful”. Used to describe an appealing small plate or dish, as in a small bite of fresh mozzarella cheese.
Body	Description of a food or drink that adds substantial texture and flavour to the palate.
Boil	Cook in a liquid that has bubbles breaking on the surface. In recipe methods, it’s important to indicate degree of boiling, e.g. for rolling boil for pasta.
Bolognese	An Italian term for a dish that has beef and vegetables as its base; or relating to the region of Bologna, Italy.
Bon appetit	A French term for “good appetite”, used to imply one wants you to enjoy your dinner or meal.
Boning	To remove the flesh from the joints of meat and poultry and animal bones. A special boning knife and specific skill is required.
Bonne femme	A French term for rustic, uncomplicated, simply prepared food.
Bottom cuts	Cuts of meat that are from the lower part of the animal; as opposed to sirloin and other top cuts.
Bouchée	A French term for small puff pastry cases, usually mouthful size.
Bouillon	The French word for stock or broth. A liquid made from offcuts of meat, poultry or fish together with vegetables.
Bouquet	The complex fragrance that wine develops as it ages.
Bouquet garni	Fresh parsley, thyme and a bay leaf tied together to use as a flavouring in soups, stocks, sauces and casseroles. The bundle is removed before serving.
Bran	Pieces of grain husk separated from flour after milling. In recipes, identify bran flakes, baking bran, oat bran or rice bran.
Braise	Cooking slowly with a minimum of liquid in a vessel with a tight-fitting lid or seal.
Brasserie	Originally used in relation to a brewery, but now used when referring to cafés or restaurants serving wine, cider, craft beers and ales alongside a limited menu.
Breadcrumbs	Small fragments of bread. In recipes, identify whether soft, dry, buttered, white or wholegrain.
Breakfast	The first meal of the day. To break the fast after being asleep by having a meal.
Breast	A cut of meat from the chest area of the animal. With poultry, use the term breast; with beef, use brisket; with pork, use belly.

Brimont	A French term where the chef dedicates the highly finished dish to his teacher or master.
Brinde	A Portuguese term for a glass of wine that is raised to a person's health or well-being, a salutation, e.g. "let's have a toast" or "a brinde to the chef".
Brix scale	A scale of measurement for the density of sugary liquids. Brix scale replaced the Braume scale in the 1960s.
Broccoli	A cultivated variety of cabbage which bears heads of green. Spelled broccoli not broccolli.
Brodo	The Italian word for bouillon (a stock or broth).
Broil	Method of cooking whether the heat source is above or below the food.
Broth	See bouillon and brodo.
Brunch	A combination of the words breakfast and lunch, served mid-morning.
Bruise	Partial crushing of an ingredient to release its flavours.
Brûlée	The French word for burnt, as in crème brûlée.
Brunoise	A French term used to describe a very small dice of vegetables cooked in butter.
Brussels sprouts	Leafy green vegetable that looks like a mini cabbage. In recipes, use Brussels sprouts, not brussel sprouts.
Brut	A degree of unsweet dryness used to describe sparkling wine or champagne.
Buffet	A French term for an array of food on display offering many choices.
Butterfly	To cut food, usually meat, poultry or fish, with a large slice down the centre but not completely through. The two halves are then opened flat and cooked or grilled.
Butyric acid	A natural acid which gives butter its flavour.

C

Caboulot	Similar to a café but with more of a suburban feel where music and dancing accompanies the meal.
Cacciatore	Italian word for hunter. This dish is created with meat, onions, tomatoes, mushrooms and herbs (i.e. foraged or hunted ingredients).
Cachou	A sugary, silver ball decoration for cakes and cupcakes.
Café	The French and Spanish word for coffee; a quaint establishment which serves coffee and food.
Cajun	Style of spicy cooking named after the French-speaking Acadian people, deported by the British from Canada and sent to the US.

Cake tin	In recipes, use the term cake tin or cake pan.
Caldo	Spanish or Portuguese term for soup or broth. Italian word for hot or warm.
Canapé	Small bread- or biscuit-based savoury with a topping; served as an appetiser.
Capers	The flower buds of a Mediterranean plant preserved in salt and/or vinegar. In recipes, indicate choice of caper and if rinsing is needed.
Capsaicin	The compound that gives chilli varieties their flavour. Mostly comes from the seeds and membrane.
Capsicum	The fruit of the capsicum plant. Green, red, orange or yellow capsicum, or pepper. Bell pepper (US) is not a recommended term in New Zealand recipes.
Caramelize	To brown the natural or added sugars in food. When sugars turn golden or brown in a pan. Caramelize is the US spelling.
Caraway	Seeds of the parsley plant, used for flavouring. Caraway is incorrect. Also known as meridian fennel or Persian cumin.
Carcass	The trunk of an animal such as a cow, pig or sheep. Carcase is a less-preferred spelling.
Cardamom	Aromatic seeds from the ginger plant, used as a spice and in herbal medicines. Not cardamon.
Carving	Time-honoured tradition of separating and slicing whole-roasted meats.
Casing	Thin, tubular intestine membrane used in processed meats such as salami and sausages.
Casserole	Ovenproof cooking vessel with a lid; also describes the slow cooked food prepared in it.
Cassolette	Small vessel for cooking individual portions, also use ramekin.
Cassoulet	French dish of white beans with meat, slowly cooked in the oven.
Caster	A fine sugar, as in caster sugar; castor sugar is also an acceptable term in recipes but is more American.
Celsius	Scale of heat measurement invented by Swedish astronomer Andres Celsius. Represents freezing at 0 to boiling at 100 degrees Celsius. Always use a capital C. New Zealand recipes do not use Fahrenheit.
Celery	Cultivated plant of the parsley family, used in salads and cookery. In method, use the term stalk or rib for single celery pieces; refer to head or bunch for the whole vegetable.
Champignon	A French term for any variety of edible mushroom; also an accompanying mushroom dish.
Charcuterie	Products based on, but not limited to, pork and its offal. Sausages, salami, paté and other forcemeats. Also used in reference to a practitioner of the culinary art.

Cheese	A food of many varieties made from the pressed curds of milk. In recipes, refer to the type of cheese required in the dish (i.e. mild or tasty cheddar) or state the variety (i.e. brie, blue, camembert, haloumi, feta etc).
Cheesecloth	A natural cotton cloth to help with kitchen tasks. Doesn't break apart when boiled nor affect flavours of food.
Chef	The French word for cook. The person responsible for the creation of food in a restaurant or hotel kitchen.
Chemise	A French term for food that is wrapped or coated, as in wrapped in pastry or coated when a thick sauce is poured over the top.
Cherries	Small, soft, round dark red fruit with a pip. In recipes, identify whether fresh, sweet, sour or glacé cherries are required, and whether pitted or not. If applicable, use variety of cherry.
Chevaler	A French term for the culinary art of overlapping sliced food or ingredients (i.e. beef, cutlets, cheese, meats, vegetables).
Chiffonade	A French term for cutting into thin strips. Vegetables, leafy herbs and lettuces are prepared this way.
Chill	Refrigerate until thoroughly cold.
Chilli	A small, hot-tasting, spicy pod from the capsicum family. Chilli, as in the pod, the powder and the dish chilli con carne. American spelling is chili.
Chine	A culinary term referring to the backbone of an animal and its addition or removal from cuts of meat.
Chinois	Conical sieve with a very fine mesh, used for straining stocks and sauces.
Chocolate	Food made from ground and roasted cacao seeds then sweetened with sugar. In recipes, indicate type required, i.e. chocolate melts, chips or slivers. Also whether dark or white.
Chop	To cut into small pieces; also refers to quick, heavy blows of a knife or cleaver when preparing food.
Chuck	An inexpensive cut of meat taken from the section between the neck and shoulder blade of the animal.
Churn	To agitate fresh cream to the point of separating the fat from the liquid (i.e. cream to butter).
Cilantro	See coriander. Cilantro is not an accepted term in New Zealand recipes.
Civet	A French term for a well-seasoned game stew (i.e. rabbit, venison, hare).
Claret	A style of light, red wine; or wines from the Bordeaux region of France.
Clarified	As in butter. If using in an Indian recipe, can be referred to as ghee.
Clarify	To clear a liquid by removing cloudy sediment.
Cleaver	An axe-like knife which easily cuts through meat and bone.

Coat	Culinary term for surrounding a food with ingredient(s) either before or after cooking (i.e. coat with breadcrumbs).
Cocoa	A powder made from ground and roasted cacao seeds, as in cocoa powder in recipes.
Coconut	Large, brown, oval seed of a tropical palm tree. Woody outer husk with edible white flesh, contains clear liquid called coconut milk. Coconut oil is used in cooking. Cocomnut (an old spelling) is not recommended in recipe wording.
Cocotte	The French word for casserole dish, usually made from natural earthenware and round or oval shaped.
Coddler	Similar to a double broiler but with separate compartments for individual portions, as in coddled eggs.
Coeliac	See gluten free.
Coffee	A hot drink made from roasted, ground bean-like seeds from a tropical shrub. In recipes, identify whether instant, essence or brewed.
Colander	A perforated, bowl-shaped container used to separate solids from liquids.
Compote	A chilled sauce or condiment of fresh or dried fruit in syrup.
Concassé	A French term for chopped and crushed ingredients, usually tomatoes and herbs, which are then added to meat.
Concentrate	Culinary term used to describe a substance in which the water content is reduced.
Condensed	As in milk that has been thickened by evaporation then sweetened, then tinned. In recipes, identify if using sweetened (condensed) or unsweetened (evaporated milk).
Confectionary	Food product where refined sugar is the leading ingredient.
Confit	Ancient cooking technique where cooked meat or poultry is prepared then stored in its own fat.
Conserve	A mixture of fruit, nuts and sugar cooked until thickened.
Consommé	An egg-white clarified, highly flavourful broth served hot or cold.
Coquille	The French word for shell, used in reference usually to seafood, especially scallops.
Cordon bleu	A blue ribbon worn by France's highest order of the knighthood which in modern times has extended to apply to food preparation of the highest standards. Can also refer to the chef or cook that created a meal (i.e. Cordon Bleu trained).
Coriander	Aromatic Mediterranean herb from the parsley family. Leaves and seeds used as culinary herbs. Americans use the term cilantro, which is not really accepted in New Zealand recipes.
Cornflour	Finely grained maize flour used for thickening sauces. In recipes, identify whether made from wheat or corn where applicable.

Cottage Cheese	Soft, lumpy white cheese made from the curds of skimmed milk. In recipes, indicate type of curd where applicable.
Coulis	Used to describe a thick purée, soup or sauce, either sweet or savoury.
Courgette	British and New Zealand term for summer squash. If using in Italian recipe, substitute for zucchini. Large, mature version of the vegetable is called marrow.
Cream	To beat softened fat and sugar together until they are creamy in colour and light and fluffy in texture.
Creole	Similar to Cajun style cookery but less spicy with more liberal use of cream, butter and tomatoes.
Crêpe	A thin pancake. Use the term pancake for thick batter products.
Crimp	To pinch together two pastry edges to prevent the filling from escaping.
Crisp	To refresh vegetables in iced water to make them firm or crisp; also crisp as in bacon, never crispy.
Crouton	Small cubes or strips of toasted or fried bread used to garnish dishes such as soups and salads.
Crudité	Strips or pieces of raw vegetables and fruit served with various dips as appetisers.
Crush	To reduce foods to their smallest form by breaking into fine pieces by hitting or squashing with something flat (i.e. peppercorns, garlic etc). Think pastes, crumbs and powders.
Crustacean	Classification of shellfish that have elongated bodies with jointed shells (e.g. crayfish, prawns, crabs, shrimp, lobster).
Crystallised	Coat with sugar as a means to preserve. as in fruit. In recipes, distinguish from glacé fruits. American version is crystallized.
Cube	To cut food, such as cheese or vegetables into one centimetre cubes; or to describe tenderising meat with a mallet that leaves cube-shaped imprints on the flesh surface.
Cuisine	A French term used to describe a specific style of cookery or a country's food in general (i.e. New Zealand cuisine).
Cumin	Aromatic seeds of the parsley family, used as a spice, especially ground and used in curry powder. Cummin is incorrect spelling.
Curdle	Separation of the semi-solid and liquid portions of milk, caused by coagulation. Where the risk of curdling is high in a recipe, give precautionary directions to avoid it.
Cure	To preserve foods by smoking, salting and pickling.
Curry	Main spices of curry powder are turmeric, coriander and cumin. A curry is a dish of meat and/or vegetables cooked in an Indian-style sauce with strong spices. In a recipe, identify whether using curry powder or paste.

Cut	As in “cut in”: to combine fat and flour to give an even consistency. Can be done with a knife, pastry blender or food processor.
Cutlet	A thin cut of meat from the leg or rib section, usually lamb, veal or pork.
Cuvée	The contents of a wine cask or vat; also the blending of various vats to create sparkling wine where the ingredients of the wine come from different regions or vineyards.

D

Daube	A French term for the method of braising meat in a red wine stock, well seasoned with herbs.
Dash	A measuring term referring to a very small amount, generally considered to be between one eighth and one sixteenth of a teaspoon.
Decant	To transfer liquid from one vessel to another, usually in regard to wine, allowing it to breathe and remove sediment.
Deep-fry	To cook food in a container of hot fat, where the fat completely encases the food.
Deglaze	After sautéing, liquid is added to the pan to loosen the caramelised food on the bottom of the pan. Usually to make a sauce.
Degrease	To skim the fat from the surface of a hot liquid such as stock, soup or sauce.
Dehydrate	To remove water from food by drying it slowly. Prevents spoilage from mould or fermentation.
Demi glace	French term meaning half-glaze. A rich brown sauce that's used as a base for many other sauces.
Demi sec	French term meaning half-dry, used to describe a sweet wine.
Demitasse	French term for half cup, usually describing a small, strong cup of coffee.
Desiccated	As in coconut. Dried coconut meat. Dessicated is incorrect spelling.
Devein	To remove the intestinal vein from the back of a prawn or shrimp using a sharp utensil.
Devil	Food combined with various spices such as hot chilli sauce, thereby creating a devilled dish (as in eggs).
Dice	To cut into cubes or dice of even size, usually less than one centimetre.
Dietitian	An expert on diet and nutrition. Dietician is the alternative spelling.
Dill	An aromatic annual herb from the parsley family, with fine blue/green leaves with yellow flowers. Leaves and seeds are used for flavouring. When using in recipes, distinguish from fennel.
Dilute	To reduce the strength of a mixture by adding liquid, usually water.

Disjoint	To separate meat at the joint (i.e. separating the drumstick from the thigh of poultry).
Dissolve	To mix a liquid with a dry ingredient until a uniform liquid results (e.g. sugar in water).
Distillation	A process of separating the components of a liquid by heating to the point of evaporation, then cooling until it condenses into a purified form.
Dolce	The Italian word for sweet.
Dollop	A small amount of semi-solid food placed atop other food.
Dot	To cover the surface of food with small amounts of fat before cooking (i.e. dot with butter).
Drain	To separate liquid or fat from food. In recipes, indicate draining unless liquid is to be included in the mixture.
Draw	To remove the entrails from fish or poultry; also to clarify a mixture.
Dredge	To coat a food in a dry mixture which is then fried.
Dress	To add sauce to a salad; also to prepare fish, poultry and game for cooking by scaling, plucking or skinning.
Drippings	The juices and fats at the bottom of a pan after cooking. Then used to form a sauce for the finished meal.
Drizzle	To pour a liquid mixture over food in a fine stream.
Dry	A term used to describe a beverage that isn't sweet (e.g. dry white wine); also used in referring to mustard, instead of using the term mustard powder (dry mustard); also dry ageing as in the process of drying carcasses or large cuts of meat with a layer of fat.
Duck	In recipes, identify whether using wild or domestic duck; duck fat is also popular.
Dulce	The Spanish word for sweet.
Dust	To coat a food with a powdery ingredient such as flour or sugar. Different to dredge which is more of a crumb coat.
Dutch oven	A large kettle made of cast iron with a tight-fitting lid, used for braising, stewing or deep-frying foods.
Duxelle	Finely chopped mushrooms cooked in butter until paste-like, for soups, sauces and stuffing.

E

Eggplant	Eggplant rather than aubergine is used in New Zealand recipes, but both are acceptable.
Egg timer	A small hourglass that holds enough sand to run for three minutes, the average time it takes to soft boil an egg.
Egg wash	Either whole or separated egg mixed with milk or water to brush over pastry or baked goods to give them a golden colour.

Emulsifier	A food additive used to preserve the texture of emulsions. The most common in cooking is egg yolk (lecithin).
Emulsion	A mixture made from the binding together of two liquids that don't usually combine easily (e.g. vinegar and oil).
En crôte	To cook food, particularly meat, pâté or fish, entirely encased in pastry or dough.
Enology	The science or study of winemaking, also spelled oenology.
Enophile	One who's an expert, lover or connoisseur of wine.
En papillote	To cook food which has been wrapped in paper.
Entrecôte	A French term for "between the ribs". Tender, marbled cut from a boned set of beef ribs.
Epicure	A person who understands and appreciates fine wine and food.
Escalope	French term for thinly sliced white meat, usually veal but also larger fish or crayfish.
Essence	Strong aromatic liquids made from distillation or infusion which enhance flavour.
Estouffade	The French term for slow cooked.
Ethnic	As in food; traditional food from lesser-known countries.
Evaporated	As in milk; the term for unsweetened condensed milk.
Eviscerate	To remove the internal soft tissue from a carcass.

F

Fahrenheit	Scale for measuring temperature in which 32 degrees is freezing and 212 degrees is boiling.
Fermentation	A biochemical change from the action of yeast or bacteria, especially carbohydrates.
Figs	Soft pear-shaped fruit with sweet, dark flesh and many small seeds. In recipes, identify if using fresh or dry figs.
Filet	A French term for the boneless cut of meat taken from the undercut of sirloin.
Fillet	A boneless cut of meat, chicken or fish; also the action of removing flesh from the bone to obtain a fillet.
Fines herbes	A finely chopped mixture of parsley, chervil, tarragon and sometimes chives. A mainstay of French cuisine.
Finish	To complete a dish, either adjusting the seasoning or consistency, so it's ready for eating (i.e. adding butter to sauce).
Flake	To separate cooked fish or meat into small pieces.

Flambé	A French term for pouring a flammable spirit over food to ignite it; to enhance flavour and the culinary effect.
Flameproof	The term for a cooking vessel that is to be used on direct heat, when it is normally considered for oven use.
Flank	A cut of beef taken from the abdominal muscles.
Flat	As in bread. In recipes, state the type of flat bread used (i.e. pita, naan, Persian naan, wrap, gluten-free wrap etc).
Flavour	The sensation when food hits the taste buds (i.e. sweet, salty, sour or bitter: the four basic tastes).
Floret	The term for divided flower heads of broccoli, cauliflower and broccoflower.
Foam	To garnish a dish, see froth.
Fold	To gently combine, by a series of strokes, a light substance with a heavier substance; to fold.
Fondue	Cheeses melted over a small flame in a special pottery dish with white wine and seasonings. Swiss speciality.
Free range	Animals bred for consumption that are allowed to roam free without confinement (i.e. not caged in their own excrements).
Front of House	Seated area of the restaurant where food and beverages are served to the guests by wait staff, away from the hustle and bustle of the kitchen.
Frost	Technique of shaking ice cubes in an empty glass so that a mist forms on the sides of the glass before it is filled with a beverage, or the rim of the glass is moistened with citrus or egg white and dipped into caster sugar or salt (for margaritas or martinis). Also to frost a cake is to ice it, but this is an American term.
Froth	Cooking term referring to a layer of foam consisting of tiny bubbles or the process used to achieve them. The froth or foam can be used to finish or dress a presented dish.
Fry	To sauté; the process of cooking food in a layer of hot fat over a moderate to high heat.
Frying	As in pan. In recipes, use the term frypan when referring to an electric frypan.
Fumé	A French term to describe foods that are prepared using a smoking method. See smoked food; also a wine varietal fumé blanc.
Funghi	The Italian word for mushrooms.
Fusion	A style of cooking that incorporates ingredients and/or methods from different ethnicities or regions.

G

Game	Any wild animal or bird that is hunted for the purpose of human consumption.
Garde Manger	A French term for the member of a professional kitchen in charge of chilled items, such as salads or hors d'oeuvres.
Garlic	As in press; a kitchen utensil used to press a clove of garlic through small perforations, thereby extracting juice and pulp.
Garnish	A single item or combination of decorative accompaniments added to finish a dish. A garnish should blend with the dish's flavour and achieve harmony of shape and colour which is pleasing to the eye.
Gastronome	A person with a refined palate or a connoisseur of good food and culinary art.
Gastronomy	The art and science of fine dining, gourmet food and beverages.
Gâteau	The French word for any style of cake.
Gelateria	The Italian term for ice cream parlour.
Gelatin	A virtually colourless, tasteless water-soluble protein prepared from collagen and used in food preparation. Gelatine is also an acceptable spelling.
Gelato	Italian for ice cream.
Germ	Refers to the nucleus of a grain kernel.
Giblets	Heart, liver, gizzard and neckbone of poultry.
Ginger	Fragrant, sometimes hot spice from the rhizome of a plant. In recipes, specify whether using root, fresh or green. Refer to ground ginger (not powdered), pickled, preserved, crystallised or glacé.
Gizzard	Muscular digestive pouch found in the lower stomach of poultry.
Glacé	The French term for glazed or frozen. Mainly items that are coated with a syrup to give a shiny coating.
Glaze	A thick syrup obtained by reducing an unthickened stock; used as an essence to add flavour to sauces. Also "to glaze": give a shine to the surface of food by coating with liquid such as jam, meat juices, egg or milk.
Glazing	The technique of applying a glossy surface to food; by basting with a sauce while it's cooking or putting a glaze on it and lightly grilling. To glaze cold foods, aspic, gelatin or dissolved arrowroot are used.
Gluten	Proteins found in wheat and other cereal grains that hold carbon dioxide molecules produced by yeasts and that expand during fermentation.
Gluten free	The term used to describe a recipe with no gluten included; also description for a person who opts not to eat foods containing gluten (i.e. coeliac; the small intestine becomes hyper-sensitive to gluten, leading to digestive difficulties).

Gourmand	A person who enjoys eating good food.
Gourmet	A person who enjoys good food but also knows how to select and appreciate it.
Grater	A kitchen utensil with varying perforations with some toothed. By rubbing a solid food repeatedly over the holes, it's reduced to fine or coarse shreds, powder or fragments.
Gratin	The golden crust which forms on the surface of a dish when it's browned in the oven or under a grill, usually coated with cheese, breadcrumbs or a mixture of egg and breadcrumbs. Refer to au gratin as the method.
Grecque	A French term used to describe dishes of Greek origin; also a term for Mediterranean-inspired meals.
Grill	Method of cooking over or under a radiant heat source such as gas, electricity, charcoal or wood. The intense heat seals juices by forming a crust on the food. American term is broiling which isn't used in New Zealand recipes. Distinctive grill marks may be shown for presentation.
Grind	To crush food in a mill or processor to get a finely divided product or powder; to reduce food to fine, medium or coarse particles.
Groats	Crushed or coarsely ground grains (e.g. barley, oats or buckwheat).
H	
Halva	A dense Middle Eastern sweet made from sesame flour and honey. Alternatively, spell halwa.
Hapuka	Large, slow-growing fish. Hapuka or hapuku is the North Island equivalent of groper in the South Island.
Hare	A game animal from the rabbit family, but larger with darker flesh.
Hard ball	As in stage. Method for testing boiling sugar, described as the point at which a drop of the sugar into cold water forms a hard or rigid ball, but still slightly pliable.
Hard crack	As in stage. Method for testing boiling sugar, described as the point at which a drop of the sugar into cold water separates into hard, brittle threads.
Hash	A dish of finely chopped potatoes and/or meat, sometimes leftovers, which is combined with seasonings then sautéed until crusty and golden.
Haute cuisine	A French term for food that is high quality and presented in an elaborate or elegant manner; perfectly prepared.
Heifer	A young cow aged between eight and 20 months. Meat and offal are of good quality.
Herbes de Provence	Specific blend of French herbs to season a variety of food: lavender, marjoram, rosemary, basil and sage.
Herbs	Aromatic plants used in cookery.
Hock	The lower portion of an animal's leg, just above the hoof. (i.e. bacon hock soup).

Honey	Sweet, sticky yellow/brown fluid made by bees and other insects from flower nectar. In recipes, identify whether to use clear, runny, firm or creamed.
Hors d'oeuvres	Decorative appetisers presented or served with drinks or as the first course of a meal, always a singular item. Can be cold or hot.
Hôtelérie	The French term given to sautéed or grilled meats and fish served with herbed or seasoned butter.
Huile	The French word for oil, referring to cooking oil.
Hull	The husk or shell which covers seeds and fruit; also "to hull", preparing food for consumption by removing the outer coating.
<hr/>	
I	
Icing	A simple preparation of icing sugar and water used to coat cakes, cupcakes and pastries. Royal icing is made with egg white added to the mixture. New Zealand recipes don't use the term frosting.
Immersion	As in blender; a handheld device which is tall and narrow and has a blade at the end which is immersed directly into soups or other mixtures to purée. Commonly called a stick blender.
Incise	The technique of making shallow incisions with a sharp knife into fish or meat either for tenderisation or to insert herbs and/or seasonings into the cuts.
Incorporate	The addition of an ingredient into a mixture or dish by thoroughly blending.
Induction	As in cooking; the technology of heating cookware by using magnetic energy. Cookware with a magnetic base is essential.
Infuse	To extract flavouring from a food by steeping it in hot liquid. This then become an infusion.
Insalata	The Italian word for salad.
Interlarding	The technique of inserting thin strips of pork fat into leaner cuts of meat using a larding needle. Done for flavour.
Invert	To turn food upside down, usually also removing it from its tin or container. In recipes, indicating to the reader how to facilitate this to avoid mishaps is worthwhile.
Irradiation	A method of preserving food by irradiating it with gamma rays. The process destroys micro-organisms and inactivates enzymes, thus sterilising the food.
Issues	A term used in cooking to describe either the inedible parts of an animal (skin, hair etc) or the by-products of flour (bran).

J

Jam	Fruit and/or vegetables prepared in a sugar syrup, which is then canned or sealed for long-term storage.
Jambon	The French word for ham.
Jelly	American word for jam.
Jerk	Jerk is a Caribbean cooking technique using chillies, thyme, cinnamon, ginger, allspice, cloves, garlic and onions which is rubbed into the meat. Seasoned dry meat eaten raw.
Juice	In recipes, state whether using lemon, lime or orange juice. Give the measure (i.e. 2 tablespoons) rather than just stating "the juice of 1 lemon".
Julienne	To cut into match-like strips, usually referring to vegetables.
Jus	A sauce made by diluting a meat's pan juices with liquid then bringing that mixture to the boil until all the sediment has been absorbed into the stock.

K

Kai	Maori word for food.
Kai moana	Maori term for food from the ocean, seafood.
Kebab	Mediterranean dish of meat and vegetables roasted or grilled on a skewer. In recipes, kebob is the alternative, but kebab is more acceptable.
Kernel	Soft, usually edible, part of a nut, seed or fruit stone contained within a shell layer. Kernal is the incorrect spelling.
Kidney	A red offal used in cookery. Cooked quickly, served pink and tender. Usually preferable from young animals such as heifer calves and lamb as more delicately flavoured. Beef, sheep and pig kidneys tend to be stronger flavoured. The kidneys are a pair of organs in mammals which excrete urine.
Kitchen staff	A team of cooks, directed by a chef, providing cookery services. Usually divided into sections with each contributing to the entire food production of a restaurant.
Knead	To stretch and fold a yeast dough to produce a springy, elastic consistency; also the rolling and pressing of some non-yeast dough to bind them to an even texture.
Kobe	An exclusive grade of beef produced in Japan which is extremely tender and flavourful.
Kosher	Foods made and served following strict Jewish rules for both production and eating. To be kosher, the food must be prepared under the supervision of a rabbi.
Kumara	Sweet potato. Always singular, Maori words aren't used in a plural form (i.e. kumaras is incorrect).

L

Lactose	The sugars present in milk. Lactose-intolerant is the description for a person unable to digest lactose.
Ladle	Large, bowl-shaped spoon with a long handle for serving soups or saucy casseroles.
Lamb	To be called lamb, the animal is typically under one year old and slaughtered at between four and 12 months of age for tenderness. When using sheep meat in recipes, always state whether using hogget (a lamb between weaning and first shearing) or mutton (the flesh of fully grown sheep).
Lard	To thread strips of fat through lean meat with a larding needle; also the term for pork fat that is rendered and clarified for culinary purposes.
Lardons	French term for bacon and other fatty substances that have been cut into narrow strips ready to be cooked or used to lard meat (see lard).
Lasagne	An Italian dish consisting of meat and/or vegetables, cheese sauce and pasta in the form of wide strips or sheets. Lasagna is American spelling. Lasagne is used in New Zealand recipes.
Leaven	To add a leavening agent (e.g. baking soda, baking powder or yeast) to a mixture so as to inhibit carbon dioxide production and make the mixture rise, increase volume and lighten the texture.
Leche	The Spanish word for milk.
Lecithin	An essential fat in the body. Main sources of lecithin for humans is egg yolk and soy beans.
Legume	A plant species that produces seeds encased in pods. The individual seeds are known as pulses.
Levain	Levain is a leavening agent used in place of yeast to rise bread dough, typically used in sourdough. Levain is the “starter” made from fermented flour and water.
Liaison	French term for a thickening agent to add to sauces, stews and soups. Common liaisons are a roux, egg yolk and cornflour.
Line	To put greaseproof or baking paper or aluminium foil at the bottom and sides of a baking tin or dish to assist with inversion after baking.
Loin	The meat section of an animal that comes from both sides of the backbone, from the rib to the leg.
Loose	A loose-bottom tin is a cake or flan tin with solid sides but a separate, removable base. Suitable for when the end product is going to be served from the base.
LSA	Acronym for linseed, sunflower and almond, as in oil or ground for sprinkling in recipes.
Luau	A traditional Hawaiian feast, usually involving a roasted pig on a spit or rotisserie. In New Zealand, this is termed Pasifika style, not Pacifica.

Lukewarm	A comfortable temperature that feels neither hot nor cold when tested on the inside of the wrist. Typically 35 degrees Celsius.
Lunch	A meal eaten around the middle of the day, usually lighter and less formal than the evening meal of dinner.
Lyonnaise	A French term for dishes made or garnished with onion or an onion-based sauce; or relating to the region of Lyon, France.

M

Macerate	To steep food in alcohol or sugar.
Magret	Duck breast meat with the skin and fat layer still attached.
Maison	French word for house which in food denotes the specialty of a restaurant (e.g. maison de cuisine).
Maître d'Hôtel	A dining room's head person who is assisted by wait staff. They tend to have a very extensive and technical knowledge of all things related to the kitchen, wine cellar and dining etiquette and can guide a diner through a food experience.
Maltese	French term describing sweet or savoury foods prepared using orange and/or blood orange.
Manchette	A frilled piece of paper used to cover bones in a dish where the bones are protruding from the meat (i.e. chops, roast leg of meat).
Mandoline	Portable slicer with adjustable blades used to get a variety of cuts.
Manuka	Small tree with aromatic leaves sometimes used for tea; manuka honey is honey produced from the flower nectar of the tree; an alternative medicine; wood is used for smoking food.
Marbling	Small flecks of fat running through meat, increases flavour.
Marée	French term for a fresh fish market.
Marinade	The liquid in which food is left to marinate.
Marinate	To leave meat, poultry, fish or game in a flavouring mixture for short or long periods of time to assist with tenderisation.
Marmite	A large, lidded pot made of earthenware or metal used to boil or cook large quantities of food; also the name of a popular yeast spread in New Zealand (e.g. Marmite on toast).
Marrow	Large, mature courgette, zucchini or summer squash or gourd; also as in meat, the offal product and tissue inside meat bones. Used to fortify soups and slow cooked stews.
Mash	To crush or pound to a smooth textured pulp, usually with a metal utensil; also a term for mashed potatoes (e.g. sirloin steak atop a creamy mash); also the malt or grains crushed before being steeped in water for fermentation.

Mayonnaise	Thick, creamy emulsion of egg yolk, oil, lemon juice and/or vinegar. Mayo is an acceptable shortened form. See mother sauces.
Meal	A dry foodstuff ground and used in cooking (e.g. bran meal); also the term for sitting down to enjoy food.
Meat	The flesh of animals and birds used as food. Three main categories: red meat (beef, lamb), white meat (pork, poultry, rabbit) and dark meat (game, venison, duck).
Medallion	Small, round cuts of beef, chicken, veal and venison taken from end cuts, sometimes moulded.
Melt	To heat a solid substance until it becomes liquid (e.g. butter, chocolate) either by direct heat or a bain marie; also as in chocolate melt, a product similar to a chocolate chip, but specifically produced to be melted.
Menu	A presentation in words of the dishes to be served, usually in a specific order.
Mets	French term for a dish prepared for the entire table and from which it is served (i.e. a platter).
Microwave	As in oven, microwave oven is often shortened to microwave, although the former is correct; Microwave is an electromagnetic wave used for heating. Also microwave-proof is the term used for dishes that are able to go into a microwave oven. In recipes, remind readers to ensure correct vessels are used.
Milk	A white liquid secreted from the animal's mammary glands (e.g. cow's milk, sheep's milk, goat's milk). Used widely in cookery the globe over.
Mill	Mechanical apparatus used to reduce whole foods to a powdered or coarse state (e.g. flour mill); also the description for a handheld device to use at the dinner table (e.g. pepper mill).
Mince	To chop very finely or put through a mincer or food processor; also the term used in recipes for ground beef, lamb or pork (i.e. 600g mince); also the term fruit mince is used for dried fruit, nuts and spices used in mince tarts. Sometimes the term mincemeat is used in this instance, although not strictly referring to meat.
Mirepoix	Diced carrots, onions and celery used as a base to enhance flavour in stocks, stews and soups.
Mirin	Sweet rice wine used in Japanese cookery.
Mise en place	French term for all of the entire restaurant operation to produce meals.
Miso	Paste made from fermented soy beans, used in Japanese cookery. Miso soup is the paste with added water, tofu and seaweed.
Mixed grill	An array of various vegetables, meats, poultry and seafood grilled or barbecued all together.
Moisten	To add liquid to a food to assist in cooking it or providing a sauce for it.
Mollusc	Shellfish with soft bodies covered by shell over one or more sections (e.g. paua, oysters, clams, squid, scallops). In French cookery, a mollusc also includes edible snails and escargot. There are over 100,000 species of mollusc, making them the second largest phylum of animals on the planet. American spelling is mollusk.

Monkey	As in dish; small, round bowl or saucer to serve sauces accompanying a meal.
Mornay	Béchamel sauce with cheese added.
Mortar and pestle	A kitchen utensil made up of two things, the mortar being the bowl (usually stone, wood or marble) and the pestle being the pounding stick to pulverise the food or herbs by rotating in the circular part of the bottom of the bowl.
Mother	As in sauces; the five basic sauces in cookery: béchamel (white sauce, combination of flour and fat; roux), espagnole (brown sauce made from beef, lamb or veal stock with herbs and tomatoes), hollandaise (emulsion of egg yolk and fat, also mayonnaise), tomate (tomatoes, herbs, seasoning) and velouté (blond sauce from chicken, veal and fish stock with cream for richness). Marie-Antonin Careme invented the so-called mother sauce method with four basics in the 1800s. Hollandaise was added by chef Auguste Escoffier in the 20th century.
Mould	A microbial growth; also a container to shape food. Mold is the American spelling.
Mouli	As in grater; handheld utensil to grate small amounts of chocolate, cheese, nuts etc.
Mount	Whisking cold butter into a hot sauce just before serving, to make it glossy.
Mousse	Smooth and light, sweet or savoury dish in which the main ingredient is whipped with cream and/or egg white. Mousseline is also accepted.
Moutarde	French word for mustard.
Mulled	Heated, spiced and sweetened drinks, wine, cider, beer and fruit juices. To mull is to flavour the beverage as described.
Muslin	See cheesecloth.
Mustard	Hot-tasting yellow or brown paste made with crushed seeds from the mustard plant, typically eaten with meat as well as a culinary ingredient. When using in recipes, indicate whether using dry, prepared, whole seed or flavoured mustard.
Mutton	The flesh of fully grown, fattened sheep over one year old. Best at the end of winter and in spring.

N

Nage	An aromatic bouillon used for cooking shellfish. The liquid from boiling or steaming the seafood is usually reserved to make an accompanying sauce. See velouté.
Nappe	A French term for covering food in a thin layer of light sauce.
Nashi	Crisp, apple-shaped, pear-like fruit native to Japan and China, also grown in Australia and New Zealand. In recipes, refer to nashi, not Asian pear.
Neige	A French term for beating egg whites to the stiff peak stage, used for desserts, pastries and pavlova.

Niçoise	Style of cooking which incorporates anchovies, beans, garlic, olives and tomatoes (e.g. Tuna Niçoise); or cuisine relating to the region of Nice, France.
Noisette	Small round piece of steak or lamb, cut from the rib or loin; also small, pre-prepared potato rounds; also the French word for hazelnut.
Non-reactive	As in cookware; clay, copper, enamel, glass, plastic and stainless steel which don't react to acids in food.
Nouvelle	As in cuisine; a movement of cookery started in the early 1970s with the aim of encouraging less over-the-top French styles and more simple, natural ways with food preparation to discourage overeating and weight gain.
Nutraceutical	Food enhanced nutritionally with added vitamins, herbs or nutrients.

O

Oats	Species of cereal grain known for its seed, as in oats, oatmeal, rolled oats. Distinguish in recipes which type of oats are required.
Oenology	The study and science of making wine and the maturation of such.
Oenologist	Wine technician who studies the science of wine.
Oenophile	Wine lover whose knowledge might not be as extensive as an oenologist.
Oil	Fatty substance which holds a liquid state at room temperature. Vegetable oils are commonly used in cooking. In recipes, identify the variety of oil to be used (i.e. canola, linseed, olive, peanut, rice bran, sesame, sunflower etc). See also virgin.
Omelette	Dish of beaten eggs, sometimes seasoned, cooked in a buttered or oiled frying pan. Alternative spelling is omelet.
Oven	A thermally insulated and enclosed chamber or compartment with trays and layers for cooking and heating food. See also microwave. Pizza ovens, kilns and furnaces are special purpose ovens.
Ovenproof	Cookware or vessel suitable for using in a hot oven (i.e. heat resistant). In a recipe, state if ovenproof cookware is required.

P

Paillard	Veal slice or cutlet sautéed quickly and accompanied with meat jus.
Pain	French word for bread.
Palate	The sense of refined taste. The palate of a food connoisseur can detect even slight food tweaks or additions.

Pan	Shallow, usually metal utensil used for cooking food in; also pan-fry, to cook quickly in a heated, heavy-based pan with a trace of fat; also pan grill; also the Spanish word for bread.
Pan sauce	A sauce made by deglazing the pan in which the meat is cooked with wine, stock or both, then reduced to get a saucy consistency.
Parboil	To put in boiling water to partly cook before further preparation (i.e. carrots, potatoes).
Parchment paper	See baking paper. Parchment paper is an American term.
Pare	To remove the skin from fruits and/or vegetables; done with a paring knife or vegetable peeler.
Passata	Italian term for tomato purée; crushed, ripe tomatoes.
Pasteurise	Process where the bacteria in food is treated quickly with a high temperature (as in milk). Pasteurize is the American spelling.
Pastry	Baked sweet goods made from dough.
Pâté	Finely ground cooked liver and/or meat mixed to a paste-like consistency. Vegetable pâtés are becoming more common (e.g. carrot pâté, hummus etc).
Patisserie	French term for the art of the pastry cook; also the place where the pastries and baked goods are sold.
Patissier	French term for the person who prepares the cooked desserts, pastries and ice creams under a chef within a team of kitchen staff.
Pavlova	Dessert of a meringue base and shell with a whipped cream and fruit top. Invented in New Zealand. Although Australians might like to argue this point.
Paua	A large, edible mollusc or shellfish. Alternative word is abalone.
Pawpaw	North American tree of the custard apple family which has long, edible fruit. Alternatively use papaya or papaw.
Peak	As in stiff peaks, a stage of beating egg whites.
Peel	To remove the outer layer of fruits and vegetables (e.g. vegetable peeler). Also a long spatula-like tool to remove breads and pizzas from ovens; also as in orange peel (citrus skin, zest or rind).
Pepper	Pungent, hot-tasting powder from dried or ground peppercorns, used as a spice and condiment alongside salt usually. In recipes, where peppercorns are being used, indicate black, white, green, pink peppercorns etc.
Pescetarian	A person who doesn't eat red meat or poultry, but eats fish.
Pesto	Herbs (usually basil), nuts and oils and/or cheese blended together to make a dip or a sauce. French is pistou.

Petit fours	A French term for the tiny, attractively decorated desserts or cakes served at the end of a meal.
Phyllo	Of Greek origin. Very thin, unleavened dough used to make pastries (i.e. baklava) and savoury parcels. An alternative spelling is filo.
Pickle	To preserve food by steeping in an aromatic brine vinegar.
Pilaf	Rice cooked in a seasoned, spicy broth. Alternatively use pilau or pilaff.
Pinch	Culinary term for a small quantity of salt, pepper or spices. The pinch is taken from between the thumb and forefinger. Usually amounts to about a quarter of a teaspoon.
Pipe	To force a food through a piping bag usually with a nozzle attached to create a decorative look.
Pipi	Shellfish, a bivalve mollusc, native to New Zealand. Example of kai moana.
Piquant	A culinary term used to describe pungent goods (piquancy).
Pith	The white spongy layer between a citrus fruit and its skin or peel, usually bitter.
Platter	A large flat dish for serving an array of food that everyone can choose from. See also mets.
Pluck	The process of removing the feathers from poultry, fowl or game birds.
Plump	To soak dried foods in liquid until the food softens and fattens from absorption.
Poach	Method of cooking where the food is gently simmered in a liquid, usually water.
Pod	Outer layer of legumes such as peas and lentils.
Poisson	French word for fish.
Pollo	Italian and Spanish word for chicken.
Portfeuille	French term for dishes where the food is folded, stuffed or placed in layers (e.g. omelettes and gratins).
Pot	Fairly deep, round, usually metal container used for cooking food. Can also be made of earthenware or glass.
Potable	In kitchen terms, potable water is suitable for drinking or cooking with.
Potato	One of the globe's most important vegetable crops. A starchy plant tuber. Potatoe is incorrect spelling, plural is potatoes. Also known colloquially as spuds. In recipes, state variety if needed (i.e. agria, new, red etc).
Pot roast	Meat that is browned first and then put into a lidded dish, to be slow-cooked by moist air.
Poulet	French term for a small spring chicken.

Poultry	Domestic fowl bred for their flesh for culinary purposes (i.e. chicken, duck, geese, turkey). In recipes, give size or weight if using a whole bird. If using specific portions, state whether drumstick, wing, breast, boned etc, and where applicable, whether skin is on or off.
Poussin	French term for a very young, small chicken.
Preheat	To heat the oven, grill or pan to the temperature required before cooking is started.
Preserve	To keep perishable food in an edible state. Preserving stops or slows down deterioration.
Proof	To dissolve yeast in warm water to prove the yeast is still viable and capable of leavening dough; allowing the yeast to develop and ferment.
Protein	General culinary term to describe the meat, fish or poultry in a dish.
Provençale	Olive oil, garlic and tomato as base ingredients in a dish; or cuisine relating to the region of Provence, France.
Pullet	A hen less than a year old.
Pulverise	To reduce a food to a powder or dust, by mortar and pestle, food processor, blender etc. Pulverize is the US spelling.
Pumpkin	Large round fruit with a thick rind. The flesh is used in sweet and savoury dishes. Specify type of pumpkin if recipe depends on texture. If whole, state size.
Purée	Cooked vegetables and/or fruit mashed, processed or sieved to give a smooth, creamy consistency.

Q

Quadriller	To mark the surface of cooked food with grilled food marks, specifically for presentation purposes.
Quenelle	A French word for dumpling.
Quesco	Spanish word for cheese.
Quignon	The crusty end of a bread loaf.
Quick	As in bread. Bread dough that doesn't require kneading or time to rise as baking soda and/or powder are used.

R

Rabbit	A burrowing mammal, smaller than the hare. Rabbit meat is very lean.
Rack	Portion of the rib section of an animal, usually eight ribs, either cut into chops or cutlets or served whole as a rack (e.g. rack of lamb, also called crown roast).

Raclette	Fondue cheese, Swiss-style.
Ragout	In classic French terms, ragout describes any food which stimulates the appetite. The modern term means a well-seasoned saucy stew made from meat, fish, game or poultry with vegetables all cut to equal size. There are blond and brown ragouts.
Ragu	Italian version of the above ragout, but the saucy meat is served with pasta.
Ramekin	Small vessel for cooking individual portions. Also see cassolette.
Rancid	Fatty foods or the fat itself which has deteriorated due to the oxidation of the fat from light, heat or prolonged exposure to metal.
Range	Large stove with many burners and one or more ovens underneath.
Rasher	As in of bacon or ham, alternatively use slice of bacon or slice of ham. Strip is an American term.
Reconstitute	To return dehydrated food to as close to its original state as possible, usually by soaking in water.
Reduce	To boil briskly until the volume of liquid is much less and has thickened or become concentrated.
Reduction	The finished product of the above.
Reheat	To bring a cooked food back to the correct temperature for serving and eating (i.e. cooked, cooled and then reheated).
Refresh	To put partly boiled vegetables into cold or iced water to stop further cooking, so they are ready for reheating later.
Refrigerator	An appliance to cool and chill stored food. Fridge is slang, use the term refrigerator.
Relish	A condiment similar to jam but relish is highly spiced and more savoury.
Render	To heat butter or fat to remove other matter such as meat juices or milk solids, resulting in a clarified end product.
Rennet	A natural enzyme from the stomach of a calf or lamb. Used to curdle and coagulate milk to make cheese.
Reserve	To set aside ingredients in the cooking process to use later; also to describe wine of a special vintage.
Rest	To let cooked meats set before serving so the juices are retained and the meat's muscle fibres are relaxed.
Restaurant	An establishment where meals are served after patrons order from a specially devised menu from an executive chef.
Restaurateur	The business-owner, proprietor or manager of a restaurant.
Rib	Cut of meat taken from the rib section of an animal (between the short loin and chuck).

Ribbon	The stage beaten egg yolks and sugar become one mixture which is smooth enough to flow from a spoon; to whisk in a continuous ribbon.
Rind	The peel, skin or zest of a citrus fruit.
Rissolé	French word for food that is cooked until crisp and brown outside; in New Zealand and Australia meat patties cooked on the barbecue are called "rissoles".
Roast	To cook in an uncovered dish in the oven; or to cook over an open fire; also a cut of meat which is large enough to serve a group or family (i.e. roast meal, Sunday Roast, New Zealand Roast Day).
Roe	Fish and shellfish eggs.
Rolling pin	Cylindrical tool used to roll out dough in the kitchen, but has other uses as well (pounding, crushing etc).
Root	As in ginger. Termed root ginger in some recipes, alternatively fresh ginger or green ginger.
Rotisserie	Rotating spit for cooking large cuts of meat and poultry or for whole animal cooking and eating; also the name of an establishment where spit-roasted meats are prepared and sold to customers.
Roulade	French term for food that is stuffed and rolled.
Roux	A cooked mixture of equal amounts of butter and flour, which is then used to thicken sauces and stews. There are three types of roux: blond, brown and black. Other fats besides butter can be used in a roux.
Rub	To combine fat (e.g. butter) and flour using the fingers until a crumb-like consistency is reached.

S

Saddle	Cut of meat consisting of two loins from the rib section of an animal to the tail, most commonly hare, lamb, rabbit or venison.
Saffron	An autumn flowering crocus with red/purple flowers in which the large red stigmas are used as a spice. In recipes, indicate whether using powdered or saffron threads or filaments. If using the threads, explain how to extract the flavour.
Salad	A dish of raw or cold cooked food usually seasoned or dressed with a sauce. Served as hors d'oeuvres, a side dish, appetiser or smaller healthier meal. Also served on large platters to compliment a main meal.
Salsa	Mexican word for sauce; fresh fruit or vegetables finely cut in a pulped sauce served to accompany spicy foods.
Salt	White or pink crystalline substance used for seasoning or preserving foods. In recipes, "cook the carrots in boiling, salted water".
Salting	Ancient process of preserving meats, mainly pork or fish.
Sashimi	Japanese dish of thinly sliced, bite-sized pieces of raw fish, usually eaten with wasabi and soy sauce.

Sauce	Flavoured liquid, either hot or cold, served with food or in part of the cooking process of a dish. Designed to enhance food and its flavour.
Sauté	To fry food rapidly in a small amount of hot fat, shaking and/or stirring the pan to get even cooking and colouring.
Savoury	Describes food that isn't sweet. Piquant and full of flavour; also New Zealand term for a small pastry item filled with mince. Savory is the American spelling.
Scald	To heat liquids, usually milk, to just below boiling point.
Scale	Kitchen tool used to accurately measure the weight of an ingredient; also the process of removing scales from fish with a knife or fish scaler.
Scant	Not much, not quite up to full measure.
Score	To cut through connective tissue at the edge of meat to prevent curling during cooking; also on large meat items such as pork roasts and ham skins to allow steam to escape; also to decorate pastry tops and breads.
Seafood	Any food taken from the ocean: fish, shellfish, molluscs etc.
Sear	To seal in the juices of the food, usually meat, by browning the surfaces in a hot vessel.
Season	To add an ingredient to foods before, during or after cooking to enhance not take away from its natural flavours; also coating the surface of a new pan or grill with oil; also the four periods in a year: summer, autumn, winter and spring.
Seize	To sear, see above; also refers to melted chocolate or icing that has become hard and needs moisture added to soften again.
Service	Manner in which dishes are presented as part of a meal.
Shallot	Like onions and garlic, part of the allium family. A shallot is a single pale pink skinned bulb which resembles an onion; used for pickling or in place of onion. Spelling is not eschalot.
Shank	A cut of meat taken from the front leg of an animal carcass. Highly flavourful but slow cooking is required.
Sharpening	As in steel. A long, thin, grooved rod made of steel used to keep a knife edge sharp.
Shellfish	Any variety of invertebrate animals with a hard outer shell, taken from the ocean (e.g. pipi, tuatua, toheroa, crab, scallop etc).
Short	As in pastry, used for quiches, tarts and pies. Does not puff up. Alternative term is shortcrust pastry.
Shortening	Fat used for making pastry.
Short loin	Most tender section of beef, between the ribs and the sirloin.

Short rib	Large or top section of an animal's rib cage.
Shoulder	Cut of meat referring to the part of the carcass to which the front legs are/were attached.
Shred	To cut into fine strips or to grate coarsely.
Shuck	To remove the natural, outer shell from oysters and other shellfish; also removal of the husk from fresh corn cobs.
Sieve	To pass through a mesh to get a mixture of even consistency; also the name for the kitchen tool that does this.
Sift	To pass a substance through a mesh to remove lumps, foreign matter or to mix powders together evenly. Sifter is the tool.
Silverbeet	Member of the chard family. New Zealanders and Australians call it silverbeet. See spinach.
Silverside	Upper side of a round of beef outside of the leg. It gets its name because of the silvery part of the cut which is fibrous tissue (i.e. corned silverside is corned beef).
Simmer	To cook in a liquid just below boiling point (i.e. a few tiny bubbles are formed around the edge of the vessel).
Singe	Process of rotating poultry over a flame to singe off any feathers that may remain after plucking.
Sirloin	The section of beef between the short loin and the round, divided into three cuts. Good-quality beef cut from the loin of the animal.
Skillet	Another name for a frying pan or pan (American); a metal cooking vessel with a handle. In New Zealand, we call it a frying pan.
Skim	To remove the scum or fat from the surface of a liquid.
Slake	To mix a thickening agent, like flour, with cold water before adding to a hot liquid.
Slaw	A salad consisting mainly of finely sliced raw vegetables, especially cabbage and dressed; alternative coleslaw.
Slice	To cut food into segments or sections; also a thin or thick piece of food from a larger portion (e.g. slice of pie).
Sliver	A thin cut of food.
Slurry	A mix of dry ingredients and water.
Smoke	To expose foods to smoke from a wood fire for a prolonged period of time to extend their life and enhance flavour (e.g. manuka smoked).
Smoke point	The point when a fat, such as oil or butter, smokes and lets off an acrid odour.
Smorgasbord	Swedish term for an array of dishes on display for a group to eat from. See buffet.

Snapper	Fish, typically reddish, valued as a food. Also known as silver sea bream in Australia. Schnapper is the incorrect spelling.
Soft ball	As in stage. A measurement for cooked sugar when a drop of the sugar in to cold water separates into a soft, pliable ball.
Soft crack	As in stage. A measurement for cooked sugar when a drop of the sugar in to cold water separates into hard but pliable threads.
Soup	Any combination of vegetables, meat or fish cooked in a liquid that produces a thick consistency (both smooth and chunky).
Sous chef	The chef just below the executive chef or head chef in a kitchen team. Plays a vital role in a commercial kitchen.
Soy	Species of legume widely grown for its edible bean. The plant is classified as an oilseed rather than a pulse. Immature beans are called edamame. Soy is used in tofu, soy milk, soy sauce, miso, tempeh and as a dairy or meat substitute. Soya is an old spelling, use soy.
Spare rib	Lower portion of the rib cage on an animal.
Spatula	Kitchen tool with a large, flat, non-sharp blade used for mixing and spreading things.
Spices	Any of a large variety of aromatic, piquant seasonings from seeds, stem, root, bark, buds and fruit of plants and trees. Herbs refer more to the leaves of plants. In recipes, identify whether using spices ground or whole.
Spinach	Nutritious, edible plant with large, dark green leaves. In recipes, distinguish between spinach, silverbeet or chard, baby spinach and New Zealand spinach.
Spit	A pointed rod on which a large piece of meat or whole animal is speared for roasting over an open flame (e.g. spit roast).
Sponge roll	As in tin, designed to make a thin, rectangular sponge cake. Alternatively use Swiss roll tin.
Springform	As in pan, a cake tin with a spring release to remove the sides avoiding the need to invert the tin to remove food. Use when inverting would spoil the food.
Spring onions	An onion taken from the ground before the bulb has formed. In recipes, use the term spring onions, not scallions or green onions.
Squid	Octopus as a food. Used in Mediterranean dishes, where it is referred to as calamari which is the Italian term.
Star anise	Small star-shaped fruit with one seed in each arm, used unripe in Asian cookery. Has an aniseed flavour. Distinguish if using star anise to aniseed.
Steam	To cook over boiling water without actually immersing the food in the hot water; also to cook in a sealed container in boiling water.

Stew	To cook slowly in simmering liquid in a covered vessel. Used for meat cuts or poultry which require longer cooking to tenderise.
Stir	To combine ingredients with a spoon, fork or whisk in a circular motion.
Stir-fry	To cook quickly over a high heat in a lightly oiled vessel such as a wok. The food is turned and stirred consistently. Can be used as both a noun or a verb (ie. to stir-fry quickly in a wok or a beef stir-fry).
Stock	A flavoured preparation used as a base in dishes, especially soups, sauces and stews. As in broth or bouillon. In recipes, identify whether using stock powder, cubes or liquid.
Strain	To pass through a sieve to separate liquid from solid; also to pass through a colander or jelly bag.
Stuffing	A mixture of bread, seasonings, herbs and vegetables or fruit used to stuff poultry or meat before cooking. Another term for stuffing is forcemeat. American term is dressing (i.e. a dressed turkey). Farce or filling not really accepted.
Suet	The hard white fat around the loin or kidneys used to make puddings, pastry and mincemeat. An alternative is frozen butter which is grated.
Superfood	A nutrient-rich food considered to be beneficial for better health and well-being.
Sushi	Japanese dish of small rolls of vinegar-flavoured cold rice encasing fresh or raw vegetables and/or meat or seafood.
Sweat	To soften vegetables, particularly onion, in a little oil or fat until the juices run and the vegetables colour.
Sweetcorn	A maize with a variety of kernels. In recipes, identify whether using fresh or canned, whole kernel or creamed.

T

Tandoor	An round top oven made of bricks and clay used to cook foods with the heat produced from a rear fire, mainly used in Indian cookery (e.g. tandoori chicken)
Tapas	Spanish term for small plates of food, a little more substantial than hors d'oeuvres.
Tarakihi	A silver fish with a black band behind the head; caught off the coast of New Zealand. Terakihi is the incorrect spelling.
Taste	One of the basic senses by which flavours are perceived. In gastronomy, sense of taste and smell are facilitated.
Tempeh	An Indonesian dish made by deep frying fermented soy beans that've been formed into a patty.
Tempering	Cooking technique where chocolate is heated then cooled to make it malleable and glossy.
Tempura	Japanese cookery technique of dipping meat, seafood and/or vegetables in batter then deep-frying.

Terrine	The oblong, earthenware dish in which pâté is cooked; also the term for the mixture which is cooked and served in such a container.
Thickening	To give body to liquids. French term is liaison. Thickening options are a roux, cornflour, egg yolk, blood, liver, egg/flour mix or cream or butter just before serving.
Thin	To add liquid to a preparation in order to make it less thick.
Thread	As in stage. A measurement for cooked sugar when it becomes soft and thready when immersed in water.
Tin	Sealed metal container holding food. Alternatively a can, depending on food item (i.e. tin of tomatoes or beer can).
Tofu	Soft white substance made from mashed soy beans, used in vegetarian and Asian-style dishes.
Tomato	Glossy red, orange or occasionally yellow or purple fruit. A tomato is a fruit, not a vegetable. Plural is tomatoes.
Tongs	Kitchen utensil with two arms, usually metal, pivoted by a spring. The ends become opposing spoons which collect and move food.
Tonnato	An Italian word referring to dishes using or accompanying tuna.
Toss	To turn salad ingredients to combine and coat with dressing.
Trattoria	An Italian term for an informal and simple restaurant
Trim	To remove the parts of food that aren't needed for preparation.
Tripe	The stomach lining of an animal used in cookery.
Trivet	A stand used to support hot dishes and/or food so as to protect the dinner table.
Trotter	Hoof or foot of an animal used in cooking.
Truss	To thread twine through the body of poultry for the purpose of holding it together for cooking; also truss of tomatoes.
Tureen	Any variety of a deep lidded dish used to serve hot foods.
Turmeric	Yellow aromatic powder obtained from the rhizome of a plant from the ginger family.
Turn	To shape vegetables into a specific shape using a knife.

U

Uncooked	Where any doubt could occur in recipes, indicate whether an ingredient is raw, cooked or uncooked.
Unleavened	A baked good, like flat bread, that has no leavener such as yeast, baking powder or baking soda.
Unmould	Careful removal of a food preparation that has been shaped in a mould, such as a terrine or loaf.

V

Veal	The flesh of calves between one and three months old. Pale flesh is because the animal hasn't been exposed to eating grass.
Vegan	A person who doesn't eat or use any animal products whatsoever; can also describe a dish.
Vegetarian	Referring to dishes prepared completely with vegetables, with no meat products; also the term for a person who eats that way.
Venison	The flesh of a deer.
Vin	French word for wine.
Vinaigrette	Vinegar, oil, seasoning and herbs combined together for a salad or vegetable dressing.
Vinegar	Acetic acid used in cookery. In recipes, identify type (eg. white, cider, malt, wine, seasoned, balsamic etc).
Virgin	As in olive oil, accepted abbreviation is EVOO (extra virgin olive oil).
Vitamin	A substance in food which is vital for human growth and development.
Vital	That Italian word for veal.
Viticulture	The study or science of wine grapes and growing.
Vol au vent	A puff pastry case of small size filled with a savoury mixture.
Velouté	One of the five mother sauces. A sauce made from light stock, such as chicken or fish, thickened with a blond roux.

W

Wagyu	Any of several breeds of Japanese cattle producing tender, marbled beef.
Wasabi	Japanese plant with a thick, green root which tastes like spicy or strong horseradish; used with raw fish dishes.

Water bath	Quantity of water to submerge prepared foods in, to either cook or cool.
Well	The hole made in the middle of a heap of flour to which the liquids or eggs are added before mixing.
Whip	To beat ingredients vigorously to increase the air in to the mixture.
Whisk	Kitchen utensil consisting of a series of wires around a handle to mix or whip ingredients; also to whisk.
Whisky	A spirit distilled from malted grain, such as barley or rye; Scotch. Whiskey is American and Irish spelling.
White sauce	A sauce of flour, melted butter and milk or cream.
Wholemeal	Flour or bread made from the whole grains of wheat including the husk. Alternatively use the term wheatmeal or wholewheat.
Witloof	Dutch term for a blanched pointed vegetable; endive is the French equivalent; chicory is the English equivalent.
Wok	Round bottomed cooking vessel used for stir-frying, poaching or steaming food.
Worcestershire	Pungent sauce containing anchovy essence, onions, garlic, tamarind, soy, sugar and vinegar, first made in Worcester, UK. Not Worcester sauce.

Y

Yeast	Microscopic fungus capable of converting sugar into alcohol and carbon dioxide. In recipes, indicate whether active dried, Surebake or fresh.
Yoghurt	Semi-solid food made from milk fermented by added bacteria. Spelling of yogurt is acceptable.
Yolk	The yellow coloured centre of an egg.

Z

Zest	Outer coloured part of the peel of citrus fruit; also to scrape thin strips off the outer part of citrus peel to use as flavouring in dishes.
Zucchini	Italian word for courgette, the British and New Zealand term for summer squash. If using in an Italian recipe, use the term zucchini.
Zuppa	The Italian word for soup.

Our first handbook was produced in 1991, with the purpose of providing a reference tool that in turn would establish standards for New Zealand food writers. In 1999 the handbook was updated to reflect the growing needs of members.

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