

Word of Day Running List

1. **Zest:** outer, colored part of the peel of a citrus fruit
2. **A la carte:** on a menu, each item is priced separately
3. **Veal:** meat that comes from young cattle about 3 months old. Mild flavor
4. **Al dente:** cooking pasta or other foods until tender but slightly firm.
5. **Garnish:** decorate a food or dish with a small, colorful food such as sprig of parsley or lemon slice
6. **Pesto:** finely chopped mixture of herbs, garlic, nuts, and olive oil
7. **Bouillon:** clear flavorful broth
8. **Nectar:** thick, sweetened juice and pulp of a fruit
9. **Calamari:** the Italian word for squid
10. **Crudit :** a selection of fresh vegetables used with a dip
11. **Gremolata:** a mixture of chopped parsley, garlic and lemon peel; flavors stew
12. **Kefir:** a fermented milk drink; often from goat or camel milk
13. **Julienne:** foods that are cut in long thin strips
14. **Jicama:** large root vegetable with a thick brown skin and white crunchy flesh
15. **Cider:** beverage made by pressing juice from fruit
16. **Tiramisu:** an Italian dessert made from sponge cake, espresso, whipped cream and cheese
17. **Hollandaise sauce:** a sauce made from eggs and oil or butter, flavored with lemon juice
18. **Empanada:** a small, savory pie filled with meat, seafood or vegetables
19. **Mascarpone:** a rich, creamy cheese from Italy, often used in desserts
20. **Minestrone:** an Italian vegetable soup made with beans and pasta or rice
21. **Meringue:** whipped egg whites to which sugar has been added to form a thick pasts.
22. **Milanese:** foods that are dipped in egg and breadcrumbs then fried in butter
23. **Mulligatawny:** a chicken soup flavored with curry and coconut.
24. **Aspic:** a jelly made from stock, wine, or fruit used to mold foods
25. **Nougat:** a candy made from sugar and honey mixed with nuts, formed into a slab, then sliced.
26. **Nutella:** a commercial brand of gianduja, a creamy paste of chocolate and hazelnuts, treasured in Italy.
27. **Hyssop:** an herb belonging to the mint family
28. **Gelato:** an Italian frozen dessert made with whole milk and eggs.
29. **Galette:** a French word for pancake, made from flour, potato, or other foods.
30. **Alfredo:** a pasta sauce consisting of butter, cream and Parmesan cheese
31. **Lychee:** a small fruit from Asia, with a hard shell and sweet juicy flesh
32. **Quiche:** an open crust pie made from eggs, milk, cheese and other ingredients
33. **Brioche:** a very rich bread containing eggs and butter.
34. **Foie Gras:** duck or goose liver; considered an expensive delicacy
35. **Yakitori:** a Japanese dish of marinated chicken, then skewered and grilled
36. **Fusilli:** spiral shaped pasta

37. **Wasabi:** Japanese horseradish; a spicy condiment made from a root plant
38. **Au jus:** a rich sauce flavored from roasted meats
39. **Caviar:** the eggs of sturgeon, that have been salted and cured
40. **Calzone:** a half-moon shaped pizza turnover
41. **Tofu:** soy bean curd; a great source of protein
42. **Ugli:** a citrus fruit cross between a grapefruit and a tangerine
43. **Dim sum:** a selection of small dishes served as snacks and lunch in China
44. **Bouquet garni:** a sachet of herbs, containing parsley, thyme and bay leaf
45. **Biscotti:** dry, Italian cookies flavored with almonds, chocolate or anise seed, usually dipped in coffee
46. **Vermicelli:** a long thin pasta noodle similar to spaghetti
47. **Gnocchi:** a small dumpling made with potato, flour, and eggs
48. **Grissini:** very thin breadsticks
49. **Remoulade:** a classic French sauce made from mayonnaise, mustard, herbs, capers and pickles
50. **Baked Alaska:** a dessert made of sponge cake, filled with ice cream, then covered with meringue and baked
51. **Baklava:** a very sweet dessert made from layers of flaky pastry filled with ground nuts and honey.
52. **Jambalaya:** a spicy rice dish consisting of meats, sausage, shrimp, tomatoes, pepper and onion
53. **Gruyere:** a rich, mild, nutty flavored cheese made from cow's milk
54. **Rigatoni:** large pasta tubes with ridges
55. **Quinoa:** a whole grain that can be substituted for rice and is high in protein
56. **Scone:** a small, lightly seasoned pastry similar to American biscuits
57. **Satay:** pieces of chicken, beef, or fish threaded on skewers and grilled
58. **Worcestershire sauce:** a British condiment made from an odd combination of anchovies, vinegar, molasses and cloves.
59. **Orzo,** small, rice shaped pasta
60. **Mincemeat:** sweet spicy mixture of ground fruits, nuts, spices and beef fat, used as a pie filling
61. **Udon:** thick wheat noodles used in Japanese cooking
62. **Gumbo:** a stew made with meat or seafood and served over rice
63. **Shortbread:** a butter rich, plain cookie from Scotland
64. **Crepe:** a very thin pancake, often filled with sweet or savory fillings and folded
65. **Semolina:** a wheat flour used to make pasta noodles
66. **Opakapaka:** a fish very popular in Hawaii
67. **Al carbon:** a Spanish term meaning "with meat."
68. **Quince:** a fruit that is like a cross between an apple and a pear; tastes best cooked
69. **Granite;** a fruit ice similar to sorbet
70. **Praline:** a candy consisting of caramel and pecans
71. **Petit four:** a bite size, decorated piece of cake
72. **Zabaglione:** an Italian custard dessert
73. **Beignet:** a French pastry that is fried and similar to a doughnut

74. **Madeleine:** a small, shell shaped cookie
75. **Ladylock:** flaky pastry tubes with a sweet creamy filling, covered in powdered sugar
76. **Vinaigrette:** a mixture of oil and vinegar
77. **Latke:** a pancake made of grated potato
78. **Truffle:** a type of mushroom; OR a soft chocolate formed into a ball
79. **Matzah:** a large square cracker eaten during Jewish Passover celebration
80. **Cobbler:** a baked fruit dessert with a sweet biscuit dough topping
81. **Custard:** a cooked, sweetened mixture of milk and eggs
82. **Omelet:** a dish cooked like a large egg pancake
83. **Aioli:** a cold egg and olive oil emulsion with garlic
84. **Gazpacho:** a cold vegetable soup served commonly served in Spanish countries
85. **Granola:** a combination of toasted oats, dried fruits, and nuts, usually served as a breakfast cereal
86. **Macaroon:** a small round cookie with a crisp crust and a soft interior
87. **Pita bread:** flat, round bread; sometimes made with a “pocket”
88. **Pico de Gallo:** a spicy, raw salsa made of fresh chiles, onion, and tomatoes
89. **Tahini:** a paste made from sesame seeds, used primarily in hummus
90. **Bruschetta:** grilled slices of bread brushed with olive oil and fresh garlic, often including other savory toppings