

Mirin

Also known as Japanese sweet rice wine. Used in Japanese cooking to flavor sauces, glazes, and other dishes. Sold in many supermarkets.

Mirliton

Miso

Fermented soybean paste with the addition of barley, rice, or rye. Created in China, miso is now mostly associated with Japanese cuisine, in which it is used to make broths, soups, salad dressings, sauces, pickles, and more.

5 oz (150 g) =
 $\frac{1}{2}$ cup (125 mL)

If You Don't Have It

Substitute $\frac{1}{2}$ cup (125 mL) mirin with:

- 1½ to 2 tbsp (22 to 30 mL) sugar dissolved in $\frac{1}{2}$ cup (125 mL) dry sherry, vermouth, white wine, or sake
- $\frac{1}{2}$ cup (125 mL) amontillado sherry

See CHAYOTE.

If You Don't Have It

Substitute 1 tbsp (15 mL) miso with:

- 1 tbsp (15 mL) Chinese sweet bean paste
- 1 tsp (5 mL) soy sauce
- 2 tsp (10 mL) anchovy paste + $\frac{1}{8}$ to $\frac{1}{4}$ tsp (0.5 to 1 mL) sugar (adds fish flavor)
- $\frac{1}{4}$ to $\frac{1}{2}$ tsp (1 to 2 mL) salt (less complex flavor)
- 1 tbsp (15 mL) Hoisin sauce (much sweeter; more complex flavors)
- 1 tbsp (15 mL) umeboshi paste (more sour and pungent)

Miso Varieties

Choose 1 tbsp (15 mL) miso from these varieties:

- 1 tbsp (15 mL) white or shiro miso (pale yellow color; very mild, salty-sweet flavor)
- 1 tbsp (15 mL) yellow or shinshu miso (golden yellow color; mellow salty flavor)
- 1 tbsp (15 mL) barley or mugi miso (reddish brown color; pronounced salty-sweet flavor)
- 2 to 3 tsp (10 to 15 mL) red or sendai miso (reddish yellow color; pronounced salty and pungent flavor)
- 2 to 3 tsp (10 to 15 mL) dark or hatcho miso (reddish brown color; thicker; very strong salty and pungent flavor)

Mitmita

Ethiopia's hottest and reddest spice blend consists of ground African bird's eye chile, cardamom, cloves, and salt, sometimes with the addition of cinnamon, cumin, coriander, and/or ginger. It seasons kitfo, a minced raw beef dish, and rests on tables to season vegetables and injera (flatbread).

If You Don't Have It

Substitute 1 tbsp (15 mL) mitmita with:

- 1 tbsp (15 mL) Homemade Mitmita: Combine 2 tbsp (30 mL) ground dried African bird's eye, piri-piri, or malagueta chile (or cayenne) with 2½ tsp (12 mL) salt, 1 tsp (5 mL) ground cardamom, and $\frac{1}{8}$ tsp (0.5 mL) ground cloves. If you like, add $\frac{1}{4}$ tsp (1 mL) ground coriander, $\frac{1}{4}$ tsp (1 mL) ground cumin, and $\frac{1}{8}$ tsp (0.5 mL) ground cinnamon or allspice. Makes about 3 tablespoons (45 mL).
- 1 tbsp (15 mL) berbere (less heat)
- 1 tbsp (15 mL) harissa

Mitsuba

Also known as *honeywort*, *trefoil*, *Japanese chervil*, and *Japanese wild parsley*. Mitsuba means “three leaves,” and refers to this herb’s three-part leaf shape, a remarkable doppleganger for Italian flat-leaf parsley. The flavor combines aromas of angelica, celery, and parsley; and the herb is used in three primary ways: for clear soups (called *ito-mitsuba*); blanched and chilled as an appetizer (*nemitsuba*, which has the most intense aroma); and for garnishing (*kiri-mitsuba*, the mildest flavor).

Mixed Spice

Also known as *British mixed spice* and *pudding spice*. An English baking standard used to season a variety of desserts and baked goods.

Mixer, Electric

Tools that beat, mix, or whip foods. Stationary mixers are powerful and come with attachments, such as dough hooks, meat grinders, or ice crushers that expand their utility. Portable mixers are smaller, lighter, and easier to store.

Mixote

If You Don't Have It

Substitute 1 tbsp (15 mL) fresh mitsuba leaves with:

- 1 tsp (5 mL) celery leaves + 1 tsp (5 mL) angelica leaves + 1 tsp (5 mL) parsley leaves

To Vary the Flavor

Substitute 1 tbsp (15 mL) fresh mitsuba leaves with:

- 1 tbsp (15 mL) watercress
- 1 tbsp (15 mL) chopped sorrel

If You Don't Have It

Substitute 1 tsp (5 mL) mixed spice with:

- 1 tsp (5 mL) Homemade Mixed Spice: Combine 4 tsp (20 mL) ground cinnamon, 2 tsp (10 mL) ground coriander, (optional), 1 tsp (5 mL) ground allspice, $\frac{1}{2}$ tsp (2 mL) ground nutmeg, $\frac{1}{2}$ tsp (2 mL) ground ginger, and $\frac{1}{4}$ tsp (1 mL) ground cloves. Makes about $2\frac{1}{2}$ tablespoons (37 mL).
- 1 tsp (5 mL) pumpkin pie spice
- 1 tsp (5 mL) apple pie spice

If You Don't Have It

Substitute an electric mixer with:

- rotary beater
- whisk

See MAGUEY LEAF.

Miyoga

Pinkish white bullet-shaped flower buds of wild ginger with a crunchy texture and mildly bitter ginger taste and floral aroma. Often used as winter vegetable in Japanese soups and salads.

Mizithra

See also GINGER, WILD BUD.

Mizuna

Also known as *kyona*. Of Chinese origin, this mustardy-cabbagey incised-leaf green is beloved in Japan. Use younger leaves in salads and mature leaves for cooking.

See MYZITHRA.

Mochi

See VARIETIES OF RICE (PAGE 664).

Mochiko

See RICE FLOUR, SWEET.

Modified Cornstarch

See CLEAR JEL.

Molasses

Most supermarkets sell unsulfured molasses, which has a lighter, cleaner taste than sulfured molasses, which is processed with sulfur dioxide as a preservative.

8 oz (250 g) =
1 cup (250 mL)

If You Don't Have It

Substitute 1 cup (250 mL) molasses with:

- 1 cup (250 mL) honey, dark corn syrup, or maple syrup
- $\frac{3}{4}$ cup (175 mL) light or dark brown sugar dissolved in $\frac{1}{4}$ cup (60 mL) hot water or liquid in recipe
- $\frac{3}{4}$ cup (175 mL) granulated sugar dissolved in $\frac{1}{4}$ cup (60 mL) hot water or liquid in recipe + $1\frac{1}{4}$ tsp (6 mL) cream of tartar (for baking; cream of tartar adds acidity present in molasses)
- 1 cup (250 mL) golden syrup (much lighter in flavor)
- 2 cups (500 mL) brown rice syrup (reduce liquid in recipe by 1 cup/250 mL if necessary)
- $1\frac{3}{4}$ cups (425 mL) barley malt syrup (reduce liquid in recipe by $\frac{3}{4}$ cup/175 mL if necessary)

Molasses (cont'd)**Molasses Varieties**

Choose 1 cup (250 mL) molasses from these varieties:

- 1 cup (250 mL) dark molasses (often used in American baked goods; dark brown, thick, mildly sweet)
- 1 cup (250 mL) light or Barbados molasses (often used like pancake syrup; lighter brown color and milder, sweeter flavor than dark molasses)
- 1 cup (250 mL) blackstrap molasses (used less often in cooking; slightly higher in nutrients; very dark brown to black; thicker; more bitter flavor)

See MORTAR AND PESTLE

Molcajete y Tejolote**Mold****Monkey Peach****Monkfish**

Also known as anglerfish, bellyfish, frogfish, goosefish, lotte, and sea devil. A firm-fleshed, low-fat fish with a sweet, mild flavor that is, optimistically, compared to lobster.

See PAN SIZE EQUIVALENTS (PAGE 678).

See KIWIFRUIT.

If You Don't Have It

Substitute 1 lb (500 g) monkfish with:

- 1 lb (500 g) blackfish
- 1 lb (500 g) lobster
- 1 lb (500 g) carp
- 1 lb (500 g) grouper
- 1 lb (500 g) red snapper
- 1 lb (500 g) tilefish
- 1 lb (500 g) wolffish

Monkfish Liver

Also known as ankimo, foie de lotte and monkfish foie gras. Remarkably similar to the pale pink-orange color, rich texture and earthy flavor of foie gras, this Japanese delicacy is traditionally steamed and served with ponzu sauce. It's equally delicious poached and pan-seared.

If You Don't Have It

Substitute 1 lb (500 g) monkfish liver with:

- 1 lb (500 g) foie gras
- 1 lb (500 g) Pâté de foie gras
- 1 lb (500 g) cod liver

Monosodium Glutamate

Also known as MSG. Commercially available as Accent, Mei Yen Seasoning, aji-no-moto, Ve-Tsin, and other products. Identified by Japanese scientists in the 1920s, MSG is a white powder derived from glutamic acid found in seaweed, certain vegetables, and other plants. It is flavorless in itself but acts to intensify the flavor of other foods.

Monstera

Also known as ceriman, Mexican breadfruit, and Swiss cheese plant. It takes a year for monstera to ripen, during which time it increasingly resembles a large ear of corn covered with green hexagonal scales that eventually bulge and separate. When fully ripe, its toxic oxalic acid content reduces to safe levels and the kernels may be scraped away, revealing inner fruit with lush tropical aromas calling to mind bananas and pineapple.

Montasio

Cow's milk cheese from northeastern Italy's Friuli-Venezia Giulia region is used to make frico, the regional specialty fried cheese.

If You Don't Have It

Substitute 1 tsp (5 mL) monosodium glutamate with:

- 1 to 2 tsp (5 to 10 mL) powdered dulse (a sea vegetable)

If You Don't Have It

Substitute 1 lb (500 g) monstera with:

- 1 lb (500 g) jackfruit
- 8 oz (250 g) pineapple + 8 oz (250 g) bananas

If You Don't Have It

Substitute 1 oz (30 g) Montasio cheese with:

- 1 oz (30 g) Carnia
- 1 oz (30 g) medium-ripe Asiago (less complex flavor)

1 lb (500 g) = 4 cups
(1 L) shredded

Montbriac

Also known as Rochebaron. Imagine crumbly Roquefort and oozy Brie in a single cheese. Made in the Auvergne region of France, Montbriac is a soft pasteurized cow's milk cheese speckled with blue Penicillium roqueforti mold. Inside its blue-gray ash, Montbriac hints at mushroom, celery, and garlic and becomes deliciously runny when ripe.

Monterey Jack

Montrachet

Ash-coated logs of tangy chèvre from French Burgundy. At its best when young and fresh.

8 oz (250 g) =
1 cup (250 mL)

If You Don't Have It

Substitute 1 oz (30 g) Montbriac with:

- 1 oz (30 g) blue Brie such as Cambozola
- 1 oz (30 g) Bleu de Bresse
- 1 oz (30 g) Blue Castello

See JACK CHEESE.

If You Don't Have It

Substitute 1 oz (30 g) Montrachet with:

- 1 oz (30 g) Crottin de Chavignol (soft to firm texture and mild to nutty flavor, depending on age)
- 1 oz (30 g) Selles-sur-Cher (semifirm texture; sweet, nutty flavor; covered with black ash)
- 1 oz (30 g) Bûcheron (softer texture; usually covered with black ash or a white rind)
- 1 oz (30 g) Banon (softer texture; wrapped in chestnut leaves)
- 1 oz (30 g) aged chèvre (firmer texture; stronger flavor)

To Vary the Flavor

Substitute 1 oz (30 g) Montrachet with:

- 1 oz (30 g) mascarpone (smoother; less complex flavor)
- 1 oz (30 g) cream cheese (smoother; less complex flavor)

See also CHÈVRE.

Moonshine

Moose

A large North American member of the deer family — the counterpart of the European elk — that can

If You Don't Have It

Substitute 1 lb (500 g) moose with:

- 1 lb (500 g) elk
- 1 lb (500 g) caribou
- 1 lb (500 g) red, fallow, or white-tailed deer

weigh up to 1,300 pounds (650 kg). Moose is valued for its meat, and, according to one Inuit chronicler, the nose is the tastiest morsel.

Mora Chile

A French semisoft, raw unpasteurized cow's milk cheese. The pale yellow paste is divided into two layers by a thin flavorless layer of ash. One layer is the cheese from the morning milking and the other from the evening milking.

Morcilla

This blood sausage is a required ingredient in Fabada Asturiana, the famous bean stew of northwest Spain.

Morel

Morello Cherry

Moringa

Morita Chile

Mörk Sirap

Mornay Sauce

Moro

Mortadella

This signature sausage from Bologna is composed

- 1 lb (500 g) reindeer
- 1 lb (500 g) antelope
- 1 lb (500 g) gazelle

See also VENISON.

See CHOOSING DRIED CHILES (PAGE 642).

If You Don't Have It

Substitute 1 oz (30 g) Morbier with:

- 1 oz (30 g) Fontina
- 1 oz (30 g) Vacherin Fribourgeois
- 1 oz (30 g) Raclette

If You Don't Have It

Substitute 1 lb (500 g) Morcilla with:

- 1 lb (500 g) Blutwurst (German blood sausage)
- 1 lb (500 g) boudin rouge (Cajun blood sausage)
- 1 lb (500 g) Zungenwurst (German blood sausage; includes tongue)

See SHUFFLING MUSHROOMS (PAGE 654).

See CHERRY.

See DRUMSTICK.

See CHOOSING DRIED CHILES (PAGE 642).

See SWEDISH SYRUP.

See BÉCHAMEL.

See ORANGE, BLOOD.

If You Don't Have It

Substitute 1 lb (500 g) mortadella with:

- 1 lb (500 g) bologna (less complex flavor)

Mortadella (cont'd)

of finely ground pork, studded with bits of fat, peppercorns, and pistachios. Some mortadella sausages can weigh as much as 180 pounds (90 kg).

Mortar and Pestle

A combination tool used to grind and mix various foods. The mortar is shaped like a bowl, the pestle fashioned like a thick stick with a rounded end that conforms to the bowl. Can be made of porcelain, wood, stone, marble, or other hard materials. In Mexico, the term for mortar and pestle is molcajete y tejolote.

Mostarda

Italian condiment of sugar-saturated fruit flavored with mustard essence.

Mouli Grater

See GRATER.

Mountain Cranberry

See LINGONBERRY.

Mountain Pepper

See TASMANIAN PEPPER.

Mozzarella

Low-moisture mozzarella cheese is typically used in Italian-American cooking.

- ➊ 1 lb (500 g) galantina (chunkier; more complex flavor)
- ➋ 1 lb (500 g) olive loaf (adds olive flavor)
- ➌ 1 lb (500 g) semidry or summer sausage such as Thuringer, Landjäger, or Lebanon bologna

For Better Health

Substitute 1 lb (500 g) mortadella with:

- ➊ 1 lb (500 g) Gelbwurst (lower in fat and calories)

If You Don't Have It

Substitute a mortar and pestle with:

- ➊ coffee or spice grinder (for finely grinding small amounts of dry ingredients such as spices)
- ➋ rolling pin or heavy skillet (for coarsely crushing)
- ➌ food processor (for crushing larger amounts or wet ingredients such as in pesto)

If You Don't Have It

Substitute 1 cup (250 mL) mostarda with:

- ➊ 1 cup (250 mL) candied fruit + 3 drops mustard essence (or 1½ tsp/7 mL pure mustard oil or ½ tsp/2 mL mustard powder)
- ➋ 1 cup (250 mL) glacé fruit + 3 drops mustard essence (or 1½ tsp/7 mL pure mustard oil or ½ tsp/2 mL mustard powder)

See GRATER.

See LINGONBERRY.

See TASMANIAN PEPPER.

If You Don't Have It

Substitute 1 oz (30 g) mozzarella with:

- ➊ 1 oz (30 g) Scamorza
- ➋ 1 oz (30 g) Caciocavallo

High-moisture mozzarella is often served fresh or used in traditional Italian cooking. Bocconcini are “little mouthfuls” of high-moisture mozzarella (the size of ping-pong balls) floating in whey.

1 lb (500 g) low-moisture mozzarella = 4 cups (1 L) shredded

- 1 oz (30 g) provolone
- 1 oz (30 g) string cheese
- 1 oz (30 g) queso blanco
- 1 oz (30 g) Bel Paese
- 1 oz (30 g) Muenster
- 1 oz (30 g) Gouda
- 1 oz (30 g) Fontina

Mozzarella Varieties

Choose 1 oz (30 g) mozzarella from these varieties:

- 1 oz (30 g) burrata (creamy, oozy center made from mozzarella and fresh cream)
- 1 oz (30 g) mozzarella di buffalo (sweeter, moister, more complex taste than cow's milk mozzarella)
- 1 oz (30 g) smoked mozzarella (adds smoke flavor)

See also BURRATA.

Muenster

Also known as Munster. True French Muenster is a soft, yellow pungent cow's milk cheese with an orange rind. It is one of only a few cheeses to ripen from the inside out. American and other versions are white and mild.

1 lb (500 g) = 4 cups (1 L) shredded

If You Don't Have It

Substitute 1 oz (30 g) Muenster cheese with:

- 1 oz (30 g) Beaumont
- 1 oz (30 g) Reblochon
- 1 oz (30 g) Monterey Jack
- 1 oz (30 g) mozzarella
- 1 oz (30 g) Gouda
- 1 oz (30 g) Havarti
- 1 oz (30 g) Bel Paese
- 1 oz (30 g) Fontina

Muesli

Swiss nutritionist Dr. Bircher-Benner created this healthful “mixture” in the late 1800s. Typical ingredients include raw or toasted grains, such as oats, wheat, millet, and barley, mixed with various dried fruits, nuts, bran, wheat germ, and honey or sugar.

If You Don't Have It

Substitute 1 cup (250 mL) muesli with:

- 1 cup (250 mL) granola (very similar)

Muffin Pan

See PAN SIZE EQUIVALENTS (PAGE 678).

Mulato Chile

See CHOOSING DRIED CHILES (PAGE 642).

Mulberry

The black mulberry is the species most often grown for its fruit. Although to the casual eye it looks like a blackberry, it is actually a sorosis like the pineapple. The fruit forms a cluster of small berries, each with surface lobes that are formed from one of a cluster of flowers.

1 pint fresh =
2 cups (500 mL)

Mulberry, Dried

High in the cancer-fighting antioxidant, resveratrol, dried white mulberries are the size of large raisins and have a crunchy texture similar to dried figs.

Mullet

Also known as silver mullet and striped (black) mullet. Members of the gray mullet family are fairly fat, with firm flesh, and pleasantly nutty taste.

Mulling Spice Mix

A combination of various flavorings, such as herbs, spices, dried fruit, and sugar, which impart a warm and complex flavor when heated with beer, cider, wine, or other beverages.

If You Don't Have It

Substitute 1 cup (250 mL) mulberries with:

- 1 cup (250 mL) blackberries (smaller; firmer)
- 1 cup (250 mL) loganberries (smaller; red color)
- 1 cup (250 mL) boysenberries (smaller; slightly sweeter)
- 1 cup (250 mL) olallieberries (sweeter)
- 1 cup (250 mL) raspberries (smaller; red color; sweeter)

If You Don't Have It

Substitute 1 cup (250 mL) dried mulberries with:

- 1 cup (250 mL) golden raisins
- 1 cup (250 mL) dried figs

If You Don't Have It

Substitute 1 lb (500 g) mullet with:

- 1 lb (500 g) sea bass
- 1 lb (500 g) ocean perch
- 1 lb (500 g) grouper
- 1 lb (500 g) orange roughy

See also RED MULLET.

If You Don't Have It

Substitute 1 tsp (5 mL) ground mulling spice mix with:

- 1 tsp (5 mL) Homemade Mulling Spice Mix: Combine 1 to 2 three-inch (7.5 cm) cinnamon sticks (or $\frac{1}{2}$ to 1 tsp/2 to 5 mL ground cinnamon) + 2 to 4 whole cloves (or a big pinch of ground cloves) + 2 to 4 whole allspice berries (or a big pinch of ground allspice) + 1 sliced orange. If using ground spices, tie them in cheesecloth or a coffee filter with kitchen string or a clean twist-tie. Makes enough to mull 3 cups (750 mL) cider or red wine.

See JUTE LEAF.

Mulukhiyya

Mung Bean

See THE WIDE WORLD OF DRIED BEANS (PAGE 637).

Mung Bean Noodles

See A SNAPSHOT OF ASIAN NOODLES (PAGE 656).

Mung Bean Sprouts

Germinated mung beans are widely used in the Chinese kitchen for salads and stir-fried dishes. Crisp fresh bean sprouts may be refrigerated in a plastic bag for up to a week.

1 lb (500 g) = 1 quart =
4 cups (1 L)

Munster

See MUENSTER.

Muscadine Grape

See GRAPE, TABLE; MUSCADINE JELLY.

Muscadine Jelly

A preserve made from a grape native to the southeastern United States. The musky-tasting purple grapes are also used to make scuppernong wine.

Muscovado Sugar

See SUGAR, RAW.

Mushrooms, Dried

Drying is an excellent method of keeping many mushrooms. Most dried mushrooms have a much more intense flavor than their fresh counterparts.

2 to 3 oz (60 to 90 g)
dried and reconstituted
= 1 lb (500 g) fresh

If You Don't Have It

Substitute 1 1/2 oz (45 g) dried mushrooms with:

- 8 oz (250 g) sliced fresh mushrooms
- 4 oz (125 g) drained canned sliced mushrooms

See also SHUFFLING MUSHROOMS (PAGE 654).

Mushrooms, Fresh

Cooks often say to clean mushrooms by dry wiping because they soak up water during rinsing. Scientist Harold McGee refuted that theory and recommends rinsing.

1 lb (500 g) fresh =
 5 cups (1.25 L) sliced =
 6 cups (1.5 L) chopped =
 2 cups (500 mL) cooked

If You Don't Have It

Substitute 8 oz (250 g) sliced fresh mushrooms with:

- 4 oz (125 g) drained canned sliced mushrooms
- 1½ oz (45 g) dried mushrooms + ¾ cup (175 mL) boiling water

See also TRUFFLE; SHUFFLING MUSHROOMS (PAGE 654).

Mushrooms, Powdered

Often used to enhance the flavor of sauces, soups, stews, and flour coatings, this powder is made from ground dried mushrooms.

If You Don't Have It

Substitute 1 tbsp (15 mL) powdered mushrooms with:

- 3 tbsp (45 mL) whole dried mushrooms (pulverized in spice grinder if powder is needed)
- 4 oz (125 g) fresh mushrooms
- 2 oz (60 g) canned mushrooms

See CALAMONDIN.

Musk Lime

Muskmelon

Muskrat

Also known as marsh rabbit. Semiaquatic muskrats must be trapped in the wild near the salty marshes where they dwell. They have lean, tender, very flavorful meat with a fine grain and deep-pink color similar to hare. Muskrat is so popular in Ohio that firehouses and churches hold muskrat suppers as fund-raisers.

If You Don't Have It

Substitute 1 lb (500 g) muskrat with:

- 1 lb (500 g) hare
- 1 lb (500 g) rabbit
- 1 lb (500 g) chicken

See also RABBIT.

Mussels

Smaller mussels are more tender than large ones. Choose live mussels with shells that are intact and closed, or if open, that snap shut when tapped.

| |
|------------------------|
| 1 lb (500 g) medium = |
| 9 to 12 mussels = |
| $\frac{3}{4}$ to 1 cup |
| (175 to 250 mL) meat |

Mustard Essence

Also known as volatile oil of mustard. Distilled from black or brown mustard seeds, this essential oil contains up to 92% allyl isothiocyanate, the pungent compound found in horseradish and wasabi (in lower concentrations). It is the key to the nose-filling aroma of mostarda, a classic northern Italian condiment made from candied fruit.

Mustard Greens

The plant species *Brassica juncea* has as many as 17 subspecies that produce leafy greens that vary greatly in appearance and pungency. From the American soul food classic southern mustard — which is also known as curled mustard and southern curled mustard — to Asian wrapped heart mustard — which is also known as *dai gai choy*,

If You Don't Have It

Substitute 1 lb (500 g) mussels with:

- 1 lb (500 g) oysters
- 1 lb (500 g) soft-shelled or littleneck clams
- 1 lb (500 g) cockles
- 1 lb (500 g) scallops

Mussel Varieties

Choose 1 lb (500 g) mussels from these varieties:

- 1 lb (500 g) blue mussels (shell is 2 to 3 inches/5 to 7.5 cm long and dark blue or black)
- 1 lb (500 g) New Zealand green mussels (shell is 3 to 4 inches/7.5 to 10 cm and green)
- 1 lb (500 g) Prince Edward Island mussels (farm-raised; beardless shell is 2 inches/5 cm long and dark blue or black)

If You Don't Have It

Substitute 3 drops mustard essence with:

- 1 to 2 tsp (5 to 10 mL) pure mustard oil (less pungent)
- $\frac{1}{2}$ tsp (2 mL) mustard powder
- 1 to 2 tsp (5 to 10 mL) grated horseradish or wasabi (removed from the preparation before serving)

See also MUSTARD OIL.

If You Don't Have It

Substitute 1 lb (500 g) mustard greens with:

- 1 lb (500 g) broccoli raab
- 1 lb (500 g) arugula
- 1 lb (500 g) turnip greens
- 1 lb (500 g) radish greens
- 1 lb (500 g) collards
- 1 lb (500 g) escarole
- 1 lb (500 g) kale
- 1 lb (500 g) Chinese kale
- 1 lb (500 g) mature spinach
- 1 lb (500 g) green chard

Mustard Greens (cont'd)

swatow mustard/cabbage, and heading mustard — these greens feature prominently in the cooking of Asia, India, and Africa.

1 lb (500 g) fresh =
6 to 7 cups
(1.5 to 1.75 L) leaves

1 lb (500 g) fresh =
 $1\frac{1}{3}$ to 2 cups
(325 to 500 mL) cooked

10 oz (300 g) frozen =
 $1\frac{1}{4}$ cups (300 mL)
cooked

Mustard Green Varieties

Choose 1 lb (500 g) mustard greens from these varieties:

- 1 lb (500 g) curled or American mustard (long, slender, pale green stems; large, bright green rippled leaves with frilly edges; sharp, hot flavor)
- 1 lb (500 g) wrapped heart mustard or dai gai choy (wide, curved, pale green stems, branching toward wide, bright green leaves; extremely sharp, hot flavor)
- 1 lb (500 g) leaf (bamboo) mustard or juk gai choy (smaller than dai gai choi; straight narrow or slightly wide pale green stems; flat, bright green leaves; mild to slightly strong sharp flavor)
- 1 lb (500 g) red-in-snow mustard (long, slender, pale green stems; large tear-drop shaped leaves with jagged edges; slightly sweet and mildly peppery flavor)
- 1 lb (500 g) Japanese (purple, red or giant-leaf) mustard (miniature purple/red mustard greens often sold for salad mixes; mature greens have long, slender, pale green stems; broad, rippled leaves are green on one side and purple on the other; extremely sharp flavor when mature)
- 1 lb (500 g) garlic (jack-by-the-hedge) mustard (small teardrop shape green leaves with pungent mustard and garlic aromas)

Mustard Oil

In India, mustard oil has been used for cooking and massages for centuries. The pungent oil contains 25 to 45% erucic acid, a compound once thought to be toxic to humans but now considered a potential benefit to cardiovascular health. The oil's pungency is tamed when heated, and Indian cooks usually heat the oil until smoking then lower the heat to cooking temperature. Due to its erucic acid content, mustard oil sold in Europe and North America is often labeled "for external use only."

If You Don't Have It

Substitute 1 tbsp (15 mL) mustard oil with:

- 1 tbsp (15 mL) canola oil + $\frac{1}{2}$ tsp (2 mL) mustard powder
- 4 to 5 drops mustard essence (more pungent)

See also MUSTARD ESSENCE.

Mustard, Powdered

Also known as dry mustard. The vivid yellow-and-red Colman's Mustard tin is one of the most recognizable product packages in the world.

1 oz (30 g) =
5 tbsp (75 mL)

Mustard, Prepared

An internationally varied condiment prepared from ground mustard seeds, liquid (water, vinegar, wine, beer, or grape must), and other seasonings.

More than 700 million pounds (325 million kg) of mustard are consumed annually around the world. Canada takes the title for mustard cultivation champion, growing about 90% of the world's supply.

1 oz (30 g) =
3 tbsp (45 mL)

Mustard Seed

White (yellow) and brown (Asian) are the two major commercial types. White seeds are mild; the brown more assertive. Whole seeds are used for pickling and seasoning. Ground seeds are the basis for prepared mustards.

If You Don't Have It

Substitute 1 tsp (5 mL) powdered mustard with:

- 1 tbsp (15 mL) prepared mustard minus 1 tsp (5 mL) liquid from recipe
- 1½ to 1¾ tsp (6 to 7 mL) mustard seeds (pulverized in spice grinder if powder is needed)

If You Don't Have It

Substitute 1 tbsp (15 mL) prepared mustard with:

- 1 tsp (5 mL) powdered mustard + 1 to 2 tsp (5 to 10 mL) vinegar or water
- 1 tsp (5 mL) mustard seeds
- 1 tsp (5 mL) caraway seeds
- 1 tsp (5 mL) prepared horseradish
- 1 tsp (5 mL) mayonnaise

Prepared Mustard Varieties

Choose 1 tbsp (15 mL) prepared mustard from these varieties:

- 1 tbsp (15 mL) Dijon mustard (smooth or grainy texture; mild to sharp flavor)
- 1 tbsp (15 mL) Chinese mustard (smooth texture; sharp flavor)
- 1 tbsp (15 mL) Creole mustard (grainy texture; very sharp flavor)
- 1 tbsp (15 mL) hot mustard (smooth or grainy texture; very sharp flavor)
- 1 tbsp (15 mL) German mustard (smooth or grainy texture; mild to sharp flavor)

If You Don't Have It

Substitute 1 tsp (5 mL) mustard seeds with:

- ¾ to 1 tsp (4 to 5 mL) powdered mustard
- 1 tbsp (15 mL) prepared mustard minus 1 tsp (5 mL) liquid from recipe

Mustard Seed Varieties

Choose 1 tsp (5 mL) mustard seeds from these varieties:

- 1 tsp (5 mL) yellow (white) mustard seeds (sharp flavor; often used to make prepared yellow mustard)
- 1 tsp (5 mL) brown mustard seeds (very sharp flavor; often used in Indian cooking)
- 1 tsp (5 mL) black mustard seeds (very sharp flavor; often used in Indian cooking)

Mutton

See LAMB.

Myrtle Pepper

See ALLSPICE.

Mysost

Also known as primost. Scandinavian cheese created by caramelizing cow's milk whey.

Myzithra

Also known as Mizithra. A Greek sheep's milk cheese made from the whey of feta and kefalotyri, available both fresh and aged. The fresh resembles cottage cheese. The aged is pungent, somewhat like Italian ricotta salata, and makes an excellent grating cheese.

1 lb (500 g) fresh =
4 cups (1 L) crumbled

1 lb (500 g) aged =
4 cups (1 L) grated

If You Don't Have It

Substitute 1 oz (30 g) mysost with:

- 1 oz (30 g) gjetost

See also GJETOST.

If You Don't Have It

Substitute 1 oz (30 g) Myzithra cheese with:

- 1 oz (30 g) feta (to replace fresh Myzithra)
- 1 oz (30 g) manouri (to replace fresh Myzithra)
- 1 oz (30 g) cotija (fresh or aged; to replace fresh or aged Myzithra)
- 1 oz (30 g) aged ricotta salata (to replace aged Myzithra for grating)
- 1 oz (30 g) Pecorino Romano (to replace aged Myzithra for grating)
- 1 oz (30 g) Parmesan (to replace aged Myzithra for grating)

Naan to Nutritional Yeast

Naan

Also known as *nan*. Indian white-flour flatbread. The traditional preparation uses dough that is lightly leavened by airborne yeast starter. A pleasant smoky note is added when baked in a tandoor oven.

If You Don't Have It

Substitute 1 naan with:

- 1 roti (a generic term for Indian flatbread; similar to chapati; usually made with whole wheat flour)
- 1 chapati (wheat-flour flatbread with little or no fat; less puffy)
- 1 paratha (griddle-cooked whole wheat flatbread with fat in the dough; richer; more flaky)
- 1 poori (deep-fried flatbread made with whole wheat flour; crisper)
- 1 whole wheat pita bread (similar to naan)
- 1 whole wheat flour tortilla

Nameko

See SHUFFLING MUSHROOMS (PAGE 654).

Nam Pla

See FISH SAUCE.

Nam Prik

See CHILE PASTE.

Nan

See NAAN.

Nangka

See JACKFRUIT.

Napa Cabbage

Also known as *celery cabbage*, *Chinese cabbage*, *da bai cai*, *hakusai*, and *wong bok*. Growing in tightly clustered heads of ivory stalks rimmed with pale green ruffled leaves, this indigenous Chinese cabbage is sweeter and less assertive than European cabbages. It's enjoyed as much for its texture as its flavor and appears raw or cooked in many dishes.

1 lb (500 g) =
 3½ to 4½ cups
 (875 mL to 1.125 L)
 sliced = 1½ to 2 cups
 (375 to 500 mL) cooked
 1 small head =
 1½ lbs (750 kg)

Naseberry

Nasturtium

A flower with ruffled blooms in vivid shades of yellow, red, and orange, nasturtiums taste as good as they look. The flowers, along with the leaves and stems, have a pleasant peppery appeal as part of salads, sandwiches, and spreads. Often, nasturtiums are used simply to accessorize a dish.

Natal Plum

Nutty, savory, and pungent fermented soybeans with a gooey texture. A common accompaniment to breakfast rice in Japan.

If You Don't Have It

Substitute 1 lb (500 g) napa cabbage with:

- 1 lb (500 g) bok choy (larger, darker green leaves; firmer, juicier stems)
- 1 lb (500 g) savoy cabbage (stronger flavor)
- 1 lb (500 g) green chard (less cabbagey flavor)
- 1 lb (500 g) green or red cabbage (sturdier leaves; stronger flavor)
- 1 lb (500 g) collard greens (thinner, firmer, deeper green stems; larger, darker green leaves)

Napa Cabbage Variety

Substitute 1 lb (500 g) napa cabbage with this variety:

- 1 lb (500 g) Michihili (similar, but more elongated with firmer, crunchier stems)

See also BOK CHOY.

See also SAPODILLA.

If You Don't Have It

Substitute 1 cup (250 mL) nasturtium with

- 1 cup (250 mL) marigolds (to replace nasturtium flowers)
- 1 cup (250 mL) pansies (to replace nasturtium flowers)
- 1 cup (250 mL) watercress or other cress (to replace nasturtium leaves)

See also CRESS; PICKING EDIBLE FLOWERS (PAGE 650).

See also CARISSA.

If You Don't Have It

Substitute ½ cup (125 mL) natto with

- ½ cup (125 mL) fermented black beans
- ½ cup (125 mL) fermented bean paste

Natural Cocoa

See COCOA POWDER, UNSWEETENED.

Navel Orange

See ORANGE, SWEET.

Navy Bean

See THE WIDE WORLD OF DRIED BEANS (PAGE 637).

Nectarine

A variety of peach without the fuzz.

1 lb (500 g) =
3 to 4 medium = 2 cups
(500 mL) chopped =
2½ cups (625 mL) sliced =
1½ cups (375 mL)
puréed

If You Don't Have It

Substitute 1 lb (500 g) nectarines with:

- 1 lb (500 g) peaches
- 1 lb (500 g) plums
- 1 lb (500 g) apricots
- 1 lb (500 g) cherries

Nectarine, Dried

Like dried apricots, these are often treated with sulfur dioxide but also available untreated.

1 lb (500 g) =
2½ to 3 cups
(625 to 750 mL) =
5½ cups (1.375 L)
cooked

If You Don't Have It

Substitute 1 oz (30 g) dried nectarines with:

- 1 oz (30 g) dried peaches
- 1 oz (30 g) dried apricots

Neopolitan Liqueur

See GALLIANO.

Nettles

Also known as stinging nettles. Only the young shoots and leaf tops of this defensive plant are eaten. They must be cooked to get rid of formic acid, which can irritate the skin, found in the fibers on the leaves.

1 lb (500 g) fresh =
1½ to 2 cups
(325 to 500 mL) cooked

If You Don't Have It

Substitute 1 lb (500 g) nettles with:

- 1 lb (500 g) curly endive or frisée
- 1 lb (500 g) escarole
- 1 lb (500 g) kale
- 1 lb (500 g) spinach

Neufchâtel

A French soft white unripened cow's milk cheese that is mild when young and more pungent with age.

8 oz (250 g) =
1 cup (250 mL)

Neutral Spirits

Also known as ethanol, ethyl alcohol, everclear, and grain alcohol. Neutral spirits are 190 proof, clear, and tasteless. Aging in wood creates grain spirits with flavor nuances.

New Mexican Red Chile

New Zealand Spinach

Also known as Botany Bay greens and tetragonia. A relative of the ice plant, this Pacific Rim native is not related to spinach apart from its vivid green leaves. A cooking vegetable, the flavor is mild and the texture creamy.

1 lb (500 g) fresh =
10 cups (2.5 L) =
6 to 8 cups
(1.5 to 2 L) cooked

Ngali Nut

Ngo Gai

Ngo Om

Niçoise Olive

If You Don't Have It

Substitute 1 lb (500 g) Neufchâtel with:

- 1 lb (500 g) cream cheese (higher in fat)
- 1 lb (500 g) mascarpone (higher in fat)
- 1 lb (500 g) Boursin cheese (adds herb flavors)

See also CREAM CHEESE.

If You Don't Have It

Substitute 3 tbsp (45 mL) neutral spirits with:

- $\frac{1}{4}$ cup (60 mL) 100-proof vodka (reduce liquid in recipe by 3 tbsp/45 mL)
- 3 tbsp (45 mL) grain spirits (wood-aged; mellower flavor)

See also VODKA.

See CHILE POWDER; CHOOSING DRIED CHILES (PAGE 642); CHOOSING FRESH CHILES (PAGE 640).

If You Don't Have It

Substitute 1 lb (500 g) New Zealand Spinach with:

- 1 lb (500 g) amaranth leaves
- 1 lb (500 g) callaloo
- 1 lb (500 g) chard leaves
- 1 lb (500 g) Chinese kale
- 1 lb (500 g) spinach

See PILI NUT.

See SAWLEAF HERB.

See RICE PADDY HERB.

See CHOOSING AMONG OLIVES (PAGE 659).

Nigella

Also known as *kalonji* and *ketza*. Sometimes mistakenly called black onion seeds, these tiny black seeds have nothing to do with onion seeds. Nutty and peppery, the seeds are frequently used in the Middle East and India.

Nisa

Nixtamal

Also known as *maiz nixtamalado*. These lime-treated, partially cooked, dried starchy corn kernels are sold refrigerated or frozen in Mexican groceries. An essential for the Mexican pork stew posole and other special dishes.

1 lb (500 g) whole =
1 ¼ cups (300 mL)

Nocino

Nökkelost

Also known as *kuminost*. Danish semifirm cheese enhanced with caraway seeds, cloves, and cumin.

1 lb (500 g) = 4 cups
(1 L) shredded

Nondairy Whipped Topping

Nonfat Milk

If You Don't Have It

Substitute 1 tsp (5 mL) nigella seeds with:

- 1 tsp (5 mL) cumin seeds, especially black cumin seeds
- 1 tsp (5 mL) ajwain
- 1 tsp (5 mL) caraway seeds

See QUEJO DE NISA.

If You Don't Have It

Substitute 1 cup (250 mL) nixtamal with:

- 1 cup (250 mL) hominy (fully cooked; softer)

See WALNUT LIQUEUR.

If You Don't Have It

Substitute 1 oz (30 g) Nökkelost with:

- 1 oz (30 g) Leyden (firmer)
- 1 oz (30 g) Gouda (no cumin or caraway flavors)
- 1 oz (30 g) Edam (less rich; no cumin or caraway flavors)

See WHIPPED TOPPING.

See MILK, FAT-FREE.

Nonpareils

From the French term meaning "without equal," these colored sugar dots are the size of a pinhead and used to decorate cakes, candies, and cookies.

Nonreactive Cookware

Nonstick Cookware

Chemist Roy J. Plunkett is the patron saint of dishwashers everywhere. Researching chlorofluorocarbon refrigerants in a DuPont laboratory in 1938, Plunkett accidentally discovered the polymer that came to be Teflon®. An awards luncheon for Plunkett in 1960 also served to introduce Teflon® bakeware to the public. Each guest left the luncheon with a Teflon®-coated muffin pan.

Noodles

Nopale

Also known as cactus leaf. After removing the thorns with a vegetable peeler, the fleshy pads of the prickly pear cactus taste like green beans touched with lemon.

1 lb (500 g) fresh =
3 cups (750 mL) cut
into strips

Nora Chile Peppers

If You Don't Have It

Substitute 1 tbsp (15 mL) nonpareils with:

- 1 tbsp (15 mL) dragées
- 1 tbsp (15 mL) jimmies
- 1 tbsp (15 mL) colored sugar sprinkles (decorating sugar)
- 1 tbsp (15 mL) mini M&Ms

See EARTHENWARE; ENAMELWARE; STAINLESS-STEEL COOKWARE.

If You Don't Have It

Substitute nonstick cookware with:

- well-seasoned cast-iron cookware + little or no fat, oil, or oil spray (after years of use most cast-iron pans are virtually nonstick)
- anodized aluminum cookware + a small amount of fat, oil, or oil spray (anodized aluminum is relatively low-stick)
- enameled cast-iron cookware + a small amount of fat, oil, or oil spray
- copper, stainless-steel, or clad metal stainless cookware + a fair amount of fat, oil, or oil spray (first heat the fat for the best prevention against sticking)

See EGG NOODLE; PASTA, DRIED RIBBONS; PASTA, DRIED STRANDS; A SNAPSHOT OF ASIAN NOODLES (PAGE 656).

If You Don't Have It

Substitute 1 lb (500 g) fresh nopales with:

- 1 lb (500 g) okra
- 1 lb (500 g) green beans
- 1 lb (500 g) asparagus

Nopale Varieties

Choose 1 lb (500 g) nopales from these varieties:

- 1 lb (500 g) nopalitos or chopped nopales (often sold canned)
- 1 lb (500 g) acitróns (candied nopales)

See CHOOSING DRIED CHILES (PAGE 642).

Nori

Also known as *sushi nori* and *yaki-nori* (when toasted). Japanese seaweed that is dried and pressed into beautiful sheets that range in color from dark green to purple black.

Nuoc Cham

In the Vietnamese kitchen, this dipping condiment adds vibrancy to many dishes. To prepare it, nuoc nam (fish sauce) is seasoned with red chilies, garlic, lime juice, ginger, and sugar.

Nuoc Nam

In botanical terms, a nut is a dry single-seeded fruit that doesn't split open along a seam when mature. Acorns, chestnuts, and hazelnuts are true nuts. In culinary terms, a nut is any of various seeds and fruits with an edible kernel surrounded by a hard covering. The almond is part of a fruit called a drupe, the Brazil nut is a seed enclosed with other seeds in a capsule, and the peanut is a legume. Other non-nut nuts are cashews, pistachios, and walnuts.

1 lb (500 g) in shell =
 $1\frac{2}{3}$ cups (400 mL) shelled

1 lb (500 g) shelled =
 3 to 4 cups (750 mL to 1 L)
 whole = $2\frac{3}{4}$ to $3\frac{3}{4}$ cups
 (675 to 925 mL) chopped

4 oz (125 g) = $\frac{3}{4}$ to 1 cup
 (175 to 250 mL) chopped

If You Don't Have It

Substitute 1 oz (30 g) nori with:

- 1 oz (30 g) sea lettuce
- 1 oz (30 g) rice paper
- 1 oz (30 g) dumpling wrappers
- plastic wrap or a silicone mat (for making maki rolls without nori or any wrapper)

See also LAVER.

If You Don't Have It

Substitute 1 cup (250 mL) nuoc cham with:

- 1 cup (250 mL) Homemade Nuoc Cham: Dissolve $\frac{1}{4}$ to $\frac{1}{3}$ cup (60 to 75 mL) granulated sugar in 3 tbsp (45 mL) hot water. Stir in $\frac{1}{3}$ cup (75 mL) fresh lime juice, $\frac{1}{3}$ cup (75 mL) nuoc nam or other fish sauce, 1 to 2 minced garlic cloves, and 1 seeded and minced Thai, cayenne, or serrano chile. Let stand for 15 to 20 minutes to blend flavors. Makes about 1 cup (250 mL).

See FISH SAUCE.

Nut

If You Don't Have It

Substitute 1 cup (250 mL) nuts with:

- 2 to 4 tbsp (30 to 60 mL) nut oil, such as almond, hazelnut, macadamia, pecan, pistachio, or walnut (for baking and cooking; will add nut flavor but not texture of whole nuts; reduce fat in recipe by 2 to 4 tbsp/30 to 60 mL)
- 1 cup (250 mL) chocolate chips (for baking)

To Vary the Flavor

Substitute 1 cup (250 mL) nuts with:

- 1 cup (250 mL) toasted nuts (more aromatic; toast nuts in dry pan until fragrant)

For Better Health

Substitute 1 cup (250 mL) nuts with:

- $\frac{1}{2}$ cup (125 mL) toasted nuts, finely chopped (toasting intensifies flavor of nuts so you can use less; finely chopping them better distributes the flavor)
- 1 cup (250 mL) toasted rolled oats (for baking, especially to top baked goods)
- 1 cup (250 mL) Grape-Nuts cereal (for baking; crunchier and less rich)

See also ALMOND PASTE; ALMOND, SWEET; BRAZIL NUT; BUTTERNUT; CASHEW; CHESTNUT; HAZELNUT; MACADAMIA NUT; PEANUT; PECAN; PINE NUT; PISTACHIO; WALNUT.

Nutella

See GIANDUJA.

Nut Flour

See ALMOND FLOUR; CHOOSING AMONG WHOLE-GRAIN AND ALTERNATIVE FLOURS (PAGE 648).

Nut Meal

Also known as ground nuts and frangipane (almond meal). Nut meal has more oil and is coarser than commercial nut flours, which are finely ground from nuts that have already been pressed for their oil.

4 oz (125 g) nuts =
1 cup (250 mL)
ground nut meal

Nutmeg

Oval brown nutmeg seeds keep their flavor for months, or even years, when stored in a cool, dry, dark cupboard. For finest aroma and flavor, grate the seed on a specially designed nutmeg grater or on a fine rasp-style grater.

Nutmeg Grater**If You Don't Have It**

Substitute 1 tsp (5 mL) ground or grated nutmeg with:

- 1 tsp (5 mL) ground mace
- 1 tsp (5 mL) ground allspice
- 1 to 1½ tsp (5 to 7 mL) ground cinnamon
- 1 tsp (5 mL) apple pie spice (adds cinnamon and allspice flavors)
- 1 tsp (5 mL) pumpkin pie spice (adds cinnamon, allspice, and ginger flavors)

See GRATER.

Nutritional Yeast

See YEAST, NUTRITIONAL.

Oak Leaf Lettuce to Oyster Sauce

Oak Leaf Lettuce

See LEAF LETTUCE.

Oat Bran

The outer casing of the oat groat is very high in heart-healthy soluble fiber.

If You Don't Have It

Substitute 1 cup (250 mL) oat bran with:

- 1 cup (250 mL) wheat bran
- 1 cup (250 mL) rice bran
- 1 cup (250 mL) wheat germ

Oat Flour

There is no gluten in oat flour, so for baked goods that need gluten's protein structure to rise and trap air bubbles, a flour with gluten must be added to the mix. Generally, oat flour can replace up to one-third of wheat flour in a recipe.

If You Don't Have It

Substitute 1 cup (250 mL) oat flour with:

- 1½ cups (300 mL) old-fashioned oatmeal, ground in blender or food processor to the consistency of flour

See also CHOOSING AMONG WHOLE-GRAIN AND ALTERNATIVE FLOURS (PAGE 648).

1 lb (500 g) =
3 cups (750 mL)

Oat Groats

Whole oat grains that are cleaned, toasted, hulled, and cleaned a second time. They are prepared as a cereal or a cooked grain for pilafs, salads, or stuffings.

1 cup (250 mL) =
2 to 2½ cups
(500 to 625 mL) cooked

Oat Milk

Fortified substitute for those who can't or don't want to drink cow's milk. Produced by straining cooked and flavored oats.

If You Don't Have It

Substitute 1 cup (250 mL) oat groats with:

- 1 cup (250 mL) rye berries
- 1 cup (250 mL) wheat berries (takes longer to cook)
- 1 cup (250 mL) hulled or whole-grain barley (takes longer to cook)
- 1 cup (250 mL) triticale berries or groats (takes longer to cook)
- 1 cup (250 mL) spelt berries or groats (takes longer to cook)
- 1 cup (250 mL) Kamut® berries or groats (takes longer to cook)
- 1 cup (250 mL) kasha (cooks faster)
- 1 cup (250 mL) brown rice (cooks faster)

Oats, Old-Fashioned

Also known as rolled oats. According to British food authority Alan Davidson, "... it is commonly held that the disproportionately large measure of success and fame achieved by Scottish people on the world stage is partly or even primarily the result of a diet including oatmeal, especially porridge."

If You Don't Have It

Substitute 1 cup (250 mL) old-fashioned rolled oats with:

- 1 cup (250 mL) barley flakes (rolled barley)
- 1 cup (250 mL) steel-cut, Irish or Scotch oats (cut oat groats; smaller pieces; takes more time to cook; chewier and more flavorful)
- 1 cup (250 mL) oat groats (larger pieces; takes much longer to cook; much chewier)

To Vary the Flavor

Substitute 1 cup (250 mL) old-fashioned rolled oats with:

- 1 cup (250 mL) nuts (for baking, especially to top baked goods)

1 cup (250 mL) =
 3½ oz (105 g) =
 1¾ cups (425 mL) cooked
 1 lb (500 g) =
 5 cups (1.25 L) uncooked

Oaxaca Cheese

Obsttortenform

Oca

A tuber from the Andes with a knobby shape resembling fingerling potatoes. The thin skin may be pink, red, or yellow, and the flesh is moist, crisp, waxy, sweet, and sour.

1 lb (500 g) = 3½ to 4 cups (875 mL to 1 L) chopped or sliced

Ocean Perch

Also known as, Norway haddock and redfish. In the 1930s, a shortage of freshwater yellow perch inspired marketers to substitute a similar, cheaper creature, the redfish, and dub it ocean perch. A member of the rockfish family, ocean perch is not a true perch. Redfish fillets have a firm flake, white flesh, and a taste just slightly more assertive than cod.

To Save Time

Substitute 1 cup (250 mL) old-fashioned rolled oats with:

- 1 cup (250 mL) quick-cooking rolled oats (cooks faster; smaller pieces; less chewy)

See ASADERO.

See PAN SIZE EQUIVALENTS (PAGE 678).

If You Don't Have It

Substitute 1 lb (500 g) oca with:

- 1 lb (500 g) sunchoke
- 1 lb (500 g) arrowhead
- 1 lb (500 g) arracacha
- 1 lb (500 g) boniato
- 1 lb (500 g) artichoke hearts (softer texture; similar flavor)
- 1 lb (500 g) potatoes (drier texture; less complex flavor)

If You Don't Have It

Substitute 1 lb (500 g) ocean perch with:

- 1 lb (500 g) porgy
- 1 lb (500 g) red snapper
- 1 lb (500 g) weakfish
- 1 lb (500 g) whiting
- 1 lb (500 g) mullet

Ocean Perch Varieties

Choose 1 lb (500 g) Pacific ocean perch from these varieties:

- 1 lb (500 g) Pacific rockfish
- 1 lb (500 g) bocaccio
- 1 lb (500 g) yelloweye rockfish
- 1 lb (500 g) yellowtail rockfish
- 1 lb (500 g) widow rockfish

See also PERCH.

Octopus

The Japanese catch about half of the world's octopus. It is often blanched briefly, then is thinly sliced and served with a dip. Octopus is also frequently prepared nimono style, in a long-simmered stew to tenderize it.

Ogbono Nut

Also known as dika, etima, irvingia, odika nuts. Nuts from the mango-like fruit of a tropical rain forest tree (*Irvingia gabonensis*). Like egusi seeds, ogbono nuts are used to thicken and flavor an African soup of the same name. They have a similar mucilaginous texture when ground and cooked.

Ogen Melon

An Israeli melon that is similar to honeydew.

2 lbs (1 kg) =
3 cups (750 mL) diced

Oil

Oils are liquid at room temperature, while fats (such as butter and vegetable shortening) are solid at room temperature. Recipes that refer to unspecified "oil" generally mean vegetable oil, which includes a wide variety of oils made from nuts, seeds, or other plant sources. The most common vegetable oils are

If You Don't Have It

Substitute 1 lb (500 g) octopus with:

- 1 lb (500 g) squid
- 1 lb (500 g) cuttlefish (more tender)

If You Don't Have It

Substitute $\frac{1}{2}$ cup (125 mL) ogbono nuts with:

- $\frac{1}{2}$ cup (125 mL) egusi seeds (similar texture)
- 1 $\frac{1}{2}$ cups (375 mL) cut okra (similar texture)
- 1 tbsp (15 mL) ground baobab leaves (similar texture)
- $\frac{1}{2}$ cup (125 mL) pumpkin seeds
- $\frac{1}{2}$ cup (125 mL) sunflower seeds
- $\frac{1}{2}$ cup (125 mL) pine nuts

If You Don't Have It

Substitute 1 cup (250 mL) chopped Ogen melon with:

- 1 cup (250 mL) chopped honeydew melon
- 1 cup (250 mL) chopped Galia melon
- 1 cup (250 mL) chopped Santa Claus melon
- 1 cup (250 mL) chopped cantaloupe
- 1 cup (250 mL) chopped Persian melon

If You Don't Have It

Substitute $\frac{1}{4}$ cup (60 mL) vegetable oil with:

- $\frac{1}{4}$ cup (60 mL) melted butter, margarine, bacon drippings, shortening, or lard (for sautéing and frying)
- 2 tbsp (30 mL) vegetable oil + 2 tbsp (30 mL) butter (for sautéing and frying; combines flavor of butter with higher smoke point of oil)
- cooking oil spray (or 1 tbsp/15 mL oil) and a nonstick pan (for sautéing; reduces total calories and fat; heat the pan thoroughly before cooking to help prevent sticking)

canola oil and soybean oil, which are interchangeable. Olive oil can also replace canola oil and soybean oil for salad dressings, sautéing, and even baking if using a light-flavored olive oil.

To Vary the Flavor

Substitute $\frac{1}{2}$ cup (125 mL) vegetable oil with:

- $\frac{1}{2}$ cup (125 mL) "light" butter (adds butter flavor with fewer calories and less fat than butter due mostly to the addition of water; works best as a spread, in frostings and toppings, or melted for drizzling; in pie and pastry doughs, chill light butter and shred before quickly mixing with dry ingredients; in pancake and quick bread batters, omit 2 tbsp/30 mL milk or other liquid from recipe per $\frac{1}{2}$ cup/125 mL light butter used)
- $\frac{1}{4}$ cup (60 mL) oil + $\frac{1}{4}$ cup (60 mL) butter (for baking; especially quick breads; increase baking time slightly; baked goods will be slightly more tender)
- $\frac{1}{2}$ cup (125 mL) vegetable oil + 2 tsp (10 mL) toasted sesame oil (best for dressings and uncooked or gently cooked sauces)
- $\frac{1}{3}$ cup (75 mL) vegetable oil + 2½ tsp (12 mL) highly flavored nut or seed oil such as walnut, pecan, almond, hazelnut, macadamia, pistachio, or pumpkin oil (best for dressings and uncooked or gently cooked sauces)

For Better Health

Substitute $\frac{1}{2}$ cup (125 mL) vegetable oil with:

- $\frac{1}{4}$ cup (60 mL) buttermilk + $\frac{1}{4}$ cup (60 mL) well-drained, unsweetened applesauce or baby food prunes (for baking; puréed prunes work best with darker batters and doughs, such as chocolate or spice batters)
- $\frac{1}{2}$ cup (125 mL) fat-free, fruit-based butter and oil replacement such as Smucker's "Baking Healthy" (for baking only)
- $\frac{1}{4}$ cup (60 mL) fat-free, fruit-based butter and oil replacement such as Sunsweet "Lighter Bake" (for baking only)
- $\frac{1}{2}$ cup (125 mL) flaxseed oil (for dressings and uncooked sauces; flaxseed oil is rich in the same heart-healthy omega-3 fatty acids found in fish; avoid heating flaxseed oil, which destroys its omega-3's)

See also BUTTER; CHILE OIL; OLIVE OIL; SESAME OIL; SUBSTITUTING OILS (PAGE 658).

Oil of Bitter Almonds

The essential flavoring oil extracted from bitter almonds, which need to be heated to destroy the poisonous prussic acid that they contain.

Oil of Lemon

If You Don't Have It

Substitute 1 drop oil of bitter almonds with:

- $\frac{1}{4}$ to $\frac{1}{2}$ tsp (1 to 2 mL) almond extract

See LEMON OIL.

Oil of Orange

See ORANGE OIL.

Oil of Peppermint

Although it's used for countless flavorings and fragrances, perhaps the most beloved use is to give candy canes that aroma of Christmas.

Okra

A semisoft cheese made by Trappist monks in Quebec, Canada. It has wonderful melting properties and a nutty taste.

1 lb (500 g) = 4 cups
(1 L) shredded

Okara

The white, flaky by-product of tofu production is high in fiber and protein. Look for it in Asian markets where fresh tofu is stocked.

Okra

African slaves introduced this green pod vegetable to the American South, where it gained great interest, particularly as a thickener for the wonderful Louisiana gumbo.

1 lb (500 g) fresh =
2½ cups (550 mL)
chopped and cooked
10 oz (300 g) frozen =
1½ cups (300 mL)
chopped
15½ oz (440 mL) can =
1¾ cups (425 mL)
chopped

If You Don't Have It

Substitute 1 drop oil of peppermint with:

- 1 drop oil of spearmint (slightly milder)
- ¼ to ½ tsp (0.5 to 1 mL) mint extract
- 1 tbsp (15 mL) chopped fresh mint
- 1 tsp (5 mL) dried mint

If You Don't Have It

Substitute 1 oz (30 g) oka cheese with:

- 1 oz (30 g) Port Salut
- 1 oz (30 g) Raclette
- 1 oz (30 g) Morbier

If You Don't Have It

Substitute 1 lb (500 g) okara with:

- 1 lb (500 g) firm tofu (moister; slice into slabs and put a heavy skillet on top to press out excess liquid)

If You Don't Have It

Substitute 2 cups (500 mL) okra (for thickening) with:

- 1 tbsp (15 mL) filé powder
- 1 cup (250 mL) nopales, sliced
- 2 tsp (10 mL) cornstarch mixed with 1 tbsp (15 mL) cold water

To Vary the Flavor

Substitute 2 cups (500 mL) okra with:

- 2 cups (500 mL) green beans
- 2 cups (500 mL) asparagus
- 2 cups (500 mL) broccoli

Olallieberry

This cross between a youngberry and a loganberry resembles blackberry. Delightful snatched from the bramble to the mouth.

1 pint fresh =
2 cups (500 mL)

Old Bay Seasoning

In 1939, German-American immigrant Gustav Brunn settled in Baltimore and developed a blend of more than a dozen herbs and spices that would become Old Bay Seasoning. Synonymous with the Chesapeake Bay and crabs, Old Bay is also used to flavor many other dishes.

Oleomargarine

Oliebollen

Olive Loaf

This cold cut is bologna studded with green olives.

If You Don't Have It

Substitute 1 cup (250 mL) olallieberries with:

- 1 cup (250 mL) Marionberries (slightly more tart)
- 1 cup (250 mL) loganberries (red color)
- 1 cup (250 mL) youngberries (dark red color)
- 1 cup (250 mL) boysenberries (slightly more tart)
- 1 cup (250 mL) raspberries (sweeter)
- 1 cup (250 mL) blackberries (slightly more tart)

See also BLACKBERRY; MARIONBERRY.

If You Don't Have It

Substitute 1 tbsp (15 mL) Old Bay Seasoning with:

- 1 tbsp (15 mL) Homemade Old Bay Seasoning: In a spice grinder or with a mortar and pestle, combine 1 tbsp (15 mL) celery salt or 1 tsp (5 mL) celery seeds, 2 tsp (10 mL) salt, 3 whole bay leaves, $\frac{3}{4}$ tsp (3 mL) brown mustard seeds or $\frac{1}{2}$ tsp (2 mL) mustard powder, $\frac{1}{2}$ tsp (2 mL) black peppercorns or $\frac{1}{2}$ tsp (2 mL) ground black pepper, 10 allspice berries or $\frac{1}{4}$ tsp (1 mL) ground allspice, 10 whole cloves or $\frac{1}{4}$ tsp (1 mL) ground cloves, $\frac{1}{2}$ tsp (2 mL) sweet paprika, $\frac{1}{8}$ tsp (0.5 mL) cayenne pepper, $\frac{1}{8}$ tsp (0.5 mL) ground ginger, $\frac{1}{8}$ tsp (0.5 mL) ground mace, $\frac{1}{8}$ tsp (0.5 mL) cardamom seeds (removed from pods or $\frac{1}{8}$ tsp/0.5 mL ground cardamom), and a pinch of ground cinnamon. Grind to a coarse powder and store in an airtight container. Makes about 2 tablespoons (30 mL).
- 1 tbsp (15 mL) crab boil
- 1 tbsp (15 mL) pickling spice

See also CRAB BOIL SEASONING.

See MARGARINE.

See DOUGHNUT.

If You Don't Have It

Substitute 1 lb (500 g) olive loaf with:

- 1 lb (500 g) mortadella (includes cubes of pork fat and garlic flavor)
- 1 lb (500 g) bologna
- 1 lb (500 g) galantina (more chunky)

For Better Health

Substitute 1 lb (500 g) olive loaf with:

- 1 lb (500 g) Gelbwurst (less fat and fewer calories)

Olive Oil

The primary table oil of the Mediterranean basin is now recognized internationally for its health-giving properties and its distinctive flavor. Numerous varieties of olives, which are adapted to the growing conditions of different regions, are grown for oil. After the ripe olives are gathered, stems and leaves are removed and the olives are washed in preparation for the first cold-pressing, which yields oil of the highest quality and finest flavor. Keeping the temperature of the oil below 86°F (30°C) is critical to maintain the distinct characteristics of the oil. If the temperature climbs higher, the oil cannot be considered cold-pressed. Up to 90% of the oil is obtained from the olives during the first cold pressing. The remaining 10% is extracted in refineries that use heat and/or chemical processes to remove the oil remaining in the paste. Although it may appear that darker green oil is more intensely flavored, the color is not a reliable indicator of flavor. Greener oils may simply be pressed from greener olives earlier in the season. Different varieties of olives produce oil in varying shades of green and gold. Plus, most oils (unless they are a boutique bottling from a single olive grove)

If You Don't Have It

Substitute $\frac{1}{2}$ cup (125 mL) olive oil (for cooking) with these other cooking oils:

- $\frac{1}{2}$ cup (125 mL) corn oil (similar smoke point of 410°F/210°C; mild flavor; yellow color; fat content is 13% saturated, 62% polyunsaturated, and 25% monounsaturated)
- $\frac{1}{2}$ cup (125 mL) untoasted sesame seed oil (415°F/213°C smoke point; mild nutty flavor; light yellow color; fat content is 18% saturated, 41% polyunsaturated, and 41% monounsaturated)
- $\frac{1}{2}$ cup (125 mL) canola or rapeseed oil (435°F/224°C smoke point; flavorless; light yellow color; fat content is 6% saturated, 32% polyunsaturated, and 62% monounsaturated)
- $\frac{1}{2}$ cup (125 mL) grapeseed oil (445°F/229°C smoke point; mild flavor; fat content is 13% saturated, 70% polyunsaturated, and 17% monounsaturated)
- $\frac{1}{2}$ cup (125 mL) peanut oil (450°F/230°C smoke point; neutral yet rich flavor; golden color; fat content is 17% saturated, 35% polyunsaturated, and 48% monounsaturated)
- $\frac{1}{2}$ cup (125 mL) safflower oil (450°F/230°C smoke point; flavorless; light texture; fat content is 9% saturated, 76% polyunsaturated, and 15% monounsaturated)
- $\frac{1}{2}$ cup (125 mL) soybean oil (450°F/230°C smoke point; light color; fat content is 14% saturated, 61% polyunsaturated, and 25% monounsaturated)

Olive Oil Varieties

Choose $\frac{1}{2}$ cup (125 mL) olive oil from these varieties:

- $\frac{1}{2}$ cup (125 mL) extra virgin olive oil (made from first cold-pressing; acid content of 1% or less; golden to deep green color; very full, rich flavor; best for uncooked or gently heated dishes)
- $\frac{1}{2}$ cup (125 mL) virgin olive oil (made from first cold-pressing; acid content of 1 to 3%; slightly less rich flavor than extra virgin oil; good for sautéing)
- $\frac{1}{2}$ cup (125 mL) fine or fino olive oil (a blend of virgin and extra virgin oils; acid content of 1 to 3%; slightly less rich flavor than extra virgin oil; good for sautéing)
- $\frac{1}{2}$ cup (125 mL) olive oil or pure olive oil (extracted with chemical solvents and refined; may be a blend of refined and virgin oils; acid content higher than 3%; generally, a lower quality oil; good for frying)
- $\frac{1}{2}$ cup (125 mL) pumace olive oil (extracted with chemical solvents and refined; acid content higher than 3%; the lowest quality oil available; good for frying due to a relatively high smoke point of 460 to 470°F/238 to 243°C)
- $\frac{1}{2}$ cup (125 mL) light or extra light olive oil (highly refined and filtered oil that's lighter in color and flavor than other olive oils; same fat and calorie content as other olive oils; good

are blends of several olive varieties, perhaps from various growing areas. The various olive oil grades, from extra virgin to extra light, are defined here.

Olives

The Roman Cato's manual On Farming (circa 175 BC) devotes more space to olive growing and oil making than to any other single topic.

| | |
|---|--|
| 15 large or 36 small ripe pitted olives = | |
| 1 cup (250 mL) chopped | |
| $4\frac{1}{2}$ oz (140 g) can = | |
| $\frac{2}{3}$ cup (150 mL) chopped | |

Olympia Oyster

Omelet Pan

The French take their omelet making so seriously that they designed a special skillet with a flat bottom, shallow sloping sides, and a long handle to facilitate the preparation.

Onaga

Onion Flakes

For all those cooks who tear up at the very thought of peeling an onion, dehydrated chopped onions exist.

| | |
|---|--|
| $\frac{1}{4}$ cup (60 mL) = 1 cup (250 mL) raw, chopped | |
| 1 tbsp (15 mL) onion flakes = 1 tsp (5 mL) | |
| onion powder = | |
| 1 small onion | |
| ($\frac{1}{2}$ cup/125 mL chopped) | |

for baking when you don't want a noticeable olive flavor; good for frying due to a relatively high smoke point of 460 to 470°F/238 to 243°C)

See also BUTTER; OIL; SUBSTITUTING OILS (PAGE 658).

If You Don't Have It

Substitute $\frac{1}{2}$ cup (125 mL) olives with:

- 2 to 3 tbsp (30 to 45 mL) capers (for salty, pickled flavor)
- $\frac{1}{2}$ cup (125 mL) caper berries (as a cocktail garnish)
- $\frac{1}{2}$ cup (125 mL) cocktail onions (as a cocktail garnish)

See also CHOOSING AMONG OLIVES (PAGE 659).

See OYSTER.

If You Don't Have It

Substitute an omelet pan with:

- crêpe pan (for small omelets)
- 6-inch (15 cm) to 10-inch (25 cm) sauté pan or skillet (for small and large omelets)

See SNAPPER.

If You Don't Have It

Substitute 1 tbsp (15 mL) onion flakes with:

- 2 to 3 tbsp (30 to 45 mL) jarred minced onion
- $\frac{3}{4}$ to 1 tsp (3 to 5 mL) onion powder
- $\frac{3}{4}$ to 1 tsp (3 to 5 mL) onion salt (reduce salt by $\frac{1}{2}$ to 1 tsp/2 to 5 mL)
- $\frac{3}{4}$ tsp (3 mL) liquid onion seasoning
- $\frac{1}{2}$ cup (125 mL) chopped fresh or frozen onion
- $\frac{2}{3}$ cup (150 mL) chopped leeks, green onions, or scallions (white and light green parts only)

Onion, Green

Also known as bunching. Immature onions with long, slender green tops and small, rounded white bulbs. Scallions look very similar but have straight rather than rounded "bulbs" and a slightly milder flavor.

| | |
|--|--|
| 1 bunch = 5 oz (150 g) = | 10 green onions = |
| 1 cup (250 mL) chopped (white part only) = | 3½ cups (875 mL) chopped (white and green parts) |

Onion, Instant Minced

Dehydrated chopped onions that are slightly larger than onion flakes.

| | |
|--|--------------------------------|
| 1 tbsp (15 mL) instant minced onion = | 1¾ tsp (8 mL) onion flakes |
| (8 mL) onion flakes = | ½ to ¾ tsp (3 mL) onion powder |
| ½ tsp (2 mL) small onion (¼ cup/60 mL chopped) = | |

Onion, Little

These diminutive onions are as appealing for their shape as for their mild allium flavor. When pickled, little pearl onions embellish the Gibson cocktail. Other varieties of little onions are discussed right.

4 oz (125 g) =
15 to 30 little onions

If You Don't Have It

Substitute 1 bunch green onions (white and green parts) with:

- 1 bunch scallions (slightly milder flavor)
- 1 bunch ramps (wild leeks; milder flavor)
- 3 to 4 cups (750 mL to 1 L) chopped leeks (milder flavor)
- 3 cups (750 mL) chopped shallots (more complex flavor)
- 3 to 4 cups (750 mL to 1 L) chopped chives (milder flavor; best raw or lightly cooked)

To Vary the Flavor

Substitute 1 bunch green onions with:

- 1 bunch green garlic (adds mild garlic flavor)
- 3 cups (750 mL) chopped garlic chives (adds garlic flavor)
- 3 cups (750 mL) chopped Chinese garlic stems (adds pungent garlic flavor and crunch)

See also CHIVES; SCALLION.

If You Don't Have It

Substitute 1 tbsp (15 mL) instant minced onion with:

- 1¾ tsp (8 mL) onion flakes
- ½ to ¾ tsp (2 to 3 mL) onion powder
- ½ to ¾ tsp (2 to 3 mL) onion salt (reduce salt by ½ tsp/2 mL)
- ½ tsp (2 mL) liquid onion seasoning
- ¼ cup (60 mL) chopped fresh or frozen onion
- ⅓ cup (75 mL) chopped leeks, green onions, or scallions (white and light green parts only)

If You Don't Have It

Substitute 1 lb (500 g) any little onions with:

- 1 lb (500 g) green onion bulbs, trimmed
- 1 lb (500 g) shallots (more complex flavor)
- 1 lb (500 g) small storage onions (best for cooking, rather than pickling or creaming)

Little Onion Varieties

Choose 1 lb (500 g) any little onions from these varieties:

- 1 lb (500 g) pearl onions (tiny, white, oval or round bulbs; mildly sweet; best for pickling or creaming whole)
- 1 lb (500 g) boiling onions (small, oval or round bulbs that are white, yellow, or red; best for cooking whole)
- 1 lb (500 g) cipollini or Italian pearl onions (small, round bulbs with a flattened shape and yellow or red color; sweeter than boiling onions; best for cooking whole)

Onion Powder

Dehydrated onions ground into convenient powder form.

1 tsp (5 mL) onion powder = 1 tbsp (15 mL)
onion flakes =
1 small onion
(½ cup/125 mL chopped)

Onion Salt

A condiment of onion powder mixed with salt.

Onion Soup Mix

When Lipton's introduced dry Onion Soup Mix in 1952, the course of party dips was forever altered.

1 ¾ oz (40 g) pkg =
¼ cup (60 mL)

If You Don't Have It

Substitute 1 tsp (5 mL) onion powder with:

- 1 tbsp (15 mL) onion flakes
- 2 to 3 tbsp (30 to 45 mL) jarred minced onion
- ¾ to 1 tsp (3 to 5 mL) onion salt (reduce salt by ½ to 1 tsp/2 to 5 mL)
- ¾ tsp (3 mL) liquid onion seasoning
- ½ cup (125 mL) chopped fresh or frozen onion
- ⅔ cup (150 mL) chopped leeks, green onions, or scallions (white and light green parts only)

To Vary the Flavor

Substitute 1 tsp (5 mL) onion powder with:

- ¼ to ½ tsp (1 to 2 mL) asafetida powder (more pungent; more complex garlic and onion flavor)
- ½ to 1 tsp (2 to 5 mL) garlic powder (adds garlic flavor)

If You Don't Have It

Substitute 1 tsp (5 mL) onion salt with:

- ½ tsp (2 mL) onion powder + ½ tsp (2 mL) salt
- 1 tbsp (15 mL) onion flakes (add salt to taste)
- 2 to 3 tbsp (30 to 45 mL) jarred minced onion (add salt to taste)
- ¾ tsp (3 mL) liquid onion seasoning (add salt to taste)
- ½ cup (125 mL) chopped fresh or frozen onion (add salt to taste)
- ⅔ cup (150 mL) chopped leeks, green onions, or scallions (white and light green parts only; add salt to taste)

To Vary the Flavor

Substitute 1 tsp (5 mL) onion salt with:

- 1 tsp (5 mL) Beau Monde® Seasoning (adds celery seeds)
- 1 tsp (5 mL) seasoned salt (adds paprika and other flavors)
- ½ tsp (2 mL) table salt (no onion flavor)

If You Don't Have It

Substitute ¼ cup (60 mL) onion soup mix with:

- ¼ cup (60 mL) Homemade Onion Soup Mix: Combine 3 tbsp (45 mL) instant minced onion, 2 tbsp (30 mL) beef bouillon (crushed or granules), ½ tsp (2 mL) onion powder, ¼ tsp (1 mL) parsley flakes (optional), ⅛ tsp (0.5 mL) ground celery seeds, a pinch of ground black pepper, a pinch of sweet paprika, and salt to taste. Makes about ¼ cup (60 mL). To make soup, dissolve mix in 4 cups (1 L) boiling water. To make dips, combine with 2 cups (500 mL) sour cream or plain yogurt.

Onion, Storage

True to their name, storage onions are long keeping because they are high in sulfur and low in water. These pungent onions are available year-round; best cooked to temper the sharp flavor. Onions should be firm and heavy for their size. Avoid onions that have sprouted, have an odor, or have green or moldy blemishes. Store onions in a cool dark spot in a container that allows air to circulate.

| | |
|--|--|
| 1 lb (500 g) = | |
| 4 to 5 medium = | |
| 4 cups (1 L) chopped = | |
| 1½ cups (375 mL) caramelized | |
| 1 medium = ¾ to 1 cup (175 to 250 mL) chopped | |

If You Don't Have It

Substitute 1 medium storage onion (1 cup/250 mL chopped) with:

- 1 cup (250 mL) chopped sweet onion (sweeter; moister; works well cooked or uncooked; reduce sugar if necessary to balance sweetness)
- 1 cup (250 mL) frozen chopped onion
- 1 cup (250 mL) chopped shallots (mellower, more complex flavor)
- 1¼ cups (300 mL) chopped leeks, green onions, or scallions (white and light green parts only)
- ½ cup (75 mL) jarred minced onion
- 2 tbsp (30 mL) dried onion flakes
- 1½ to 2 tsp (7 to 10 mL) onion powder
- 1½ to 2 tsp (7 to 10 mL) onion salt (reduce salt by ½ to 1 tsp/2 to 5 mL)
- 1½ tsp (7 mL) liquid onion seasoning

Storage Onion Varieties

Choose 1 medium storage onion (1 cup/250 mL chopped) from these varieties:

- 1 cup (250 mL) chopped yellow globe onions (widely used among home cooks; relatively pungent, complex flavor; best for cooking)
- 1 cup (250 mL) chopped white globe onions (white color; less pungent, less complex flavor than yellow onions; good for cooking; can be used raw if pieces are rinsed)
- 1 cup (250 mL) chopped Spanish onions (larger and slightly sweeter but otherwise very similar to yellow or white globe onions; good for cooking; can be used raw if pieces are rinsed)
- 1 cup (250 mL) chopped red or Italian red onions (purplish red and white color; slightly sweeter and less pungent than yellow globe onions; good for cooking; can be used raw if pieces are rinsed)
- 1 cup (250 mL) chopped Bermuda onions (white or yellow color; slightly sweeter and less pungent than yellow globe onions; good for cooking; can be used raw if pieces are rinsed)

See also ONION, SWEET.

Onion, Sweet

Sweet onions are seasonal, usually available from April to August, depending upon the growing region. They are crisp and juicy, served raw or lightly cooked. Vidalia from

If You Don't Have It

Substitute 1 cup (250 mL) chopped sweet onion with:

- 1 cup (250 mL) chopped storage onion (less sweet; less moist; best for cooking; if using raw, rinse to soften pungency; add sugar if necessary to balance sweetness)
- 1 cup (250 mL) frozen chopped onion
- 1 cup (250 mL) chopped shallots (more complex flavor)

Georgia, Walla Walla from Washington, Maui from Hawaii, and other sweet onions have flavor characteristics particular to their growing area.

1 medium = 1½ to
2 cups (375 to 500 mL)
chopped

- 1¼ cups (300 mL) chopped leeks, green onions, or scallions (white and light green parts only)
- ½ cup (75 mL) instant minced onion
- 2 tbsp (30 mL) onion flakes
- 1½ to 2 tsp (7 to 10 mL) onion powder
- 1½ to 2 tsp (7 to 10 mL) onion salt (reduce salt by ½ to 1 tsp/2 to 5 mL)
- 1½ tsp (7 mL) liquid onion seasoning

Sweet Onion Varieties

Choose 1 cup (250 mL) chopped sweet onion from these varieties:

- 1 cup (250 mL) chopped Vidalia onions (pale yellow color; crunchy, juicy texture; sweet, mild, and pleasantly pungent flavor; best raw or lightly cooked)
- 1 cup (250 mL) chopped Maui onions (pale yellow color; crunchy, juicy texture; sweet, mild, and pleasantly pungent flavor; best raw or lightly cooked)
- 1 cup (250 mL) chopped Walla Walla onions (pale yellow color; crunchy, juicy texture; sweet, mild, and pleasantly pungent flavor; best raw or lightly cooked)
- 1 cup (250 mL) chopped Texas Supersweet or other Texas sweet onions (white, pale yellow, or red color; crunchy, juicy; sweet, mild, and slightly more pungent than Vidalia onions; best raw or lightly cooked)
- 1 cup (250 mL) chopped Sweet Imperial or other California sweet onions (pale yellow or red; crunchy, juicy; sweet, mild, and slightly more pungent than Vidalia onions; best raw or lightly cooked)
- 1 cup (250 mL) chopped Grand Canyon, NuMex, Mayan, or OSO Sweet onions (pale yellow or red; crunchy, juicy; sweet, mild, and slightly less complex flavor than Vidalia onions; best raw or lightly cooked)

See also ONION, STORAGE.

Ono

See MACKEREL; WAHOO.

Onza Chile

See CHOOSING DRIED CHILES (PAGE 642).

Opal Basil

See BASIL.

Opo Squash

See CUCUZZA.

Orange, Blood

Mediterranean citrus with garnet-flecked orange flesh or completely garnet flesh. The juice can be light or dark burgundy. Full-bodied orange flavor with a hint of plum or raspberry.

1 lb (500 g) = 3 medium
= 1 to 1½ cups
(250 to 300 mL) juice

Orange Extract

Like all flavoring extracts, store this flavoring in a cool, dark place, and keep the lid on tightly. Properly stored, it will maintain its flavor for a long time, only gradually losing potency.

Orange Flower Water

The orange flower water of Provence is renowned. The “water” is a distillate produced like cognac or whisky. It takes about 4 pounds (2 kg) of flower petals to make 1 quart (1 L).

If You Don't Have It

Substitute 1 blood orange with:

- 1 navel orange (orange flesh)
- 1 to 2 Mandarin oranges (such as tangerines; sweeter)

Blood Orange Varieties

Choose 1 blood orange from these varieties:

- 1 Moro orange (deep burgundy flesh and juice; sweet-tart flavor with hint of raspberries)
- 1 Sanguinelli orange (garnet-flecked flesh and juice; sweet-tart flavor with a hint of plum)

If You Don't Have It

Substitute ½ tsp (2 mL) orange extract with:

- 1 to 2 drops orange oil + ¼ tsp (1 mL) vodka (optional)
- 2 to 3 tsp (10 to 15 mL) orange liqueur (reduce liquid in recipe by 2½ tsp/12 mL if necessary)
- 1 tsp (5 mL) orange zest
- ½ to ¾ tsp (2 to 3 mL) orange flower water

To Vary the Flavor

Substitute ½ tsp (2 mL) orange extract with:

- ½ tsp (2 mL) lemon extract
- ¾ tsp (3 mL) vanilla extract
- ¾ tsp (3 mL) rum extract

If You Don't Have It

Substitute ½ tsp (2 mL) orange flower water with:

- ¼ to ½ tsp (1 to 2 mL) orange extract
- 1 to 2 drops orange oil + ¼ tsp (1 mL) vodka (optional)
- 2 to 3 tsp (10 to 15 mL) orange liqueur (reduce liquid in recipe by 2½ tsp/12 mL if necessary)
- 1 tsp (5 mL) orange zest

To Vary the Flavor

Substitute ½ tsp (2 mL) orange flower water with:

- ½ tsp (2 mL) rose water
- ¼ to ½ tsp (1 to 2 mL) lemon extract
- ¾ tsp (3 mL) vanilla extract
- ¾ tsp (3 mL) rum extract

Orange Juice

The Florida Department of Citrus developed the process for making frozen concentrated orange juice in 1945. The patent on the technology was given to the U.S. government to advance the nation's frozen food industry.

1 medium sweet orange
= 6 to 8 tbsp
(90 to 120 mL) juice

Orange Liqueur

What do the Alfonso special, elephant's kick, margarita, morning glory, and Santa Cruz rum daisy have in common? None of these cocktails would exist without a splash of orange liqueur.

If You Don't Have It

Substitute 1 cup (250 mL) fresh orange juice with:

- $\frac{1}{4}$ cup (60 mL) frozen orange juice concentrate + $\frac{3}{4}$ cup (175 mL) water
- 2 cups (500 mL) brewed orange herbal tea (may add other flavors; reduce liquid in recipe by 1 cup/250 mL if necessary)
- 1 cup (250 mL) blood orange juice (sweeter)
- 1 cup (250 mL) sour orange juice (much more bitter; excellent for marinades)

To Vary the Flavor

Substitute 1 cup (250 mL) fresh orange juice with:

- 1 cup (250 mL) pineapple juice (sweeter)
- 1 cup (250 mL) grapefruit juice (more tart)
- 1 cup (250 mL) fruit nectar such as mango or peach (thicker; sweeter)

If You Don't Have It

Substitute 2 tbsp (30 mL) orange liqueur with:

- 2 tsp (10 mL) orange extract (reduce liquid in recipe by 4 tsp/20 mL if necessary)
- 2 to 4 drops orange oil + $\frac{1}{2}$ tsp (2 mL) vodka (optional; reduce liquid in recipe by 2 tbsp/30 mL if necessary)
- 2 tsp (10 mL) orange zest
- 1 to $1\frac{1}{2}$ tsp (5 to 7 mL) orange flower water
- 1 tbsp (15 mL) orange juice concentrate (add 1 tbsp/15 mL liquid to recipe if necessary)
- 3 tbsp (45 mL) orange juice (reduce liquid in recipe by 1 tbsp/15 mL if necessary)
- 2 tbsp (30 mL) Midori (honeydew melon liqueur)

Orange Liqueur Varieties

Choose 2 tbsp (30 mL) orange liqueur from these varieties:

- 2 tbsp (30 mL) Cointreau (colorless; relatively dry but slightly sweeter than Grand Marnier; complex, balanced flavor; made from curaçao sour orange and sweet orange peels)
- 2 tbsp (30 mL) Citrónge (similar to Cointreau; colorless; relatively dry but slightly sweeter than Grand Marnier; complex flavor; made from Haitian sour orange and Jamaican sweet orange peels)
- 2 tbsp (30 mL) curaçao (sweeter than Cointreau; less complex flavor; amber, clear, orange, or blue color; made from curaçao sour orange and sweet orange peels)
- 2 tbsp (30 mL) Triple Sec (colorless; sweeter than curaçao; less complex flavor; made from curaçao sour orange and sweet orange peels)
- 2 tbsp (30 mL) Grand Marnier (amber color; relatively dry;

Orange Liqueur (cont'd)

- complex, balanced flavor; made from Haitian sour orange and sweet orange peels)
- 2 tbsp (30 mL) Bauchant (similar to Grand Marnier; amber color; relatively dry; complex flavor; made from curaçao sour orange and sweet orange peels)
- 2 tbsp (30 mL) Gran Torres (amber color; medium-dry; mild orange flavor; made from sweet orange peels)
- 2 tbsp (30 mL) mandarin liqueur (sweeter than most orange liqueurs)
- 2 tbsp (30 mL) kumquat liqueur (more sweet-tart flavor than most orange liqueurs)
- 2 tbsp (30 mL) Sabra (chocolate-flavored orange liqueur)

Orange Oil

Also known as oil of orange. An essential oil extracted from the zest of oranges; used in flavorings. Two other essential oils from oranges are used mainly in perfumery. Oil of petitgrain is taken from the leaves and twigs. Oil of neroli is derived from the blossoms.

Orange Peel

This mild, white-fleshed fish was christened by Australians and New Zealanders because its skin is orange and rough. The same fish swims in waters off South Africa, where it is known by the less fortunate moniker slimehead.

Orange, Sour

Also known as bitter orange. The juice of sour oranges was a popular flavoring in medieval Europe. In fact, the sour orange arrived in Europe some 500 years prior to

If You Don't Have It

Substitute 1 drop orange oil with:

- ¼ to ½ tsp (1 to 2 mL) orange extract (less concentrated; evaporates at high temperatures; reduce liquid in recipe by ½ tsp/2 mL if necessary)
- 1 to 1½ tsp (5 to 7 mL) orange zest

To Vary the Flavor

Substitute 1 drop orange oil with:

- 1 drop lemon oil
- ¾ tsp (3 mL) vanilla extract (evaporates at high temperatures; reduce liquid in recipe by ¾ tsp/3 mL if necessary)

See CITRUS PEEL, CANDIED; ORANGE ZEST.

Orange Roughy

Substitute 1 lb (500 g) orange roughy with:

- 1 lb (500 g) ocean perch
- 1 lb (500 g) blackfish
- 1 lb (500 g) flounder
- 1 lb (500 g) sole
- 1 lb (500 g) haddock
- 1 lb (500 g) red snapper
- 1 lb (500 g) tilapia

If You Don't Have It

Substitute 1 medium sour orange with:

- 1 calamondin (hybrid of mandarin orange and kumquat; sweeter)
- 2 to 3 kumquats (smaller; acidic flesh; sweet peel)
- ½ to 1 sweet orange (larger; much sweeter)
- 1 mandarin orange (much sweeter)
- 1 lime (for candying the peel)

the sweet (both types of citrus originated in China.) Today, sour oranges have limited commercial use. The Seville is raised mostly in Spain for the production of British orange marmalade. The peel of another sour orange, the diminutive Bergamot, is an ingredient in Earl Grey tea and is also candied. An essential oil, called essence of bergamot, is extracted from the peel for use in perfumes and confections.

1 medium sour orange =
2 to 3 tbsp (30 to 45 mL)
juice = $\frac{1}{3}$ to $\frac{1}{2}$ cup
(75 to 125 mL)
chopped = 1 to 2 tbsp
(15 to 30 mL) grated zest

Orange, Sweet

Numerous varieties of sweet oranges are cultivated for their juice and for eating out-of-hand. Many agree that the seedless navel orange may be the best eating orange. Kept in a high humidity atmosphere at about 35°F (2°C), oranges will maintain their appetizing qualities for nearly 2 months.

1 medium = $\frac{1}{3}$ to $\frac{1}{2}$ cup
(75 to 125 mL) juice =
 $\frac{3}{4}$ cup (175 mL)
chopped = 2 to 3 tbsp
(30 to 45 mL) grated zest

1 to 2 tbsp (15 to 30 mL) sweet orange juice + 4 to 6 tsp (20 to 30 mL) lime or lemon juice (to replace 3 tbsp/45 mL sour orange juice)

Sour Orange Varieties

Choose 1 sour orange from these varieties:

- 1 Spanish Bittersweet or Daidai orange (oblong; used for juice, peel, and essential oil)
- 1 Bergamot orange (often candied or used to make Earl Grey tea)
- 1 Seville orange (often used for juice, marmalade, and to make orange liqueurs)
- 1 to 2 Chinotto oranges (often candied)

See also ORANGE, SWEET.

If You Don't Have It

Substitute 1 sweet orange with:

- 1 large blood orange (sweeter; garnet or garnet-flecked flesh)
- 2 mandarin oranges (smaller; sweet-tart)
- 1 to 2 sour oranges (smaller; much more bitter)
- 2 calamondin (hybrid of kumquat and mandarin orange; smaller; more tart)
- 1 Meyer lemon (more tart and lemony)
- 4 to 6 kumquats (more tart; best for eating out of hand)
- $\frac{1}{4}$ to $\frac{1}{2}$ tsp (1 to 2 mL) pummelo (larger; more tart)
- $\frac{1}{2}$ tsp (2 mL) grapefruit (larger; more tart)
- 1 to 2 limes (smaller; more tart)
- 1 large lemon (smaller; more tart)

Sweet Orange Varieties

Choose 1 fresh sweet orange from these varieties:

- 1 navel-type orange such as Dream Navel, Cara Cara, or California Navel (often seedless; peels and segments easily; best for eating out-of-hand)
- 1 Valencia-type orange such as Valencia, Rhode Red, Kona, or Hamlin (often seeded; extremely juicy; sweet-tart flavor; best for juicing)

See also ORANGE, BLOOD; ORANGE FLOWER WATER; ORANGE JUICE; ORANGE LIQUEUR; ORANGE OIL; ORANGE, SOUR; ORANGE ZEST.

Orange Zest

No doubt the term “zest” was chosen for the thin outer skin of oranges and other citrus because of the excitement its aromatic essential oils bring to so many foods.

1 medium sweet orange =
2 to 3 tbsp
(30 to 45 mL) grated zest

Oregano

The “pizza herb” is not one specific plant but rather various species of marjoram that carry the characteristic oregano flavor — a combination of sweet/pungent mint and thyme. Many culinary experts say that oregano’s full flavoring potential is realized when the leaves are dried rather than fresh.

$\frac{1}{2}$ oz (15 g) fresh =
 $\frac{1}{2}$ cup (125 mL) chopped

Orgeat Syrup

This sweet almond beverage flavoring — enhanced with rose water or orange-flower water — appears in the mai tai, scorpion, and other cocktails.

If You Don't Have It

Substitute 1 tbsp (15 mL) grated orange zest with:

- 1 tbsp (15 mL) dried orange peel
- 1 $\frac{1}{2}$ tsp (7 mL) orange extract

To Vary the Flavor

Substitute 1 tsp (5 mL) grated orange zest with:

- 1 tsp (5 mL) mandarin orange zest
- 1 tsp (5 mL) calamondin zest
- 1 tsp (5 mL) kumquat zest
- 1 tsp (5 mL) lemon or lime zest
- 1 tsp (5 mL) finely chopped candied orange peel (reduce sugar in recipe by $\frac{1}{4}$ tsp/1 mL if necessary)

If You Don't Have It

Substitute 1 tbsp (15 mL) fresh oregano leaves with:

- 1 tsp (5 mL) dried oregano leaves

To Vary the Flavor

Substitute 1 tbsp (15 mL) fresh oregano leaves with:

- 1 tbsp (15 mL) fresh marjoram
- 1 tbsp (15 mL) fresh thyme
- 1 tbsp (15 mL) fresh sweet basil
- 1 tbsp (15 mL) fresh summer savory
- 1 to 2 tsp (5 to 10 mL) fresh sage
- 1 tbsp (15 mL) fresh parsley
- 1 tsp (5 mL) dried Italian seasoning (adds thyme and basil flavors)
- 1 tsp (5 mL) dried Greek seasoning (adds onion, garlic, black pepper, mint and cinnamon flavors)
- 1 tsp (5 mL) Herbes de Provence (adds flavors such as thyme, savory, lavender, fennel, and bay leaf)

If You Don't Have It

Substitute 2 tbsp (30 mL) orgeat syrup with:

- 2 tbsp (30 mL) Homemade Simple Syrup (see recipe, page 552) + $\frac{1}{8}$ to $\frac{1}{4}$ tsp (0.5 to 1 mL) almond extract + 1 to 2 drops rose water or orange flower water
- 2 tbsp (30 mL) almond liqueur such as Amaretto + 1 to 2 drops rose water or orange flower water (less sweet; add 1 to 3 tsp/5 to 15 mL sugar to recipe if necessary to balance sweetness)
- 2 tbsp (30 mL) crème d'amande or crème de noyaux + 1 to 2 drops rose water or orange flower water (thicker texture, pink color)

To Vary the Flavor

Substitute 2 tbsp (30 mL) orgeat syrup with:

- 2 tbsp (30 mL) falernum (adds lime and ginger flavors)

Ormer

See ABALONE.

Orzo

See PASTA, DRIED SOUP.

Osetra

See CHANGING ROE (PAGE 666).

**Ossau-Iraty
Brebis Pyrenees**

A traditional, unpasteurized, semisoft cheese from the French Western Pyrenees, which takes its name from two regions, Ossau and Iraty. Made exclusively from the milk of Manech ewes, the cheese is usually shaped in a wheel with a natural rind.

1 lb (500 g) = 4 cups
(1 L) shredded

Ostrich

It doesn't taste like chicken! This big African bird, now raised as game on specialty ranches, tastes like beef.

**Otaheite
Gooseberry**

Also known as chermai, grosella, Malay gooseberry. Although botanically unrelated, this fruit looks and taste similar to a gooseberry. The yellow pigments in the flesh turn red when cooked with sugar for making jams and jellies.

Ouzo**If You Don't Have It**

Substitute 1 oz (30 g) Ossau-Iraty Brebis Pyrenees cheese with:

- 1 oz (30 g) Etorki
- 1 oz (30 g) Prince de Claverolle
- 1 oz (30 g) Comté

If You Don't Have It

Substitute 1 lb (500 g) ostrich with:

- 1 lb (500 g) rhea
- 1 lb (500 g) emu
- 1 lb (500 g) beef (fattier)
- 1 lb (500 g) turkey

If You Don't Have It

Substitute 1 cup (250 mL) Otaheite gooseberries with:

- 1 cup (250 mL) gooseberries
- 1 cup (250 mL) fresh red or white currants
- 1 cup (250 mL) cape gooseberries (sweeter)

See ANISE LIQUEUR.

Oven

According to culinary etymologist Mark Morton, the word oven sprang from an Indo-European word that meant “fire-pot” and morphed into the Old English word ofn near the 10th century. By the 1300s, the term was spelled oven as it is today.

Ovenproof Pan

Skillets with handles fashioned from the same heatproof material as the pan — cast iron, stainless clad aluminum or steel, and others — are convenient for searing foods on the stovetop and finishing the cooking in the oven.

Oyster

“Unique in a group of foods that includes truffles, lobster, artichokes, mangoes, passion fruit, and a score of other ‘love’ foods, oysters are food for the initiated few,” write Joan Reardon and Ruth Ebling in Oysters: A Culinary Celebration. “Often compared to a seductive woman, there is a mystery, a subtlety, a quality that defies explanation about them. No other food evokes such strong feelings of utter bliss or revulsion; no other food has been written about more eloquently or more trivially.”

To Vary the Flavor

Substitute a conventional gas or electric oven with:

- brick oven (excellent for baking; absorbs moisture and creates a crisp crust)
- tandoor oven (made of brick and clay; excellent for breads and meats; absorbs moisture and creates a crisp crust)

To Save Time

- convection oven (an oven with forced hot air to speed cooking; not recommended for delicate mixtures such as soufflés and meringues)
- microwave oven (speeds heating; best for reheating casseroles or other foods that would be reheated in an oven; not recommended for reheating bread and baked goods)

If You Don't Have It

Substitute an ovenproof pan with:

- plastic- or rubber-handled pan (wrap the handle in several layers of heavy-duty foil to protect it from heat)

If You Don't Have It

Substitute 1 lb (500 g) oysters with:

- 1 lb (500 g) smoked oysters
- 1 lb (500 g) mussels (more delicate)
- 1 lb (500 g) cockles
- 1 lb (500 g) soft-shell clams (for frying)
- 1 lb (500 g) littleneck or cherrystone clams (for serving on the half-shell)
- 1 lb (500 g) scallops
- 1 lb (500 g) abalone (tougher)

Oyster Varieties

Choose 1 lb (500 g) oysters from these varieties:

- 1 lb (500 g) Eastern, Atlantic or bluepoint oysters (native to North American Atlantic Coast from Canada to the Gulf of Mexico; elongated, layered, gray to brown shell; 2 to 4 inches/5 to 10 cm long; often eaten on the half-shell)
- 1 lb (500 g) Pacific Japanese oysters (usually farmed and harvested at 6 inches/15 cm long; gray to brown shell)
- 1 lb (500 g) Olympia (native to the U.S. Pacific Coast; 1 to 1½-inch/2.5 to 4 cm shell)

1 cup (250 mL) shucked =
13 to 19 medium
3.7 oz (105 g)
can smoked =
14 to 16 oysters

- 1 lb (500 g) European or belon oyster (native to France; farmed in the United States; 1½ to 3-inch/4 to 7.5 cm, rounded, and slightly flattened shell; often eaten on the half-shell)

See also OYSTER LIQUOR.

Oyster Knife

A sturdy knife with a stubby handle is essential for opening oysters safely. To use, insert the tip into the hinge of the scrubbed oyster shell to pry open. After opening, use the blade to cut under the oyster to release it from the shell.

If You Don't Have It

Substitute an oyster knife with:

- another thick, dull knife such as a small spreading knife or spackling knife
- microwaving the oysters until they open (about 20 seconds) or steaming them until they open (about 4 minutes)

Oyster Liquor

The juice that spills from freshly shucked oysters often used to flavor chowders, stuffings, and sauces.

If You Don't Have It

Substitute 1 cup (250 mL) oyster liquor with:

- 1 cup (250 mL) fresh or bottle clam juice
- 1 cup (250 mL) fish stock
- 1 cup (250 mL) dashi
- ½ cup (125 mL) chicken broth + ½ cup (125 mL) water

Oyster Mushroom

A classic Chinese sauce that is a powerful concentration of oysters, soy sauce, salt, and other seasonings. Thai oyster sauces tend to have richer oyster flavor than Chinese oyster sauces.

See SHUFFLING MUSHROOMS (PAGE 654).

Oyster Sauce

If You Don't Have It

Substitute 1 tbsp (15 mL) oyster sauce with:

- 1 tbsp (15 mL) vegetarian oyster sauce (made with mushrooms and vegetable protein instead of oysters)
- 2 tsp (10 mL) soy sauce or teriyaki sauce + 1 tsp (5 mL) canning liquid from canned oysters + pinch of sugar (if using soy sauce)
- 2 dozen finely chopped shucked oysters and their liquid simmered for 20 minutes, strained, and the remaining liquid boiled down to 1 tbsp (15 mL)

Pacific Oyster to Puya

Pacific Oyster

See OYSTER.

Pacific Pompano

See BUTTERFISH.

Paczi

See DOUGHNUT.

Paglia-Style Cheese

“Heretical as it may sound,” writes Steven Jenkins in his Cheese Primer, “there is evidence that the Italians make better Brie than the French.” He’s referring to Piedmont’s Paglia-style cheeses, soft-ripened cow’s milk cheese originally aged in piles of loose straw, known as paglia in Italian. Paglietta, Paglierina, and Pagliola are popular names for these paper-wrapped discs.

If You Don’t Have It

Substitute 1 oz (30 g) paglia-style cheese with:

- 1 oz (30 g) Brie
- 1 oz (30 g) Camembert

Pale Ale

See BEER.

Palillo*See TURMERIC.***Palm Sugar***See JAGGERY.***Pan***See SPECIFIC TYPES; PAN SIZE EQUIVALENTS (PAGE 678).***Pancake Syrup***See MAPLE SYRUP.***Pancake Turner***See TURNER.***Pancetta**

Cured Italian pork belly, the same cut as American bacon, although generally not smoked like American bacon, except in some Alpine provinces. In Spain, a related unsmoked bacon is known as tocino. A similar French bacon called ventrèche is often used to make lardons.

1 lb (500 g) = 16 slices

If You Don't Have It

Substitute 1 slice (about 1 oz/30 g) pancetta with:

- 1 slice (about 1 oz/30 g) guanciale (cured hog jowl)
- 1 thick slice (about 1 oz/30 g) American slab bacon (adds smoke flavor; drop in boiling water for 2 minutes to reduce smoke flavor)
- 1 oz (30 g) Canadian bacon (adds smoke flavor)
- 1 oz (30 g) salt pork (saltier; fattier; best as flavoring in soups, stews, and sauces)
- 1 oz (30 g) prosciutto
- 1 oz (30 g) smoked ham (adds smoke flavor)
- 1 oz (30 g) smoked sausage (adds smoke flavor)

Panch Phoran

A Bengali spice mix that typically includes the seeds of cumin, fennel, fenugreek, mustard, and nigella.

If You Don't Have It

Substitute 1 tbsp (15 mL) panch phoran with:

- 1 tbsp (15 mL) Homemade Panch Phoran: Combine 1½ tsp (7 mL) brown mustard seeds, 1¼ tsp (6 mL) nigella seeds, 1 tsp (5 mL) cumin seeds, ¾ tsp (3 mL) fenugreek seeds, ½ tsp (2 mL) fennel seeds. Makes about 1½ tablespoons (22 mL).
- 1 tbsp (15 mL) garam masala

Pandanus*See SCREWPINE LEAF.***Paneer***See PANIR.***Panela Cheese**

Fresh, crumbly white cheese of Mexican origin.

8 oz (250 g) =
1 cup (250 mL)

If You Don't Have It

Substitute 1 oz (30 g) panela with:

- 1 oz (30 g) dry-cured cottage cheese

See also PILONCILLO.

Panettone

A fixture of Italian Christmas celebrations, this cupola-shaped, brioche-like cake is typically studded with raisins and candied fruits.

Panettone Pan

Panir

Also known as paneer. Indian fresh pressed cheese produced from cow's or water buffalo's milk. It is pressed to remove excess moisture. Often served diced and sautéed, it also appears in many vegetarian dishes.

8 oz (250 g) =
1 cup (250 mL)

Panko

Also known as panko bread crumbs and Japanese bread crumbs. Coarser than fine dry bread crumbs, panko make light and crispy gratin toppings and coatings for deep-fried foods.

8 oz (250 g) =
 $2\frac{1}{3}$ cups (575 mL)

If You Don't Have It

Substitute 1 lb (500 g) panettone with:

- 1 lb (500 g) ciambellone (unyeasted Italian coffee cake)
- 1 lb (500 g) kulich (Russian sweet yeast bread; usually has icing; tall, cylindrical shape)
- 1 lb (500 g) Kugelhopf (central European sweet yeast bread; tall, ring shape)
- 1 lb (500 g) brioche (French yeast bread; richer; less sweet or not sweet)
- 1 lb (500 g) fruitcake

See PAN SIZE EQUIVALENTS (PAGE 678).

If You Don't Have It

Substitute 1 oz (30 g) panir with:

- 1 oz (30 g) farmer cheese
- 1 oz (30 g) pot cheese
- 1 oz (30 g) firm tofu, cubed
- 1 oz (30 g) feta cheese, cubed and rinsed to remove excess salt
- 1 oz (30 g) dry-curd cottage cheese

See also CHENNA.

Pans

Pansy

See SPECIFIC TYPES; PAN SIZE EQUIVALENTS (PAGE 678).

See PICKING EDIBLE FLOWERS (PAGE 650).

Papadam

See PAPPADAM.

Papalo

Also known as *papaloquelite*. Mexican herb with broad, oval-shaped leaves tastes like a more potent and slightly bitter cilantro. Said to be an acquired taste, papalo is almost always used raw.

Papaw

Also known as *pawpaw*. A custard apple fruit of a small North American tree that is related to tropical cherimoya. The smooth, sweet yellow pulp tastes like creamy banana and pear. When referred to as "pawpaw," it is confused with the totally unrelated papaya.

Papaya

Also known as *lechosa*. A wonderful fruit that grows in tropics spanning the globe. In appearance, papaya resembles a large pear-shaped melon. When ripe, the skin is blotchy yellow orange over green and the flesh yields to the touch. The sweet orange flesh is smooth, compact, and delicately scented.

1 medium = 10 to 12 oz
(300 to 375 g) =
1½ to 2 cups
(375 to 500 mL)
chopped or sliced

If You Don't Have It

Substitute 1 tbsp (15 mL) chopped fresh papalo with:
 3 to 4 tsp (15 to 20 mL) chopped fresh cilantro
 4 tsp (20 mL) chopped fresh pipicha
 1 tbsp (15 mL) chopped fresh culantro or culentro (more bitter flavor)
 1 tbsp (15 mL) chopped fresh parsley

See also PIPICHA.

If You Don't Have It

Substitute 1 lb (500 g) papaws with:
 1 lb (500 g) blue java or ice cream bananas (sweet ice cream-like flavor)
 1 lb (500 g) Orinoco bananas (strawberry flavor)
 1 lb (500 g) burro bananas (slight lemon flavor)
 1 lb (500 g) dwarf or finger bananas
 1 lb (500 g) red bananas (best for baking)
 1 lb (500 g) manzano bananas (drier flesh; strawberry-apple flavor)
 1 lb (500 g) yellow Cavendish bananas

See also CHERIMOYA.

If You Don't Have It

Substitute 1 lb (500 g) papaya with:
 1 lb (500 g) ababai
 1 lb (500 g) babaco
 1 lb (500 g) pepino
 1 lb (500 g) mango
 1 lb (500 g) peaches
 1 lb (500 g) nectarines

See also ABABAI; PAPAW; PAPAYA, GREEN.

Papaya, Dried

Flame-orange pieces of freeze-dried papaya sometimes coated with sugar.

Papaya, Green

Also known as unripe papaya. Larger unripe fruits are cooked as a vegetable or made into pickles. In Thai kitchens, long strands of peeled green papaya are used to make refreshing salads.

2 lbs (1 kg) = 4½ to 6 cups (1.125 to 1.5 L)

Papaya Leaf

The leaves of this tropical fruit tree contain about 2% papain, a protein-digesting enzyme widely used in commercial meat tenderizers. South American cooks sometimes wrap meats in papaya leaves for a similar tenderizing effect.

Pappadam

Also known as papad, papadam, and poppadum. Wafer-thin Indian flatbreads made from lentil flour may be plain or seasoned with peppers, garlic, and other flavorings.

If You Don't Have It

Substitute 1 cup (250 mL) dried papaya with:

- 1 cup (250 mL) dried mango
- 1 cup (250 mL) dried peaches
- 1 cup (250 mL) dried nectarines
- 1 cup (250 mL) dried apricots
- 1 cup (250 mL) dried cantaloupe

If You Don't Have It

Substitute 1 lb (500 g) green papaya with:

- 1 lb (500 g) chayote

See also PAPAYA.

If You Don't Have It

Substitute 4 oz (125 g) papaya leaves with:

- 1 cup (250 mL) acid-based marinade (for tenderizing)
- 4 oz (125 g) banana leaves (for wrapping; no tenderizing effect)

If You Don't Have It

Substitute 1 lb (500 g) pappadam with:

- 1 lb (500 g) crisp lavash
- 1 lb (500 g) water crackers

To Vary the Flavor

Substitute 1 lb (500 g) pappadam with:

- 1 lb (500 g) shrimp chips

Paprika

Also known as Hungarian pepper and Spanish pepper. Dried and ground sweet pimentos achieve their glory in Hungarian cuisine, particularly to flavor and color paprikás, which the rest of the world calls goulash. Depending upon the peppers used, paprika can vary from sweetly mild to very hot.

If You Don't Have It

Substitute 1 tbsp (15 mL) paprika with:

- 1 tbsp (15 mL) ancho chile powder (darker reddish brown color; earthier, fruitier aromas)
- pinch of cayenne pepper (much hotter)
- pinch of ground chipotle powder (adds smokiness and heat)
- 1 tbsp (15 mL) chili powder (slightly more pungent; adds flavors of cumin, oregano, and other spices)

Paprika Varieties

Choose 1 tbsp (15 mL) paprika from these varieties:

- 1 tbsp (15 mL) pimentón or Spanish paprika (oak-smoked paprika that may be mild or hot)
- 1 tbsp (15 mL) sweet Hungarian paprika (milder, more complex flavor than Spanish paprika)
- 1 tbsp (15 mL) hot Hungarian paprika (somewhat pungent, more complex flavor than Spanish paprika)

Paradise Nut

Also known as monkey pot nut and sapucaya nut. This wild specimen grows in Brazil and Guyana and is said to have a superb, distinctive flavor. Like its relative the Brazil nut, the paradise nut grows inside a big, woody container.

1 lb (500 g) =
3½ cups (825 mL)

If You Don't Have It

Substitute 1 cup (250 mL) paradise nuts with:

- 1 cup (250 mL) Brazil nuts
- 1 cup (250 mL) macadamia nuts

See also BRAZIL NUT.

Paraffin Wax

Also known as baker's wax and canning wax. A small amount of melted wax can be mixed into chocolates to forestall melting.

If You Don't Have It

Substitute 1 tbsp (15 mL) paraffin wax with:

- 2 to 3 tsp (10 to 15 mL) vegetable shortening (for chocolate confections; less firm)

See PEPPERCORN.

Parameswaran's Pepper

Paratha

Also known as *parata*, Indian flaky bread — often stuffed with spicy vegetable or meat mixtures — that is fried or cooked on a griddle.

Parchment Paper

Also known as *baking paper* or *cooking parchment*. If you don't have a nonstick baking pan, make it nonstick by lining the pan with parchment paper. The paper saves cleanup time, too, because you just throw it away when finished.

Parfait d'Amour

A liqueur fashionable in the 19th century — redolent of spices, vanilla, orange, and flowers — that's making something of a comeback.

Parisienne Sauce

Parma Ham

Parmesan

True Parmesan is an Italian cow's milk grana (grating cheese) made only in the legally designated

If You Don't Have It

Substitute 1 paratha with:

- 1 naan (puffy flatbread made from refined wheat flour and cooked on the walls of a tandoor or clay-lined oven; less rich; sometimes flavored with garlic, herbs, or other aromatics)
- 1 poori (deep-fried flatbread made with whole wheat flour; crisper)
- 1 chapati (flatbread made with whole wheat flour and little or no fat)
- 1 roti (a generic term for Indian flatbread; similar to chapati; usually made with whole wheat flour)
- 1 whole wheat pita bread (similar to naan)
- 1 whole wheat flour tortilla

If You Don't Have It

Substitute parchment paper with:

- aluminum foil (for lining baking pans; for cooking "en papillote" or steaming food in a parchment paper package, use pieces of aluminum foil or foil cooking bags)
- silicone baking mat (for lining baking pans)
- nonstick baking sheet
- plastic resealable bag (to replace a parchment paper cone for piping icings or fillings)

If You Don't Have It

Substitute 1 oz (30 g) Parfait d'Amour with:

- 1 oz (30 g) crème de rose (lighter color; adds vanilla aroma)
- 1 oz (30 g) crème de violette (purple color; violet flower aroma)
- 1 oz (30 g) curaçao + 1 drop rose water + 1 small drop vanilla extract + 1 small drop almond extract (use colored curaçao)

See VELOUTÉ.

See PROSCIUTTO.

If You Don't Have It

Substitute 1 oz (30 g) Parmesan with:

- 1 oz (30 g) Grana Padano
- 1 oz (30 g) Pecorino Romano (sharper)

Parmigiano-Reggiano
zone encompassing Parma,
Reggio nell'Emilia, Bologna,
Modena, and Mantua.

4 oz (125 g) =
1 cup (250 mL) grated

Parrot Fish

Also known as *uhu*. Parrot Fish are named for their beak-like teeth, which are designed to chomp on coral. They filter out the nutritious algae and excrete the sand.

Parsley

The leaves of this agreeable herb come two ways: flat (Italian) and curly.

1 oz (30 g) =
1 cup (250 mL) chopped

Parsley Root

A root-vegetable subspecies of parsley is favored in parts of Europe as an ingredient in soups, stews, or vegetable side dishes.

1 lb (500 g) = 3 cups
(750 mL) chopped =
2 cups (500 mL) cooked

Parsnip

Underutilized roots related to carrot, celeriac and parsley root.

1 lb (500 g) = 3 cups
(750 mL) chopped =
2 cups (500 mL) cooked

- 1 oz (30 g) aged Asiago (milder)
- 1 oz (30 g) aged Manchego (milder)
- 1 oz (30 g) dry Jack cheese (more nutty flavor)

For Better Health

Substitute 1 oz (30 g) Parmesan cheese with:

- 1 oz (30 g) Sapsago (more herbal flavor; lower in fat)

If You Don't Have It

Substitute 1 lb (500 g) parrot fish with:

- 1 lb (500 g) blue-striped snapper or taape

If You Don't Have It

Substitute 1 tbsp (15 mL) chopped fresh parsley with:

- ½ tbsp (15 mL) chopped fresh chervil
- 1 tsp (5 mL) dried parsley or chervil (much less flavorful)
- 1 tbsp (15 mL) chopped fresh cilantro (adds grassy, citrusy aromas)
- 1 tbsp (15 mL) chopped fresh tarragon (adds anise aroma)
- 1 tbsp (15 mL) chopped fresh basil (adds clove aromas)
- 1 tbsp (15 mL) chopped fresh mint (adds menthol aromas)

If You Don't Have It

Substitute 1 cup (250 mL) chopped parsley root with:

- ½ cup (125 mL) chopped celeriac + ½ cup (125 mL) chopped carrots (milder)
- 1 cup (250 mL) chopped celeriac (milder)
- 1 cup (250 mL) chopped carrots + pinch of celery seeds
- 1 cup (250 mL) chopped turnips + pinch of celery seeds
- 1 cup (250 mL) chopped parsnips + pinch of celery seeds

If You Don't Have It

Substitute 1 cup (250 mL) chopped parsnips with:

- 1 cup (250 mL) chopped carrots
- 1 cup (250 mL) chopped arracacha
- 1 cup (250 mL) chopped turnips
- 1 cup (250 mL) chopped salsify
- 1 cup (250 mL) chopped celeriac

Parsnip (cont'd)

- 1 cup (250 mL) chopped parsley root
- 1 cup (250 mL) chopped taro
- 1 cup (250 mL) chopped burdock

Partridge

An important game bird in Europe and central Asia. The bird has a small chicken-like shape and is plump and tasty.

Pasilla

Also known as maracuja. The exquisite aroma and taste of this exotic fruit is unique. The name is a reference to the fruit's blossom resembling various details of the Passion of Christ.

12 to 14 passion fruits = about 1 cup (250 mL) juice, pulp, or purée

Passion Fruit Liqueur

Tasting of honey, jasmine, and lemon, the intense essence of passion fruit flavors this liqueur.

If You Don't Have It

Substitute 1 lb (500 g) partridge with:

- 1 lb (500 g) grouse
- 1 lb (500 g) quail
- 1 lb (500 g) pheasant
- 1 lb (500 g) squab
- 1 lb (500 g) Cornish game hen

Partridge Varieties

Choose 1 lb (500 g) partridge from these varieties:

- 1 lb (500 g) grey or English partridge
- 1 lb (500 g) red-legged or French partridge

See CHOOSING DRIED CHILES (PAGE 642).

Passion Fruit

If You Don't Have It

Substitute 1 cup (250 mL) passion fruit pulp or juice with:

- 1 cup (250 mL) canned passion fruit nectar (to replace fresh passion fruit juice)
- $\frac{1}{2}$ cup (125 mL) pineapple juice + $\frac{1}{2}$ cup (125 mL) Key lime juice (to replace fresh passion fruit juice)
- 1 cup (250 mL) guava pulp (to replace passion fruit pulp)

Passion Fruit Varieties

Choose 1 cup (250 mL) passion fruit pulp from:

- 1 cup (250 mL) maracuja or purple passion fruit pulp (the true passion fruit; reddish purple-brown skin, often wrinkled, or pale yellow skin; intensely aromatic greenish orange, sweet-tart pulp)
- 1 cup (250 mL) granadilla pulp (slightly larger than maracuja; orange skin with specks of white; milder, pale gray, sweet-tart pulp)

If You Don't Have It

Substitute 2 tbsp (30 mL) passion fruit liqueur with:

- 2 tbsp (30 mL) passion fruit syrup (nonalcoholic)
- 1 tbsp (15 mL) passion fruit nectar + 1 tbsp (15 mL) brandy (less sweet)

To Vary the Flavor

Substitute 2 tbsp (30 mL) passion fruit liqueur with:

- 2 tbsp (30 mL) fruit brandy such as apricot brandy (less sweet)

Passover Crackers

Pasta, Dried Ribbons

Thin pasta ribbons, such as linguine, marry well with thin, smooth sauces. Wide ribbons, such as pappardelle, go best with thick, smooth sauces or sauces with small chunks. To substitute regular dried lasagna with no-boil or oven-ready lasagna, add 25% more sauce or liquid, which will be absorbed by the no-boil lasagna.

1 lb (500 g) = 8 cups
(2 L) cooked

Pasta, Dried Shapes

When cooking various shaped pastas together, choose similar sizes so they cook at the same rate. Large shapes and tubes, such as rigatoni, go best with sauces that have large chunks. Small shapes and tubes, such as macaroni, go best with smooth sauces or sauces that have small chunks.

1 lb (500 g) dried =
8 cups (2 L) cooked

See MANDLEN; MATZO.

If You Don't Have It

Substitute 1 lb (500 g) dried pasta ribbons with these varieties:

- 1 lb (500 g) dried fettuccine, lasagna, linguine, pappardelle, or tagliatelle
- 8 oz (250 g) dried wide egg noodles
- 1 lb (500 g) dried wide Asian wheat noodles

For Better Health

Substitute 1 lb (500 g) dried pasta ribbons with:

- 1 lb (500 g) dried whole wheat pasta ribbons (higher fiber)
- 1 lb (500 g) dried Jerusalem artichoke pasta ribbons (higher fiber)
- 1 lb (500 g) dried quinoa pasta ribbons (gluten-free)
- 1 lb (500 g) dried spelt pasta ribbons (low-gluten)
- 1 lb (500 g) dried Kamut® pasta ribbons (low-gluten)
- 1 lb (500 g) dried rice pasta ribbons (gluten-free)
- 1 lb (500 g) dried wide Asian rice noodles (gluten-free)

If You Don't Have It

Substitute 1 lb (500 g) dried pasta shapes with these varieties:

- 1 lb (500 g) dried elbow macaroni, medium shells, rotini, twists, spirals, wagon wheels, bow ties, mostaccioli, penne, radiatore, rigatoni, or ziti

For Better Health

Substitute 1 lb (500 g) dried pasta shapes with:

- 1 lb (500 g) dried whole wheat pasta shapes (higher fiber)
- 1 lb (500 g) dried Jerusalem artichoke pasta shapes (higher fiber)
- 1 lb (500 g) dried quinoa pasta shapes (gluten-free)
- 1 lb (500 g) dried spelt pasta shapes (low-gluten)
- 1 lb (500 g) dried Kamut® pasta shapes (low-gluten)
- 1 lb (500 g) dried rice pasta shapes (gluten-free)

See also EGG NOODLE; A SNAPSHOT OF ASIAN NOODLES (PAGE 656).

Pasta, Dried Soup

"A vegetable soup can tell you where you are in Italy almost as precisely as a map," writes Italian cooking authority Marcella Hazan. For instance, she says, the soups of the south are "founded on tomato, garlic, and olive oil, often filled out with pasta."

1 lb (500 g) =
8 cups (2 L) cooked

Pasta, Dried Strands

Thin strands, such as angel hair, go best with thin sauces. Thick strands, such as perciatelli, go well with thick sauces or sauces with small chunks.

1 lb (500 g) dried =
7 to 8 cups
(1.75 to 2 L) cooked

If You Don't Have It

Substitute 1 lb (500 g) dried soup pasta with these varieties:

- 1 lb (500 g) acini de pepe, ditalini, elbow macaroni, orzo, pastina, rizo, or rosamarina

If You Don't Have It

Substitute 1 lb (500 g) dried pasta strands with these varieties:

- 1 lb (500 g) dried angel hair, capellini, bucatini, perciatelli, spaghetti, or vermicelli
- 1 lb (500 g) dried Asian wheat noodles
- 8 oz (250 g) dried egg noodles

For Better Health

Substitute 1 lb (500 g) dried pasta strands with:

- 1 lb (500 g) dried whole wheat pasta strands (higher fiber)
- 1 lb (500 g) dried Jerusalem artichoke pasta strands (higher fiber)
- 1 lb (500 g) dried buckwheat pasta or soba noodles (higher fiber)
- 1 lb (500 g) dried quinoa pasta strands (gluten-free)
- 1 lb (500 g) dried spelt pasta strands (low-gluten)
- 1 lb (500 g) dried Kamut® pasta strands (low-gluten)
- 1 lb (500 g) dried rice pasta strands (gluten-free)
- 1 lb (500 g) dried Asian rice noodles (gluten-free)
- 1 medium-large (6 lb/3 kg) spaghetti squash, cooked (7 to 8 cups/1.75 to 2 L cooked strands; adds squash flavor but makes a novel and more nutritious alternative to pasta and can be served just like spaghetti; pierce a whole spaghetti squash once or twice then bake at 375°F/190°C until tender, about 40 minutes; cool slightly and cut lengthwise, pouring spaghetti-like strands into a bowl or onto plates)

See also EGG NOODLE; A SNAPSHOT OF ASIAN NOODLES (PAGE 656).

See CACIOCAVALLO; MOZZARELLA; PROVOLONE; SCAMORZA.

Pasta Filata Cheese

Pasta, Filled

Ingredients for pasta fillings are seemingly limitless. The morsels are classified according to the various ways of folding and sealing the pasta.

1 lb (500 g) = 5½ cups
(1.325 L) cooked

Pasta, Fresh

Also known as pasta fresca. Created from soft wheat flour and eggs, fresh pasta is more akin to egg noodles than to macaroni-style factory pasta made with semolina flour.

1½ lbs (750 g) =
8 cups (2 L) cooked

Pasta Machine

This chrome tool for rolling and cutting pasta dough clamps to the counter.

Pastis

Pastrami

Highly seasoned beef brisket or round that is dry-cured, smoked, and cooked.

Pastry

Pastry Bag

A simple but ingenious cone-shaped bag, usually made of plastic or canvas. Frosting and mashed potatoes are just two of the foods that pass through pastry bags.

If You Don't Have It

Substitute 1 lb (500 g) frozen filled pasta with these varieties:

- 1 lb (500 g) frozen filled agnolotti, capelletti, ravioli, tortellini, or tortelloni

If You Don't Have It

Substitute 1 lb (500 g) fresh pasta with:

- 1 lb (500 g) egg roll wrappers (especially for filled pasta)
- 1 lb (500 g) won ton skins (especially for filled pasta; smaller than egg roll wrappers)
- 1 lb (500 g) dumpling wrappers (especially for filled pasta; thinner than egg roll wrappers; round instead of square corners)
- 1 lb (500 g) empanada wrappers (especially for filled pasta; round)

If You Don't Have It

Substitute a roller-type pasta machine with:

- heavy rolling pin, sharp knife, and plenty of time

See ANISE LIQUEUR.

If You Don't Have It

Substitute 1 lb (500 g) pastrami with:

- 1 lb (500 g) corned beef (less tender)

See PIE CRUST, PASTRY.

If You Don't Have It

Substitute a pastry bag (for piping frostings and fillings) with:

- plastic resealable bag (fill bag and cut off one corner)
- parchment paper (roll into a cone and fill)

Pastry Blender

A series of U-shaped sturdy metal wires attached to a handle. Used to cut butter or other fat into a flour mixture for making pie crusts, biscuits, and other baked goods.

If You Don't Have It

Substitute a pastry blender with:

- food processor (for cutting fat into dry ingredients and making pastry dough)
- knife and hands (chop fat into small pieces and mix quickly into dry ingredients with fingers; if your hands are warm, run them under cold water to help prevent them from melting the fat)
- fork tines (for cutting fat into dry ingredients)
- table knives (use two knives to cut fat into dry ingredients)

Pastry Brush

Useful tool for applying glazes and marinades, these brushes are made in many sizes and materials.

If You Don't Have It

Substitute a pastry brush with:

- clean, unused paint brush of similar size

Pastry Cloth

A large canvas cloth makes rolling and transferring pie dough an easy task. Rubbing flour into the fibers makes the cloth an excellent nonstick surface. After each use, the cloth should be brushed well to remove all fat residue before storing.

If You Don't Have It

Substitute a pastry brush with:

- large silicone baking mat

Pastry Cutter

See BENCH KNIFE.

Pastry Flour

See FLOUR, PASTRY.

Pastry Shell

See PATTY SHELL.

Pastry Wheel

Fluted-edge pastry wheels that cut decorative designs in doughs are called jagging wheels or pastry jiggers.

If You Don't Have It

Substitute a pastry wheel with:

- pizza wheel
- sharp knife

Patagonian Toothfish

Also known as Chilean sea bass and merluza negra. Coldwater fish ranging widely from the Southern Atlantic and Pacific to the Indian and Antarctic Oceans. Many environmental watch groups have placed Patagonian Toothfish on its red list of fish likely to be sourced from unsustainable fisheries.

Pâté

In classic French cuisine, a seasoned finely ground meat mixture (terrine) baked in pastry. In modern parlance, the term has come to refer to the forcemeat mixture with or without a crust. Pâté de foie gras is puréed fatty goose liver that may also contain up to 20 percent pork liver, eggs, truffles, or other ingredients.

Pâte Brisée

Patis

Pattypan Squash

Also known as scallopini (when young). Pale green or bright yellow summer squash with a fetching scalloped border; often delivers more in looks than taste.

1 lb (500 g) = 3 cups
(750 mL) chopped

If You Don't Have It

Substitute 1 lb (500 g) Patagonian Toothfish with:

- 1 lb (500 g) black cod
- 1 lb (500 g) sablefish

If You Don't Have It

Substitute 1 lb (500 g) pâté with:

- 1 lb (500 g) liverwurst
- 1 lb (500 g) Braunschweiger (smoked liverwurst)

To Vary the Flavor

Substitute 1 lb (500 g) pâté de foie gras with:

- 1 lb (500 g) goose liver, duck liver, pork liver, or chicken liver pâté made with plenty of butter and some liquid lecithin to emulsify

For Better Health

- 1 lb (500 g) fava bean pâté made with plenty of butter and some liquid lecithin to emulsify

See PIE CRUST, PASTRY.

See FISH SAUCE; SHRIMP SAUCE.

If You Don't Have It

Substitute 1 lb (500 g) pattypan squash with:

- 1 lb (500 g) yellow squash
- 1 lb (500 g) zucchini
- 1 lb (500 g) cucuzza
- 1 lb (500 g) fuzzy gourd

Patty Shell

A cup-shaped puff pastry shell that can be filled with various creamed dishes. Fresh ones are sold in some bakeries. Frozen unbaked shells are stocked in supermarkets.

Pátzcuaro Chile

Pawpaw

Pea

Pea Bean

Peach

China gave the world one of its most prized pleasures in this fruit. Of the two basic categories, freestone peaches are eaten as fresh fruit, while clingstones (with flesh that sticks to the stone) are most often commercially canned. Donut peaches (aka flat or saucer peaches) tend to have softer flesh and less acid.

1 lb (500 g) fresh =
4 medium =
2½ cups (625 mL)
chopped or sliced =
1½ cups (375 mL) purée

Peach, Dried

Sulfur dioxide is often added to commercially dried fruit to improve shelf life and color.

1 lb (500 g) =
3 cups (750 mL)

If You Don't Have It

Substitute 1 lb (500 g) patty shells with:

- 1 lb (500 g) barquettes (boat-shaped pastry shells)
- 1 lb (500 g) phyllo shells or knafa (less rich; more crisp; shape knafa into shells in ramekins or muffin cups)

See also PUFF PASTRY.

See CHOOSING DRIED CHILES (PAGE 642).

See PAPAW.

See PEAS, EDIBLE POD; PEA SHOOTS; PEAS, SHELLING; PEAS, SPLIT.

See THE WIDE WORLD OF DRIED BEANS (PAGE 637).

If You Don't Have It

Substitute 1 lb (500 g) peaches with:

- 1 lb (500 g) nectarines
- 1 lb (500 g) apricots
- 1 lb (500 g) plums
- 1 lb (500 g) apriums (cross between an apricot and plum)
- 1 lb (500 g) pluots (cross between a plum and an apricot)
- 1 lb (500 g) cherries
- 1 lb (500 g) mango
- 1 lb (500 g) papaya

If You Don't Have It

Substitute 1 lb (500 g) dried peaches with:

- 1 lb (500 g) dried apricots
- 1 lb (500 g) dried nectarines
- 1 lb (500 g) dried cherries

Peanut

Also known as goobers and ground nuts. Spaniards and Portuguese slave traders transported these legumes from South America to Europe and Africa. African slaves introduced them to the American South.

1 lb (500 g) =
3½ to 4 cups
(875 mL to 1 L)
chopped = 4 cups (1 L)
ground meal

Peanut Butter

In the late 1800s, a physician in St. Louis ground peanuts into a spread for his patients with bad teeth. At the 1904 Louisiana Purchase Exposition in St. Louis, it was promoted as a health food, but the oil separated from the grainy solids. In 1933, a California packer homogenized the peanuts into a stable butter marketed as Skippy Churned Peanut Butter.

Peanut Butter Chips

Also known as peanut butter morsels. Sweetened peanut butter candies shaped like chocolate morsels used for baking and snacks.

6 oz (175 g) =
1 cup (250 mL)

If You Don't Have It

Substitute 1 cup (250 mL) peanuts with:

- 1 cup (250 mL) cashews
- 1 cup (250 mL) almonds
- 1 cup (250 mL) pistachios
- 1 cup (250 mL) pine nuts
- 1 cup (250 mL) walnuts
- 1 cup (250 mL) pecans

See also NUT.

If You Don't Have It

Substitute 1 cup (250 mL) peanut butter with:

- 1 cup (250 mL) Homemade Peanut Butter: Put 2 cups (500 mL) roasted peanuts (skins removed) and ¼ tsp (1 mL) salt in a blender or food processor fitted with metal blade. Process, gradually adding 4 to 6 tbsp (60 to 90 mL) vegetable oil and/or peanut oil, until the mixture forms a paste. Add sugar to taste. Makes 1½ cups (375 mL).
- 1 cup (250 mL) almond butter
- 1 cup (250 mL) cashew butter
- 1 cup (250 mL) gianduja (chocolate-hazelnut spread)
- 1 cup (250 mL) tahini (pronounced sesame flavor)

For Better Health

Substitute 1 cup (250 mL) peanut butter with:

- 1 cup (250 mL) sunflower butter (for those with tree nut allergies)
- 1 cup (250 mL) soybean butter (for those with tree nut allergies; less fat; milder flavor)

If You Don't Have It

Substitute 1 cup (250 mL) peanut butter chips with:

- 1 cup (250 mL) butterscotch chips
- 1 cup (250 mL) cinnamon chips
- 1 cup (250 mL) chocolate chips
- 1 cup (250 mL) chopped nuts

Peanut Liqueur

A low-proof cream liqueur infused with the flavor of peanuts. Castries is the most popular brand, named for the capital city of St. Lucia, where it is produced.

Peanut Oil

Pear

An atypical fruit that ripens well off the tree, pear varieties number in the thousands.

1 lb (500 g) fresh =
3 medium =
2 cups (500 mL) sliced

Pear Brandy

Clear pear-flavored eau de vie from France and Switzerland. The finest brands encapsulate a whole Williams pear (the European name for Bartlett) inside each bottle. The painstaking process involves placing an individual bottle over a budding fruit and allowing the fruit to ripen in the bottle before it is filled with brandy.

Pear, Dried

High concentrations of sugar in dried pears ward off bacteria and help the fruit remain supple.

1 lb (500 g) dried =
 $2\frac{3}{4}$ cups (675 mL) =
 $5\frac{1}{2}$ cups (1.375 L) cooked

If You Don't Have It

Substitute 3 tbsp (45 mL) peanut liqueur with:

- 3 tbsp (45 mL) crème de noix (walnut cream liqueur)
- 2 tbsp (30 mL) walnut, almond, or hazelnut liqueur + 1 tbsp (15 mL) light or heavy cream

See SUBSTITUTING OILS (PAGE 658).

If You Don't Have It

Substitute 1 lb (500 g) pears with:

- 1 lb (500 g) apples
- 1 lb (500 g) Asian pears (more crisp)
- 1 lb (500 g) quinces

See also PICKING PEARS (PAGE 661).

If You Don't Have It

Substitute 2 tbsp (30 mL) pear brandy with:

- 2 tbsp (30 mL) apple brandy such as Calvados or applejack
- 1 tbsp (15 mL) cognac or brandy + 1 tbsp (15 mL) pear nectar
- 2 tbsp (30 mL) other fruit brandy such as cherry brandy

If You Don't Have It

Substitute 1 oz (30 g) dried pears with:

- 1 oz (30 g) dried Asian pears
- 1 oz (30 g) dried apples

Peas, Edible Pod

Also known as *mangetout* (England and France), snow pea, and sugar snap pea. Truly a no-waste vegetable, snow peas and sugar snap peas require little, if any, cooking to enjoy.

1 lb (500 g) =
3 cups (750 mL)

Pea Shoots

Also known as *dau miu*, pea leaves, pea tendrils, pea vines, and *tohbyo*. Charming jade green leaves of fresh snap peas or snow peas are festooned with whimsical curlicues. Delicious added to salads. In classic Chinese cooking, the leaves are added to soup, steamed, or stir-fried.

1 lb (500 g) fresh =
10 cups (2.5 L)

Peas, Shelling

The most glamorous incarnation of the common fresh garden pea is the French petits pois harvested when young and sweet. The sugar in shelled peas starts to turn to starch the moment they are picked. If you can't grow your own or buy from a farmer, the best choice may be frozen baby peas.

1 lb (500 g) fresh in pod =
5 oz (150 g) shelled =
1 cup (250 mL) shelled

If You Don't Have It

Substitute 1 lb (500 g) edible pod peas with:

- 1 lb (500 g) mung bean sprouts
- 1 lb (500 g) fresh edamame or fava beans
- 1 lb (500 g) asparagus
- 1 lb (500 g) broccoli

Edible Pod Pea Varieties

Choose 1 oz (30 g) edible pod peas from these varieties:

- 1 lb (500 g) sugar snap peas (sweet, crisp, rounded pods with medium-size peas)
- 1 lb (500 g) snow peas (medium-sweet, crisp-tender, flattened pods with small peas)

If You Don't Have It

Substitute 1 cup (250 mL) pea shoots with:

- 1 cup (250 mL) mung bean sprouts
- 1 cup (250 mL) baby spinach leaves (less sweet)
- 1 cup (250 mL) garden or upland cress (more peppery)

If You Don't Have It

Substitute 1 lb (500 g) fresh shelling peas (weighed in shell) with:

- 1 lb (500 g) fresh black-eyed peas or other cowpeas (southernpeas; pale green and cream or pink color with black "eye" at center)
- 1 lb (500 g) fresh lima beans (green color)
- 1 lb (500 g) fresh edamame (green color)
- 1 lb (500 g) fresh cranberry beans (cream and red-speckled color)
- 1 lb (500 g) fresh Dragon Tongue beans (deep reddish brown and cream color)
- 1 lb (500 g) fresh Tongue of Fire beans (green and red color)
- 1 lb (500 g) fresh Romano beans (green color)
- 1 lb (500 g) fresh Kentucky Wonder or runner beans (green color)

See also BEAN, FRESH SHELLING; BLACK-EYED PEA, FRESH.

Peas, Split

Also known as field peas. A variety of green or yellow peas cultivated to be dried. After drying, they split along a natural seam. In India, peas are stewed into a variety of dals. In the west, green split pea soup with ham is a classic.

1 lb (500 g) =
2½ cups (575 mL) dried
= 5 cups (1.25 L) cooked

Pecan

This luminary of the hickory family is synonymous with the American South. The name comes from the Algonquin word paccan which refers to hickories.

1 lb (500 g) in shell =
2 cups (500 mL) shelled
1 lb (500 g) shelled =
4 cups (1 L) halves =
3¾ cups (925 mL)
chopped

Pecan Meal

Pecorino

A sharp, sheep's milk cheese, pecorino romano is produced in the regions of Lazio and Sardinia, as well as Grosseto province in Tuscany. Locatelli is among the most popular brands of pecorino romano in the United States. Pecorino toscano is made only from milk drawn

If You Don't Have It

Substitute 1 lb (500 g) green or yellow split peas with:

- 1 lb (500 g) lentils
- 1 lb (500 g) dried black-eyed peas

See also SWITCHING LENTILS (PAGE 653).

If You Don't Have It

Substitute 1 cup (250 mL) shelled pecans with:

- 2 to 4 tbsp (30 to 60 mL) pecan oil (for baking and cooking; will add nut flavor but not texture of whole nuts; reduce fat in recipe by 2 to 4 tbsp/30 to 60 mL)
- 1 cup (250 mL) walnuts
- 1 cup (250 mL) hazelnuts
- 1 cup (250 mL) hickory nuts
- 1 cup (250 mL) pistachios
- 1 cup (250 mL) macadamia nuts
- 1 cup (250 mL) Brazil nuts

For Better Health

Substitute 1 cup (250 mL) pecans with:

- 1 cup (250 mL) rolled oats, toasted (for baking)

See also NUT.

See NUT MEAL.

If You Don't Have It

Substitute 1 oz (30 g) pecorino cheese (for grating) with:

- 1 oz (30 g) aged Nisa or Serpa
- 1 oz (30 g) Parmesan (slightly milder and less salty)
- 1 oz (30 g) Grana Padano
- 1 oz (30 g) aged Asiago
- 1 oz (30 g) aged Manchego
- 1 oz (30 g) dry Jack cheese (more nutty flavor)

between September and June. Pecorino siciliano is studded with whole black peppercorns. Pecorino sardo, (fiore sardo), is made on the island of Sardinia.

1 lb (500 g) young =
4 cups (1 L) shredded
4 oz (125 g) aged =
1 cup (250 mL) grated

Pectin

Glue-like plant fiber that traps water and creates a smooth viscous gel in gummy candies, fruit jams, and jellies. If you are sensitive to sulfites, use powdered pectin. Unlike liquid pectin, it doesn't contain sulfites. Use about 4 tsp (20 mL) powdered pectin or 2 tbsp (30 mL) liquid pectin to jell 2 cups (500 mL) of liquid.

Peel

Peeler

Pemmican

Loaves or small cakes composed of a paste of pulverized ground meat or fish, hot fat, and dried berries or other fruits. Of Native American origin.

Penca

Penne

For Better Health

Substitute 1 oz (30 g) pecorino cheese (for grating) with:

- 1 oz (30 g) sapsago (more herbal flavor; lower in fat)

See also ROMANO.

If You Don't Have It

Substitute 2 tbsp (30 mL) liquid pectin with:

- 4 tsp (20 mL) powdered pectin
- 1 tbsp (15 mL) unflavored gelatin powder or granules

To Vary the Flavor

Substitute 2 tbsp (30 mL) liquid pectin with:

- 2½ cups (625 mL) finely chopped and cooked high-pectin fruit such as quince, gooseberries, sour plums, or tart apples

See PIZZA PEEL.

See VEGETABLE PEELER.

If You Don't Have It

Substitute 1 oz (30 g) pemmican with:

- 1 oz (30 g) beef jerky (less complex flavor)
- 1 oz (30 g) biltong (spicier; more complex flavor)

For Better Health

Substitute 1 oz (30 g) pemmican with:

- 1 oz (30 g) turkey jerky (leaner)
- 1 oz (30 g) vegetarian jerky (leaner)

See also BILTONG; JERKY.

See MAGUEY LEAF.

See PASTA, DRIED SHAPES.

Pepicha

Pepino

Also known as melon pear and treemelon. A glossy gold and violet skinned fruit related to eggplant with a mild taste and melon-like texture.

1 lb (500 g) =
3 cups (750 mL)

Pepita

Peppadew™ Piquanté Pepper

Peppadews, the vivid red sweet-hot South African peppers, are available jarred or in the delicatessen section of some supermarkets.

8 oz (250 g) drained =
1 cup (250 mL)

Pepper

Peppercorn

The berry of the climbing vine pepper plant (*piper nigrum*) native to India and Indonesia is the most popular spice in the world. Green peppercorns are immature berries usually packed in brine. White peppercorns are mature, skinned, dried berries.

Black peppercorns are the most popular type. They are slightly underripe berries that turn dark after they dry.

See PIPICHA.

If You Don't Have It

Substitute 1 lb (500 g) pepinos with:

- 1 lb (500 g) babacos
- 1 lb (500 g) tamarillos
- 1 lb (500 g) papaya
- 1 lb (500 g) pears
- 1 lb (500 g) Charentais melon or cantaloupe
- 1 lb (500 g) prickly pears

See PUMPKIN SEED.

If You Don't Have It

Substitute 1 cup (250 mL) Peppadew™ Piquanté peppers with:

- 1 cup (250 mL) peperoncini
- 1 cup (250 mL) pickled cherry peppers
- 1 cup (250 mL) pimentos
- 1 cup (250 mL) red Anaheim chiles
- 1 cup (250 mL) red New Mexico chiles
- 1 cup (250 mL) sun-dried tomatoes

See BELL PEPPER; PEPPERCORN; CHOOSING DRIED CHILES (PAGE 642); CHOOSING FRESH CHILES (PAGE 640).

If You Don't Have It

Substitute 1 tsp (5 mL) peppercorns with:

- 1½ tsp (7 mL) ground pepper
- 1 tsp (5 mL) cubeb (adds mint and allspice aromas)
- 1 tsp (5 mL) Tasmanian peppercorns (softer, more fruity aroma)
- 1 tsp (5 mL) Java long pepper (adds citrus aromas; more searing heat)
- 1 tsp (5 mL) grains of paradise (adds cardamom aromas)
- 1 tsp (5 mL) crushed Selim Kili pepper (adds eucalyptus and nutmeg aromas; slightly bitter)

Tellicherry and Lampong are considered the finest types of black pepper.

1 tsp (5 mL) peppercorns
= 1½ tsp (7 mL)
ground pepper

Peppercorn Varieties

Choose 1 tsp (5 mL) peppercorns from these varieties:

- 1 tsp (5 mL) black peppercorns (strong, almost hot flavor)
- 1 tsp (5 mL) white peppercorns (smaller and hotter but less aromatic than black peppercorns)
- 1 tsp (5 mL) green peppercorns (milder than black peppercorns; usually pickled)
- 1 tsp (5 mL) true pink peppercorns (milder than black peppercorns with berry-like aromas; usually pickled)
- 1 tsp (5 mL) Parameswaran's black peppercorns (a mixture of high-quality Panniyor and Karimunda varieties of *piper nigrum* with clean pepper aroma and heat)
- 1 tsp (5 mL) Parameswaran's white peppercorns (soaked to remove outer black husk; less complex aroma; more pointed heat)

To Vary the Flavor

Substitute 1 tsp (5 mL) peppercorns with:

- 1 tsp (5 mL) pink peppercorns (milder; not a true peppercorn)
- 1 tsp (5 mL) Szechuan pepper (milder; adds citrus aromas; not a true peppercorn)
- ¼ to ½ tsp (1 to 2 mL) cayenne pepper (spicier)
- ½ to 1 tsp (2 to 5 mL) black or yellow mustard seeds (sharper)

See also CUBEB; GRAINS OF PARADISE; LONG PEPPER; PINK PEPPERCORN; SELIM KILI PEPPER; SZECHUAN PEPPER; TASMANIAN PEPPER

Pepper Leaf

Former New York Times restaurant critic Bryan Miller once wrote, "The disparity between a restaurant's price and food quality rises in direct proportion to the size of the pepper mill."

Pepper Mill

If You Don't Have It

Substitute a pepper mill with:

- mortar and pestle
- spice grinder or clean coffee grinder

Peppermint

See MINT.

Peppermint Extract

See MINT EXTRACT.

Peppermint Oil

See OIL OF PEPPERMINT.

Peppermint Schnapps

Created in the 1930s, this is the first popular single-flavored liqueur bearing the schnapps name. It generally has a higher proof than other fruit schnapps liqueurs.

Pepperoncini

Italian-style pickled sweet-hot chiles similar in taste and appearance to small Anaheim chiles.

8 oz (250 g) drained =
1 cup (250 mL)

Pepperoni

Firm, dry, ready-to-eat Italian sausage prepared from beef and pork. Generally sliced very thin, it's most popular on pizza but also makes a good appetizer or addition to pasta.

Pequín Chile

Percebe

Perch

True perch is a moderate-size freshwater fish with two dorsal fins that originated in Eurasia and was introduced in other waters as a prize for anglers. The term perch has been widely misapplied to a number of similar-seeming marine life. The Eastern European fish called pike-perch (zander) is also unrelated.

If You Don't Have It

- Substitute 2 tbsp (30 mL) peppermint schnapps with:
- 1 to 2 tbsp (15 to 30 mL) crème de menthe (thicker; sweeter)
 - $\frac{1}{4}$ to $\frac{1}{2}$ tsp (1 to 2 mL) peppermint extract
 - 1 drop oil of peppermint

If You Don't Have It

Substitute 1 cup (250 mL) pepperoncini with:

- 1 cup (250 mL) pickled cherry peppers
- 1 cup (250 mL) pickled Anaheim chiles
- 1 cup (250 mL) cup Peppadew™ Piquanté peppers
- 1 cup (250 mL) pickled pimientos
- 1 cup (250 mL) other pickled peppers

See also CHOOSING FRESH CHILES (PAGE 640).

If You Don't Have It

Substitute 1 oz (30 g) pepperoni with:

- 1 oz (30 g) Calabrese sausage
- 1 oz (30 g) soppressata
- 1 oz (30 g) other dry Italian salami

See also SALAMI.

See CHOOSING DRIED CHILES (PAGE 642).

See BARNACLE.

If You Don't Have It

Substitute 1 lb (500 g) with:

- 1 lb (500 g) pike
- 1 lb (500 g) porgy
- 1 lb (500 g) rockfish
- 1 lb (500 g) red snapper
- 1 lb (500 g) grouper

See also OCEAN PERCH; PIKE.

Perilla

Also known as Japanese basil, shiso, and sesame leaf. This annual herb has been cultivated in Japan since the 8th century. The jagged-edged green shiso leaf, minty and refreshing, is used in salads, sushi, sashimi, tempura, and other dishes. A reddish-purple variety, called akajiso, is used to color pickled plums (umeboshi).

If You Don't Have It

Substitute 1 fresh perilla leaf with:

- 2 to 3 fresh peppermint leaves (to replace green perilla leaves as garnish)
- 2 to 3 fresh lemon basil or cinnamon basil leaves (to replace green perilla leaves as garnish)
- 2 to 3 fresh purple ruffle basil leaves (to replace red perilla leaves; adds clove-like flavors)

Perilla Varieties

Choose 1 fresh perilla leaf from these varieties:

- 1 fresh green shiso leaf or aojiso (Japanese bright green leaf with jagged edges; highly aromatic perfume reminiscent of mint)
- 1 fresh red shiso leaf or akajiso (Japanese ruffled maroon leaf with jagged edges; less aromatic than green shiso leaf; often used for color and flavor in pickled foods such as umeboshi plums and ginger)
- 1 fresh tía tō leaf (Vietnamese perilla with jagged edges and green color on top but purple on bottom; peppery, cinnamony aroma)
- 1 fresh deulkkae or kkaennip leaf (Korean perilla similar to Vietnamese perilla with a minty, fresh apple aroma; often sold canned with chile powder between the leaves)

Periwinkle

Also known as bigaro, sea snail, or winkle. A univalve mollusk that resembles a big snail with a similar spiral-shaped shell. The most common edible specimen grows in the north Atlantic attached to rocks, wharves, and pilings.

If You Don't Have It

Substitute 1 lb (500 g) periwinkles with:

- 1 lb (500 g) whelks
- 1 lb (500 g) limpets
- 1 lb (500 g) snails
- 1 lb (500 g) scallops
- 1 lb (500 g) cockles
- 1 lb (500 g) clams
- 1 lb (500 g) oysters

See ANISE LIQUEUR.

Pernod

See LIME.

Persian Lime

Persian Melon

Large sweet muskmelon with salmon-color flesh. Late summer is the peak season.

1 medium = 5 lbs (2.5 kg)
= 7½ cups (1.875 L) diced

Persimmon

Also known as kaki. A flame orange astringent fruit of both Chinese and North American origin, persimmons must be extremely ripe to be palatable. An outstanding source of vitamin A, the fruit is also high in fiber and a good source of potassium.

1 lb (500 g) =
3 to 4 medium

1 medium =
9 oz (275 g) =
¾ cup (175 mL) pulp

Persimmon, Dried

Native Americans dried ripe wild persimmons and formed the paste into bricks to eat during the winter months.

Pesto

The word translates from Italian as "pounded." Undoubtedly the most famous type is the basil pesto from Genoa, which traditionally is ground into a paste with a pestle in a mortar.

If You Don't Have It

Substitute 1 cup (250 mL) chopped Persian melon with:

- 1 cup (250 mL) chopped Crenshaw melon
- 1 cup (250 mL) chopped cantaloupe
- 1 cup (250 mL) chopped Santa Claus melon
- 1 cup (250 mL) chopped honeydew melon
- 1 cup (250 mL) chopped casaba melon

If You Don't Have It

Substitute 1 lb (500 g) persimmons with:

- 1 lb (500 g) cashew apples
- 1 lb (500 g) plums
- 1 lb (500 g) pumpkin purée (to replace puréed persimmons)
- 1 lb (500 g) applesauce (to replace puréed persimmons)

Persimmon Varieties

Choose 1 lb (500 g) persimmons from these varieties:

- 1 lb (500 g) Hachiya persimmons (teardrop-shaped; flame orange skin and very soft flesh when ripe; reminiscent of plums with a tangy edge when ripe; tannic and bitter-tasting when unripe)
- 1 lb (500 g) Fuyu persimmons (smaller and rounder than Hachiya persimmons; slightly milder flavor than Hachiyas; flesh is firm when ripe)

If You Don't Have It

Substitute 1 cup (250 mL) dried persimmons with:

- 1 cup (250 mL) dried plums (prunes)
- 1 cup (250 mL) dried apricots
- 1 cup (250 mL) dried peaches

If You Don't Have It

Substitute 1 cup (250 mL) pesto with:

- 1 cup (250 mL) Homèmade Pesto: Put 2 chopped garlic cloves, 10 cups (2.5 L) loosely packed fresh basil, 2 cups (500 mL) grated Parmigiano-Reggiano cheese, ¾ cup (175 mL) pine nuts, ¾ tsp (3 mL) salt, and ¼ tsp (0.5 mL) ground black pepper in a food processor or blender. Blend until finely chopped, about 30 seconds. Scrape down sides of bowl then turn on machine and gradually add ¾ cup (175 mL) extra virgin olive oil, blending to a loose paste, about 20 seconds. For thinner pesto, add more oil. Taste and add more salt and pepper if necessary.

Spoon into airtight containers and refrigerate for up to 1 week or freeze for up to 1 year. Replace the basil with cilantro, parsley, or other leafy herbs if you like. Makes about $2\frac{1}{4}$ cups (550 mL).

To Vary the Flavor

Substitute 1 cup (250 mL) pesto with:

- 1 cup (250 mL) tapenade (saltier; strong olive flavor)

See CHERRY LIQUEUR.

Peter Heering

Petit Suisse

Also known as the popular brand name Gervais. A rich, French cheese with tangy sweet flavor and the consistency of very soft cream cheese.

8 oz (250 g) =
1 cup (250 mL)

Pezsgö

Pheasant

The flesh of female pheasants is plumper, juicier, and more tender than that of the males. Very young hens are delicious roasted.

1 average = 3 lbs (1.5 kg)

Phyllo

Also known as filo. Fresh phyllo dough may be found in Greek or Middle Eastern food stores. Most supermarkets carry packaged frozen phyllo dough.

If You Don't Have It

Substitute 1 oz (30 g) Petit Suisse with:

- 1 oz (30 g) Robiola Piemonte
- 1 oz (30 g) Caprini
- 1 oz (30 g) fromage blanc
- 1 oz (30 g) cream cheese

See WINE, SPARKLING.

If You Don't Have It

Substitute 1 lb (500 g) pheasant with:

- 1 lb (500 g) guinea fowl
- 1 lb (500 g) grouse
- 1 lb (500 g) quail
- 1 lb (500 g) partridge
- 1 lb (500 g) squab
- 1 lb (500 g) Cornish hen (fattier)

If You Don't Have It

Substitute 1 lb (500 g) phyllo dough with:

- 1 lb (500 g) strudel dough
- 1 lb (500 g) puff pastry (less crisp)

To Save Time

Substitute 1 lb (500 g) phyllo dough with:

- 1 lb (500 g) kadaif or knafa preshredded phyllo dough (best for top and bottom crusts; does not roll into turnovers like phyllo sheets; toss the thawed dough with butter instead of brushing with butter)

See CAPE GOOSEBERRY.

Physalis

Piadina

Thin Italian flatbread similar to Mexican wheat flour tortillas. It can be slathered with Nutella or stuffed with cheese, cured meat, and vegetables to make a sandwich.

Pickerel

Pickled Ginger

Pickled Pork

Many Creole cooks consider pickled pork (pickle meat) the essential ingredient in a proper pot of red beans.

Pickles

Pickling Spice

This spice blend was a much more common cupboard staple in the days when fruits and vegetables were canned in home kitchens. Contemporary usage calls for pickling spice in a variety of dishes from chutney to sauerbraten.

If You Don't Have It

Substitute 1 piadina with:

- 1 wheat flour tortilla (firmer; can be more brittle)
- 1 piece soft lavash (chewier)
- 1 chapati (chewier)
- 1 naan (puffier)
- 1 round of pita bread (puffier)

See PIKE.

See GINGER, PICKLED.

If You Don't Have It

Substitute 8 oz (250 g) pickled pork with:

- 8 oz (250 g) Homemade Pickled Pork: Combine 2 cups (500 mL) distilled white vinegar, $\frac{1}{2}$ cup (125 mL) mustard seeds, 6 peeled garlic cloves, 2 tbsp (30 mL) hot pepper sauce, 2 tbsp (30 mL) kosher salt, 1 tbsp (15 mL) granulated sugar, 1 tbsp (15 mL) celery seed, 2 bay leaves, and 10 peppercorns in a stainless-steel or other nonreactive saucepan. Bring to a boil over high heat and boil for 3 minutes. Remove and add 3 cups (750 mL) ice to cool. Put 2 lbs (1 kg) cubed boneless pork shoulder blade (Boston butt) in an airtight container or containers and add the cooled liquid to cover the pork. Cover tightly and refrigerate for at least 3 days. Use within 2 weeks. Makes about 2 lbs (1 kg).
- 8 oz (250 g) ham hocks
- 8 oz (250 g) smoked ham
- 8 oz (250 g) tasso
- 8 oz (250 g) smoked or pickled pig's feet
- 8 oz (250 g) smoked or pickled pork neck bones

See SPECIFIC TYPES.

If You Don't Have It

Substitute 1 tbsp (15 mL) pickling spice with:

- 1 tbsp (15 mL) Homemade Pickling Spice: Combine 1 broken 3-inch (7.5 cm) cinnamon stick, 4 to 5 crushed bay leaves, 1 to 2 broken small dried chile peppers (or 1 to 2 tsp/5 to 10 mL crushed red pepper flakes), 2 tbsp (30 mL) mustard seeds, 1 tbsp (15 mL) whole allspice, 1 tbsp (15 mL) coriander seeds, 1 tbsp (15 mL) black or white peppercorns, 1 tbsp (15 mL) ground ginger, 1 tbsp (15 mL) dill seeds, 2 tsp (10 mL) cardamom seeds (scraped from pods; optional),

and 1 tsp (5 mL) whole cloves. Store in an airtight container.

Makes about $\frac{1}{2}$ cup (125 mL).

- 1 tbsp (15 mL) crab boil

- 1 tbsp (15 mL) Old Bay seasoning

Picon

Spanish raw cow's milk cheese (sometimes with added sheep and goat's milk) that is naturally blued from mold spores circulating in the aging caves.

4 oz (125 g) =
1 cup (250 mL) crumbled

Picoroco

See BARNACLE.

Pie Cherry

See CHERRY.

Pie Crust, Crumb

For those with pastry phobia, a crumb crust is easy to execute. Simply combine cookie crumbs with butter or other fat, perhaps some spices, and press into the pie pan before baking.

If You Don't Have It

Substitute 1 crumb crust with:

- 1 Homemade Graham Cracker Crumb Crust: Mix together 1½ cups (375 mL) crushed graham crackers (about 21 squares), 3 tbsp (45 mL) packed brown sugar, 3 tbsp (45 mL) melted butter, and $\frac{1}{2}$ to 1 tsp (2 to 5 mL) cinnamon (optional). Press into greased 9-inch (23 cm) pie pan and bake at 350°F (180°C) until light brown, about 8 minutes. Let cool and fill.

To Vary the Flavor

Substitute 1½ cups (375 mL) crumbs for crust with:

- 1½ cups (375 mL) crushed gingersnaps (about 22)
- 1½ cups (375 mL) crushed vanilla wafer cookies (about 33)
- 1½ cups (375 mL) crushed chocolate wafer cookies (about 32)
- 1½ cups (375 mL) crushed Oreo cookies (about 21, including cookie filling); omit sugar from crust
- 1½ cups (375 mL) crushed wheat, bran or corn flakes (about 4½ cups/1.125 L)
- 1½ cups (375 mL) crushed saltine crackers (about 42); omit sugar from crust and adjust salt in filling (for savory fillings)

Pie Crust, Crumb (cont'd)

Pie Crust, Pastry

Also known as *pâte brisée* (France). "I was taught to make tender, flaky pastry as if it were one word, tenderflaky," writes cooking authority Shirley Corriher. "Nothing could be further from the truth — tenderness is one characteristic, flakiness a totally different characteristic."

For Better Health

Substitute 1 crumb crust with:

- ½ tsp (2 mL) of cookie crumbs in recipe plus equal amount of crushed saltine or other table crackers (omit salt from recipe)

See also PIE CRUST, PASTRY.

If You Don't Have It

Substitute one 9-inch (23 cm) pie crust with:

- 1 sheet from half a 15-oz (425 g) package refrigerated pie crust sheets (not in a tin)

To Vary the Flavor

Substitute one 9-inch (23 cm) pie crust with:

- 1 sheet puff pastry, rolled into a 9-inch (23 cm) circle (richer)

For Better Health

Replace one 9-inch (23 cm) pie crust with:

- 3 sheets (6 half-sheets) phyllo dough layered with cooking spray, oil, or melted butter

See also PIE CRUST, CRUMB.

See PAN SIZE EQUIVALENTS (PAGE 678).

See RHUBARB.

Pie Pan

Pie Plant

Pie Weights

Heavy metal pellets used to weigh down a pie crust while blind baking (baking the crust without a filling).

Pigeon

Pigeon Pea

Pig's Feet

Pike

A freshwater family of game fish with long bodies and formidable teeth that includes small pickerels and large muskellunge (muskie). The walleyed pike is not a pike but rather a perch.

If You Don't Have It

Substitute pie weights with:

- dried beans

See SQUAB.

See THE WIDE WORLD OF DRIED BEANS (PAGE 637).

See PICKLED PORK.

If You Don't Have It

Substitute 1 lb (500 g) pike with:

- 1 lb (500 g) walleye

See also PERCH.

Pilchard

A small, oily European Atlantic fish that's a shelf staple either canned in oil or tomato sauce.

If You Don't Have It

Substitute 1 lb (500 g) pilchards with:

- 1 lb (500 g) sardines
- 1 lb (500 g) shad
- 1 lb (500 g) herring
- 1 lb (500 g) mackerel
- 1 lb (500 g) bluefish

See also SARDINES.

Pili Nut

Native to the Phillipines, pili nuts are prone to rancidity because they contain more than 70% fat. The flavor is somewhere between sweet almonds, pumpkin seeds, Brazil nuts, and macadamia nuts. A related nut, the kenari nut (aka Java almond, kekuna, galip or ngali nut) can be found in Malaysia and Indonesia.

If You Don't Have It

Substitute 1 cup (250 mL) pili nuts with:

- 1 cup (250 mL) sweet almonds (less oily)
- $\frac{1}{4}$ cup (60 mL) sweet almonds + $\frac{1}{4}$ cup (60 mL) pumpkin seeds + $\frac{1}{4}$ cup (60 mL) Brazil nuts + $\frac{1}{4}$ cup (60 mL) macadamia nuts

Piloncillo

Also known as panela, panocha and rapadura. Mexican or South American unrefined cane sugar shaped into a hard truncated cone (pijoncillo) or a block (panela or rapadura). Sometimes available in lighter (blanco or claro) or darker (oscuro or prieto), the flavor and color is like molassesy brown sugar.

1-inch (2.5 cm) tall cone =
1 oz (30 g) =
2 tbsp (30 mL)

If You Don't Have It

Substitute 1 cup (250 mL) (about 7 oz/210 g) piloncillo with:

- 1 cup (250 mL) dark brown sugar + 1 to 2 tbsp (15 to 30 mL) molasses
- 1 cup (250 mL) jaggery
- 1 cup (250 mL) black sugar (stronger molasses flavor)

See also JAGGERY; SUGAR, BLACK; SUGAR, DARK BROWN; SUGAR, GRANULATED; SUGAR, LIGHT BROWN.

Pimento

See ALLSPICE.

Pimentón

See PAPRIKA.

Pimiento

Also known as pimento. A red, heart-shaped pepper that is dried to be ground into paprika. Also famous as the stuffing for green olives.

1 lb (500 g) = 2 large =
2½ cups (625 mL)
chopped = 3 cups
(750 mL) sliced

Pimm's

Summer in England for a certain segment of society is impossible without a refreshing Pimm's Cup, a cocktail made with Pimm's #1, soda, and a twist. The gin-based quinine and herbal liqueur was created in the 1800s by London oyster bar owner James Pimm.

Pineapple

The introduction of plastic-wrapped peeled and cored pineapples in supermarkets was a joyful innovation for fanciers of fresh pineapple.

1 medium pineapple =
5 cups (1.25 L) cubes
1 cup (250 mL) chopped =
10 oz (300 g)

Pineapple, Candied

Also known as crystallized pineapple and glacé pineapple. Choose candied pineapple that has good color and some pliability.

If You Don't Have It

Substitute 2 tbsp (30 mL) chopped pimiento with:

- 2 to 3 tbsp (30 to 45 mL) chopped fresh red bell pepper
- 1 tbsp (15 mL) dried red bell pepper + 2 tbsp (30 mL) hot water

See also CHOOSING FRESH CHILES (PAGE 640).

If You Don't Have It

Substitute 2 tbsp (30 mL) Pimm's Cup #1 with:

- 2 tbsp (30 mL) gin + ½ tsp (2 mL) granulated sugar dissolved in ½ tsp (2 mL) water + dash of Angostura bitters

If You Don't Have It

Substitute 1 cup (250 mL) chopped fresh pineapple with:

- 1 cup (250 mL) chopped canned pineapple
- 1 cup (250 mL) papaya
- 1 cup (250 mL) guava
- 1 cup (250 mL) mango
- 1 cup (250 mL) feijoa

Pineapple Variety

Choose 1 cup (250 mL) chopped fresh pineapple from this variety:

- 1 cup (250 mL) chopped golden pineapple (sweeter; juicier)

If You Don't Have It

Substitute 1 oz (30 g) candied pineapple with:

- 1 oz (30 g) candied papaya

Pineapple Guava

Available either natural or sweetened in cans, bottles, or as frozen concentrate, this tropical juice graces many cocktails and punches.

Pine Nut

Also known as *pignoli* and *piñon*. Oily, distinctively flavored seeds extracted from the inside of pinecones. European pine nuts are slimmer and longer than more triangular (and less expensive) Asian pine nuts. Some species of pine nuts may cause other foods to taste metallic and bitter for several days.

8 oz (250 g) =
1½ cups (375 mL)

See FEIJOA.

Pinga

Pink Banana Squash

Pink Bean

Pink Peppercorn

Pink or red berries of *schinus* trees that are sold as pink peppercorns. Not true pink peppercorns, which come from the same *Piper nigrum* vines that produce black, white, and green peppercorns.

If You Don't Have It

Substitute 1 cup (250 mL) pineapple juice with:

- 1 cup (250 mL) orange juice
- 1 cup (250 mL) grapefruit juice
- 1 cup (250 mL) fruit nectar such as mango or peach (thicker; sweeter)

If You Don't Have It

Substitute 1 cup (250 mL) shelled pine nuts with:

- 1 cup (250 mL) walnuts
- 1 cup (250 mL) almonds
- 1 cup (250 mL) pecans
- 1 cup (250 mL) cashews
- 1 cup (250 mL) pistachios
- 1 cup (250 mL) peanuts

See also NUT.

See CACHAÇA.

See BANANA SQUASH.

See THE WIDE WORLD OF DRIED BEANS (PAGE 637).

If You Don't Have It

Substitute 1 tsp (5 mL) pink peppercorns with:

- 1 tsp (5 mL) freeze-dried green peppercorns
- 1 tsp (5 mL) white peppercorns (smaller, stronger)
- 1 tsp (5 mL) black peppercorns (stronger)
- 1 tsp (5 mL) Szechuan pepper (adds citrus aromas)
- ½ tsp (2 mL) ground pepper

See also PEPPERCORN.

See THE WIDE WORLD OF DRIED BEANS (PAGE 637).

Pinto Bean

An herb from Oaxaca, Mexico with long, slender leaves that resemble tarragon but taste of pine, citrus, cilantro, and mint.

Pipicha

If You Don't Have It

Substitute 1 tbsp (15 mL) chopped fresh pipicha with:

- 1 tbsp (15 mL) chopped fresh cilantro
- 1 tbsp (15 mL) chopped fresh culantro or culantro (more bitter flavor)
- 2 tsp (10 mL) chopped fresh papalo

See LONG PEPPER.

Pippali

See CHOOSING AMONG DRIED CHILES (PAGE 642).

Piquin Chile

See CHOOSING AMONG DRIED CHILES (PAGE 642).

Piri-Piri

A typical Chilean or Peruvian grape brandy that is not wood aged. The Pisco Sour is the signature cocktail of Peru.

Pisco

If You Don't Have It

Substitute 2 tbsp (30 mL) pisco with:

- 2 tbsp (30 mL) grappa
- 2 tbsp (30 mL) cognac
- 2 tbsp (30 mL) Armagnac

See SWAPPING CLAMS (PAGE 645).

Pismo Clam

If You Don't Have It

Substitute 1 cup (250 mL) unsalted pistachio nuts with:

- 1 cup (250 mL) salted pistachios, rinsed under cool water
- 2 to 4 tbsp (30 to 60 mL) pistachio oil (for baking and cooking; will add nut flavor but not texture of whole nuts; reduce fat in recipe by 2 to 4 tbsp/30 to 60 mL)

To Vary the Flavor

Substitute 1 cup (250 mL) unsalted pistachio nuts with:

- 1 cup (250 mL) pine nuts
- 1 cup (250 mL) almonds
- 1 cup (250 mL) hazelnuts
- 1 cup (250 mL) cashews

See also NUT.

1 lb (500 g) in shell =
2 cups (500 mL) shelled

1 lb (500 g) shelled = 3½
to 4 cups (875 mL to 1 L)

50 shelled nuts = 2 oz
(60 g) = ½ cup (125 mL)

Pita Bread

Also known as pocket bread. Circular Middle Eastern flatbread that splits horizontally to create two pouches that can be filled with meats, vegetables, or other stuffings.

Pitaya

Also known as apple cactus, dragon fruit, and strawberry pear. A Latin American cactus fruit ranging in color from pink to yellow. The grainy flesh is studded with seeds.

Pitomba

*Aromatic Brazilian fruit with golden pulp and a tart, resinous flavor. Pitomba is similar to apricots but slightly more bitter and frequently made into jams, jellies, preserves, and drinks in Brazil. Pitomba shrubs (*Eugenia luschnathiana*) are often used for coastal topiary landscaping as the flowers emit a pleasant perfume and the shrubs can thrive in salty soil.*

1 lb (500 g) fresh =
8 to 14 = $2\frac{1}{2}$ cups
(625 mL) sliced or halved

Pizza Crust

"It is generally assumed by all relevant historians, including the typically chauvinistic Neapolitan ones, that no date can

If You Don't Have It

Substitute 1 lb (500 g) pita bread with:

- 1 lb (500 g) lavash (thinner)
- 1 lb (500 g) Barbari bread
- 1 lb (500 g) sangak bread (whole wheat sourdough)
- 1 lb (500 g) naan (thicker)
- 1 lb (500 g) flour tortilla (thinner)
- 1 lb (500 g) small baked pizza crust

See also PIZZA CRUST.

If You Don't Have It

Substitute 1 cup (250 mL) pitaya with:

- 1 cup (250 mL) kiwifruit

If You Don't Have It

Substitute 1 lb (500 g) pitomba with:

- 1 lb (500 g) apricots
- 1 lb (500 g) apriums (a hybrid of apricot and plum; very apricot-like)
- 1 lb (500 g) small peaches
- 1 lb (500 g) small nectarines

If You Don't Have It

Substitute 1 (18-inch/45 cm) pizza crust with:

- 1 (18-inch/45 cm) focaccia
- 1 (18-inch/45 cm) refrigerated or frozen pizza shell
- 1 tube (10 oz/300 g) refrigerated pizza dough, rolled into an 18-inch (45 cm) round

Pizza Crust (cont'd)

be put on the beginnings of the bread part of the pizza. Flatbreads like it go back forever. The word 'pizza' is obviously related to the word 'pita,'" writes Arthur Schwartz in Naples at Table.

Pizza Pan

Round, square or rectangular metal pan with or without a rim for baking pizza. Deep-dish pizza pans tend to be round and at least 1-inch (2.5 cm) deep.

Pizza Peel

Wide, flat wooden or metal paddle used to shuffle pizzas, calzones, breads, and other doughs into a hot oven. The tapered front edge also allows retrieval of the cooked pizza or bread from the hot oven.

Pizza Wheel

Also known as a pizza cutter. Designed to cut pizzas into wedges, this rolling round cutter can also mince herbs and cut rolled fresh pasta into various shapes.

Plaice

Also known as Canadian plaice and sand dab (North America). A saltwater flatfish of the flounder family. It has a fine-textured flesh and mild flavor.

- 1 piece fresh, refrigerated, or frozen bread dough rolled into an 18-inch (45 cm) round
- 1 (18-inch/45 cm) prebaked pizza crust (such as Boboli)
- 2 wide loaves baked French or Italian bread, halved lengthwise
- 3 to 4 (6-inch/15 cm) rounds pita bread

See also PITA BREAD.

If You Don't Have It

Substitute a pizza pan with:

- 2 cake pans (for individual pizzas)
- springform pan (for deep-dish pizza)
- similar size and shape baking pan

If You Don't Have It

Substitute a pizza peel with:

- large wooden cutting board well-dusted with cornmeal (for shuffling into the oven)
- large rimless baking sheet well-dusted with cornmeal (for shuffling into and retrieving from the oven)

If You Don't Have It

Substitute a pizza wheel with:

- long sharp knife and one or two straight-down cuts

If You Don't Have It

Substitute 1 lb (500 g) plaice with:

- 1 lb (500 g) sole
- 1 lb (500 g) flounder
- 1 lb (500 g) brill
- 1 lb (500 g) turbot
- 1 lb (500 g) haddock

Plain Flour

See FLOUR, ALL-PURPOSE.

Plantain

Also known as *cooking banana*, *plátano*, and *plátano macho*. Best used when still green, plantain has a squash-like flavor and is often used as a potato substitute in Latin America and some African countries.

2 medium =
1½ lbs (625 g) = 2 cups
(500 mL) cooked slices

Plastic Wrap

Various clinging clear sheets used to wrap and cover foods; can be made from polyethylene, polyvinylidene chloride and polyvinyl chloride.

Plett Pan

Round griddle, usually cast iron, with several round shallow indentations, usually 3-inch (7.5 cm) diameter each, for making small Swedish pancakes.

Pleurotus

See SHUFFLING MUSHROOMS (PAGE 654).

Plugra

See BUTTER.

Plum

Also known as *fresh prune*. A drupe related to apricot, peach, and particularly cherry, modern commercial plums are either of Japanese or European origin.

If You Don't Have It

Substitute 1 lb (500 g) plums with:

- 1 lb (500 g) plumcots (a hybrid of equal parts plum and apricot)
- 1 lb (500 g) pluots (hybrid of plum and apricot that's closer to a plum)

Plum (cont'd)

Japanese plums, such as Santa Rosa, are originally from China and are the clingstone type. Most have crimson to dark red skin with juicy, yellow or reddish flesh. European freestone plums are smaller, denser, and less juicy, with blue or purple skin and golden flesh. These are the plums that are dried into prunes. Varieties include Italian and Empress. The small, tart Damson plums are typically made into preserves.

1 lb (500 g) fresh =
2½ cups (625 mL) sliced;
2 cups (500 mL) cooked

- 1 lb (500 g) apriums (hybrid of apricot and plum that's closer to an apricot)
- 1 lb (500 g) apricots
- 1 lb (500 g) nectarines
- 1 lb (500 g) peaches
- 1 lb (500 g) cherries
- 1 lb (500 g) loquats
- 1 lb (500 g) mangoes

Plum Varieties

Choose 1 lb (500 g) plums from these varieties:

- 1 lb (500 g) Friar plums (popular Japanese variety; large, round; purple black skin; pale, juicy, sweet flesh)
- 1 lb (500 g) Santa Rosa plums (popular Japanese variety; medium-size, round; red skin speckled with tiny yellow spots; sweet-tart flesh)
- 1 lb (500 g) Red Beauty plums (Japanese variety; small, round; bright red skin; yellow, mildly sweet flesh)
- 1 lb (500 g) greengage plums (Japanese variety; small, round; green to yellow skin; sweet-tart flesh)
- 1 lb (500 g) Kelsey plums (Japanese variety; small, oval; green to yellow skin; sweet flesh)
- 1 lb (500 g) Damson plums (small, oval European variety; deep purple skin; sweet-tart flesh)
- 1 lb (500 g) Mirabelle plums (small, oval European variety; yellow to red skin; sweet-tart flesh)
- 1 lb (500 g) Italian prune plums (small, oval European variety; green to purple skin; sweet flesh)

See also PRUNE; SLOE.

Plum Brandy

A European *eau de vie* that's much appreciated in France, Germany, and Eastern European countries.

If You Don't Have It

Substitute 2 tbsp (30 mL) plum brandy with:

- 2 tbsp (30 mL) other fruit brandy such as apricot brandy
- 2 tbsp (30 mL) grappa
- 2 tbsp (30 mL) sloe gin

Plum Brandy Varieties

Choose 2 tbsp (30 mL) plum brandy from these varieties:

- 2 tbsp (30 mL) slivovitz (colorless; bittersweet; may be made from different plum varieties)
- 2 tbsp (30 mL) quetsch (colorless; bittersweet; made with Alsatian quetch plums)
- 2 tbsp (30 mL) mirabelle (colorless; sweet; made with golden Mirabelle plums)

See also CRÈME DE PRUNELLE.

Plumcot

See PLUM.

Plum, Dried

See PRUNE.

Plum Sauce

Also known as Chinese duck sauce. A thick, sweet-tart Chinese sauce made from plums, apricots, vinegar, and sugar. In traditional Cantonese cooking, used as a dipping sauce for rich duck or goose.

If You Don't Have It

Substitute 1 cup (250 mL) plum sauce with:

- 1 cup (250 mL) Homemade Plum Sauce: Combine 1 cup (250 mL) apricot or plum jam, 2 to 3 tbsp (30 to 45 mL) rice vinegar or cider vinegar, 2 to 3 tsp (10 to 15 mL) grated fresh ginger, 1 tsp (5 mL) sugar, 1 finely minced small garlic clove, $\frac{1}{4}$ tsp (1 mL) crushed red pepper flakes, and $\frac{1}{4}$ tsp (1 mL) salt in a small saucepan. Bring to a boil over high heat. Reduce heat to medium-low and simmer gently for 5 minutes. Taste and add more vinegar, salt, or sugar if necessary. Cool and refrigerate in an airtight container for up to 2 weeks. Makes about 1 cup (250 mL).
- 1 cup (250 mL) mango chutney (chunkier; spicier)

Pluot

See PLUM.

Poblano

See CHOOSING DRIED CHILES (PAGE 642); CHOOSING FRESH CHILES (PAGE 640).

Pocket Bread

See PITA BREAD.

Pod Pea

See PEAS, EDIBLE POD.

Poha

See CAPE GOOSEBERRY.

Poire Williams

See PEAR BRANDY.

Polenta**To Save Time**

Substitute 1 lb (500 g) homemade chilled polenta with:

- 1 lb (500 g) prepared polenta (available in the produce aisle of many grocery stores)

See also POLENTA MEAL.

The Italian version of cornmeal mush was once a staple in parts of northern Italy.

1 lb (500 g) = 3 cups
(750 mL) uncooked

1 cup (250 mL) =
5½ oz (165 g) =
4 cups (1 L) cooked

Polenta Meal

Ground dried white or yellow corn used to make polenta.

Pollock

Also known as pollack. A member of the cod family found in the North Atlantic. The flesh is white and firm with a mild flavor.

Polynesian Chestnut

Pomegranate Juice

Also known as Chinese apple. To easily juice a pomegranate, roll the whole fruit back and forth on a hard surface with your palms until all the juice sacs have popped. Insert a straw into the pomegranate and tilt to extract the juice into a cup.

4 to 6 large =
1 quart (1 L) juice

1 large = $\frac{3}{4}$ to 1 cup
(175 to 250 mL) juice

If You Don't Have It

Substitute 1 cup (250 mL) polenta meal with:

- 1 cup (250 mL) cornmeal (preferably stone-ground)
- 1 cup (250 mL) corn grits (preferably stone-ground)

See also POLENTA.

If You Don't Have It

Substitute 1 lb (500 g) pollock with:

- 1 lb (500 g) cod
- 1 lb (500 g) plaice
- 1 lb (500 g) flounder
- 1 lb (500 g) sole
- 1 lb (500 g) brill
- 1 lb (500 g) turbot
- 1 lb (500 g) haddock
- 1 lb (500 g) blackfish

See MAPE.

If You Don't Have It

Substitute 1 cup (250 mL) fresh pomegranate juice with:

- 1 cup (250 mL) bottled pomegranate juice (less flavorful; may be from concentrate)
- 3 tbsp (45 mL) pomegranate concentrate, pomegranate syrup, or pomegranate molasses (much more concentrated flavor; add 13 tbsp (195 mL) liquid to recipe if necessary to dilute and add volume)

To Vary the Flavor

Substitute 1 cup (250 mL) fresh pomegranate juice with:

- $\frac{1}{3}$ cup (75 mL) grenadine (may add alcohol and other flavors; add $\frac{2}{3}$ cup/150 mL liquid to recipe if necessary)
- 1 cup (250 mL) cranberry juice (more tart; lighter red color)
- $\frac{1}{3}$ cup (75 mL) red currant syrup (thicker; sweeter; add $\frac{2}{3}$ cup/150 mL liquid to recipe if necessary)
- $\frac{1}{3}$ cup (75 mL) raspberry syrup (thicker; sweeter; add $\frac{2}{3}$ cup/150 mL liquid to recipe if necessary)

Pomegranate Molasses

The secret sweet-tart ingredient in Middle Eastern dishes like muhammara, a pesto-like dip made with ground walnuts, puréed roasted red peppers, olive oil, and cumin.

Pomegranate Seed, Dried

Also known as anardana. In Indian and Middle Eastern cooking, used as a souring agent or condiment.

Pomelo

See PUMMELO.

Pomfret

See BUTTERFISH.

Pompano

Also known as yellowtail (from the Pacific) and jack (worldwide). Considered to be one of the finest-eating saltwater fish, this small blue green and silver fish has firm flesh and rich flavor.

If You Don't Have It

Substitute 1 lb (500 g) pompano with:

- 1 lb (500 g) butterfish
- 1 lb (500 g) mahi-mahi
- 1 lb (500 g) tuna

See also AMBERJACK; BUTTERFISH.

Pom Pom Mushroom

See SHUFFLING MUSHROOMS (PAGE 654).

Pont-l'Évêque

Also known as Moyaux cheese. Savory and piquant French cow's milk cheese with a hint of tangy sweetness. The ridged brown crust (from the straw mats on which it is cured) is edible and the cheese itself is yellow and supple.

If You Don't Have It

Substitute 1 oz (30 g) Pont-l'Évêque with:

- 1 oz (30 g) Reblochon
- 1 oz (30 g) Camembert (milder)
- 1 oz (30 g) Livarot (stronger)
- 1 oz (30 g) Maroilles (stronger)

Ponzu

A Japanese dipping sauce often served with sashimi and chirinabe, a one-pot dish of fish, tofu and vegetables.

If You Don't Have It

Substitute 1 cup (250 mL) ponzu with:

- ➊ 1 cup (250 mL) Homemade Ponzu Sauce: Combine $\frac{1}{2}$ cup (125 mL) tamari or soy sauce, $\frac{1}{4}$ cup (60 mL) lemon juice, 2 tbsp (30 mL) lime juice, 3 tbsp (45 mL) rice vinegar, 3 tbsp (45 mL) dried bonito flakes (optional), 1 tbsp (15 mL) mirin, and a 1 to 2-inch (2.5 to 5 cm) square of kombu (optional). Let stand for 24 hours at room temperature (or overnight if not using bonito flakes and kombu). Strain before using (don't bother straining if not using bonito flakes and kombu). Makes about 1 cup (250 mL).

Popcorn

Popping corn retains some moisture in the center when dried yet has such a tough hull that when heated, steam pressure builds inside to about 380°F (193°C), which explodes the hull and turns the kernel inside out. The steam puffs up the exterior to a deliciously flaky texture.

If You Don't Have It

Substitute 1 cup (250 mL) popped popcorn with:

- ➋ 1 cup (250 mL) puffed rice, puffed kamut or other puffed grains

Popover Pan

A baking pan similar to a muffin pan but with deep, tapered cups to accommodate the egg batter that bakes up high into light airy popovers, an American twist on British Yorkshire pudding.

If You Don't Have It

Substitute a popover pan with:

- ➌ A deep-cup muffin pan with 2- to 3-inch (5 to 7.5 cm) diameter cups
- ➍ Individual 2- to 3-inch (5 to 7.5 cm) diameter deep ramekins or custard cups

See also PAN SIZE EQUIVALENTS (PAGE 678).

Poppadum

While narcotic prior to ripening, poppy seeds yield wonderful benign cooking seeds when ripened. The

See PAPPADAM.

Poppy Seed

If You Don't Have It

Substitute 1 cup (250 mL) poppy seeds with:

- ➎ 1 cup (250 mL) canned prepared poppy seeds (to replace 1 cup/250 mL ground poppy seeds for fillings)

dark bluish black poppy seeds are favored for pastries and breads in Eastern Europe. In India, a smaller, off-white poppy seed thickens curries and sauces. When roasted, the seeds contribute a nutty note to spice mixtures.

5 oz (150 g) =
1 cup (250 mL)

Porgy

Also known as scup, sea bream, and sheepshead. This low-fat and delectably flavored fish inhabits oceans around the world.

Pork

Select raw pork that is moist and firm to the touch. Loin cuts should be a pale pink with pure white fat. Shoulder and leg cuts will be darker with a slightly coarser texture. Avoid cuts that are dry, gray, red, or otherwise discolored. Because of consumer demand, pork is now bred to be lean, which means it can easily dry out if overcooked. Use an instant-read thermometer to gauge the exact moment when pork is safe to eat but still succulent. The internal temperature should read 160°F (71°C). Remove a roast from the heat when it reads 155°F (68°C) because the temperature will rise to 160°F (71°C) as it rests.

To Vary the Flavor

Substitute 1 cup (250 mL) poppy seeds with:

- 1 cup (250 mL) sesame seeds (to replace whole seeds as a topping)

If You Don't Have It

Substitute 1 lb (500 g) porgy with:

- 1 lb (500 g) croaker
- 1 lb (500 g) spot
- 1 lb (500 g) pompano
- 1 lb (500 g) rockfish
- 1 lb (500 g) ocean perch
- 1 lb (500 g) bluefish

If You Don't Have It

Substitute 1 lb (500 g) pork with:

- 1 lb (500 g) boar (darker; leaner; stronger-tasting)
- 1 lb (500 g) lamb
- 1 lb (500 g) veal
- 1 lb (500 g) beef
- 1 lb (500 g) turkey
- 1 lb (500 g) chicken

See also BOAR.

Pork Brawn

See HEADCHEESE.

Pork Lard

See LARD.

Pork Souse

See HEADCHEESE.

Port

Also known as *porto*. A sweet fortified wine named for the Portuguese shipping city of Oporto. Vintage ports can be long-lived, often developing character for 50 or more years.

If You Don't Have It

Substitute 2 tbsp (30 mL) port with:

- 2 tbsp (30 mL) banyuls
- 2 tbsp (30 mL) Madeira
- 2 tbsp (30 mL) dry vermouth
- 2 tbsp (30 mL) Lillet Rouge
- 2 tbsp (30 mL) dry red wine + $\frac{1}{4}$ tsp (1 mL) brown sugar
- 2 tbsp (30 mL) beef stock (for sauces)

Port Varieties

Choose 2 tbsp (30 mL) port from these general varieties:

- 2 tbsp (30 mL) vintage port (made from a single vintage; aged the longest)
- 2 tbsp (30 mL) tawny port (light amber color; made from a blend of vintages; ages less than vintage port)
- 2 tbsp (30 mL) ruby port (bright red color; made from a blend of lesser-quality vintages; aged only 2 years or less)

See also BANYULS.

Porter

See BEER.

Portobello Mushroom

See SHUFFLING MUSHROOMS (PAGE 654).

Port Salut

A mild semisoft cow's milk cheese that originated in a monastery in Brittany. The cylinders have an orange rind that covers a pale yellow interior.

1 lb (500 g) = 4 cups
(1 L) grated or shredded

If You Don't Have It

Substitute 1 oz (30 g) Port Salut with:

- 1 oz (30 g) Saint Paulin
- 1 oz (30 g) Esrom
- 1 oz (30 g) Tilsit
- 1 oz (30 g) Havarti
- 1 oz (30 g) Oka
- 1 oz (30 g) Muenster

Portuguese Sweet Bread

Also known as *pao duce*. A domed crown typically tops this sweet, airy loaf.

Posole

Potash

Also known as bicarbonate of potash and potassium bicarbonate. A compound of “pot” and “ash,” the term *potash* comes from the method of making potassium carbonate by soaking wood ashes then evaporating the solution in large iron pots, leaving behind a white residue. Old recipes for eastern European baked goods sometimes call for potash as the leavening. The modern equivalent is baking soda (sodium bicarbonate).

1 tbsp (15 mL) = 4 oz
(125 g) = 7 g

Potato

Russet Burbank is the most widely known high-starch baking potato. Other types include low-starch boilers, such as round red, and medium-starch all-purpose potatoes, such as Yukon Gold.

1 lb (500 g) = 2 small russets = 4 medium Yukon Gold = 10 creamers = 4 cups (1 L) chopped = 1¾ cups (425 mL) cooked and mashed

If You Don't Have It

Substitute 1 lb (500 g) Portuguese sweet bread with:

- 1 lb (500 g) challah
- 1 lb (500 g) brioche

See HOMINY.

If You Don't Have It

Substitute 1 tsp (5 mL) potash (potassium bicarbonate) with:

- 1 tsp (5 mL) baking soda (sodium bicarbonate)

If You Don't Have It

Substitute 1 lb (500 g) potatoes with:

- 1 lb (500 g) cassava
- 1 lb (500 g) yautía or malanga
- 1 lb (500 g) taro
- 1 lb (500 g) sweet potatoes
- 1 lb (500 g) parsnips
- 1 lb (500 g) sunchoke
- 1 lb (500 g) jicama
- 1 lb (500 g) unripe green or yellow plantains

See also CHOOSING AMONG POTATOES (PAGE 662).

Potato Chips

One day in 1853, at Moon's Lake House in Saratoga Springs, New York, a customer kept returning french fries to chef George Crum because they were too thick. Reputedly, Crum sliced the potatoes increasingly thinner and gave birth to potato chips.

Potato Flour

Potato Ricer

Pot Cheese

A slightly drier version of cottage cheese.

Potsticker Wrappers

Poultry

Poultry Seasoning

The herb sage is often the constant in this flavoring blend designed for fowl.

If You Don't Have It

Substitute 1 lb (500 g) potato chips with:

- 1 lb (500 g) sweet potato or other vegetable chips
- 1 lb (500 g) bagel chips
- 1 lb (500 g) tortilla chips

For Better Health

Substitute 1 lb (500 g) potato chips with:

- 1 lb (500 g) pretzels

See CHOOSING AMONG WHOLE-GRAIN AND ALTERNATIVE FLOURS (PAGE 648).

See RICER.

If You Don't Have It

Substitute 1 oz (30 g) pot cheese with:

- 1 oz (30 g) cottage cheese, drained in cheesecloth (may add more liquid)
- 1 oz (30 g) ricotta cheese, drained in cheesecloth (may add more liquid)
- 1 oz (30 g) farmer cheese (firmer)
- 1 oz (30 g) hoop cheese (firmer)
- 1 oz (30 g) panir
- 1 oz (30 g) cream cheese (especially for dips; may add more liquid)
- 1 oz (30 g) sour cream (especially for dips; may add more liquid)

See WON TON SKINS.

See CHICKEN; DUCK; GOOSE; GUINEA FOWL; PHEASANT; TURKEY.

If You Don't Have It

Substitute 1 tsp (5 mL) poultry seasoning with:

- 1 tsp (5 mL) Homemade Poultry Seasoning: Combine $\frac{3}{4}$ tsp (3 mL) dried thyme, $\frac{1}{2}$ tsp (2 mL) crushed or rubbed sage, $\frac{1}{2}$ tsp (2 mL) dried marjoram, $\frac{1}{4}$ tsp (1 mL) ground black pepper, and a pinch of nutmeg (optional). Makes about 2 teaspoons (10 mL).

Poultry Shears

Heavy-duty kitchen shears make quick work of cutting up chicken, duck, and other poultry. Good-quality poultry shears have slip-proof handles and slightly curved blades. One of the blades is typically serrated for gripping and cutting through bones.

Pound Cake

Said to date from the early 1700s, the traditional recipe for pound cake was easy to recall: 1 pound of butter, 1 pound of sugar, 1 pound of flour, and 1 pound of eggs.

Powdered Egg White

Pasteurized dried egg whites, available in many supermarkets, are an economical, convenient, shelf-stable alternative to fresh egg whites.

Powdered Milk

See DRY MILK.

Powdered Mustard

See MUSTARD, POWDERED.

Powdered Sugar

See SUGAR, CONFECTIONER'S.

Pozole

See HOMINY.

Praline

A brittle candy made with almonds or hazelnuts and caramelized sugar that can be used as a pastry.

If You Don't Have It

Substitute poultry shears with:

- cleaver
- heavy chef's knife

If You Don't Have It

Substitute 1 lb (500 g) pound cake with:

- 1 lb (500 g) butter cake (lighter texture; lower in fat)
- 1 lb (500 g) génoise (lighter texture; less moist)
- 1 lb (500 g) sponge cake (lighter texture; lower in fat)
- 1 lb (500 g) ladyfingers (lighter texture; lower in fat)
- 1 lb (500 g) angel food cake (lighter, more airy texture; lower in fat)

If You Don't Have It

Substitute 1 tbsp (15 mL) powdered egg white with:

- 1 tbsp (15 mL) meringue powder
- 2 tbsp (30 mL) frozen and thawed egg white (to replace reconstituted powdered egg white)
- 1 large egg white (to replace reconstituted powdered egg white)

If You Don't Have It

Substitute 1 cup (250 mL) praline with:

- 1 cup (250 mL) Homemade Praline: Combine 1½ cups (375 mL) granulated sugar and 1 cup (250 mL) almonds or hazelnuts (with skins) in a heavy saucepan over low heat.

Praline (cont'd)

ingredient or a dessert garnish. To make praline powder, grind cooled praline in a food processor until it resembles the texture of cornmeal.

Praline Paste

A creamy confection made from almond or hazelnut butter and sugar.

Stir now and then until the sugar melts. Cook until sugar is deep amber (about 315°F/157°C). Pour mixture onto a greased baking sheet, spreading quickly with a wooden spoon. Let cool completely then crack into small pieces. Makes about 2 cups (500 mL).

See also PRALINE PASTE.

If You Don't Have It

Substitute 1 cup (250 mL) praline paste with:

- 1 cup (250 mL) Homemade Praline Paste: Grind 2 cups (500 mL) Homemade Praline (see recipe, page 439) in a food processor or blender until the texture of cornmeal. Add 2 large egg whites and 1 tsp (5 mL) almond or hazelnut liqueur; blend until smooth. Makes about 1½ cups (375 mL).
- 1 cup (250 mL) chopped roasted nuts mixed with 1 cup (250 mL) granulated sugar

To Vary the Flavor

Substitute 1 cup (250 mL) praline paste with:

- 1 cup (250 mL) hazelnut or other nut paste
- 1 cup (250 mL) gianduaja (adds chocolate flavor)
- 1 cup (250 mL) sweetened chestnut purée

Prawn

In North America, the term prawn refers to freshwater crustaceans, such as Hawaii blue prawns, that resemble shrimp.

1 lb (500 g) in shell =
11 to 15

Pre-Gel Starch

Pre-gelatinized (pre-cooked) starch, which quickly thickens mixtures whether hot or cold. People with gluten intolerances sometimes use pre-gel starch to provide elasticity in bread doughs. Use about 1 tsp (5 mL) pre-gel starch per cup (250 mL) of gluten-free flour.

If You Don't Have It

Substitute 1 lb (500 g) freshwater prawns with:

- 1 lb (500 g) crayfish
- 1 lb (500 g) jumbo shrimp
- 1 lb (500 g) Dublin bay prawns
- 1 lb (500 g) spiny or rock lobster (larger)
- 1 lb (500 g) Maine lobster (larger)

See also DUBLIN BAY PRAWN; SHRIMP.

If You Don't Have It

Substitute 1 tsp (5 mL) pre-gel starch with:

- 1 tsp (5 mL) xanthan gum
- ¾ tsp (3 mL) guar gum
- 1 tsp (5 mL) ground flaxseed
- 2 tbsp (30 mL) cornstarch

Prepared Mustard

Also known as salt-cured lemon. Essential in Moroccan cooking, these lemons are cured for several months in salty brine.

See MUSTARD, PREPARED.

Preserved Lemon

If You Don't Have It

Substitute 1 preserved lemon with:

- 1 Homemade Preserved Lemon: Cut 4 small lemons (preferably thin-skinned) lengthwise into quarter sections starting from the flower end and cutting down to within about $\frac{1}{4}$ inch (0.5 cm) of the stem end, keeping quarters attached to each other at the stem end. Open up the almost-quartered lemons like flowers and put them in a large glass bowl or wide-mouthed jar. Sprinkle with $1\frac{3}{4}$ cups (425 mL) Kosher salt and $\frac{1}{4}$ cup (60 mL) granulated sugar and toss to coat, especially the cut sides. Cover and refrigerate for at least 1 month or for up to 6 months, stirring the lemons or inverting jar to redistribute the juices. Makes 4.

To Save Time

Substitute 1 preserved lemon with:

- 1 chopped lemon and 2 tsp (10 mL) salt simmered in 2 cups (500 mL) water for 10 minutes
- 1 sliced lemon, 1 tsp (5 mL) salt, and pinch of sugar heated in 2 tsp (10 mL) olive oil over medium-low heat until lemon is very tender, 20 to 30 minutes

To Vary the Flavor

Substitute 1 preserved lemon with:

- $\frac{1}{2}$ cup (125 mL) dry-cured olives

Preserves

Similar to jam, preserves are made from much larger or whole pieces of fruit.

Pressure Cooker

Because steam builds up inside this pressurized cooking pot, the foods contained inside cook at a very high temperature, which means they cook in a fraction of the time of traditional methods.

If You Don't Have It

Substitute 1 cup (250 mL) preserves with:

- 1 cup (250 mL) jam (smoother consistency)
- 1 cup (250 mL) jelly (thinner consistency)

If You Don't Have It

Substitute a pressure cooker with:

- large pot with a tight-fitting lid (generally, you can sauté or bring foods to a boil then reduce heat and simmer as you would in a pressure cooker; triple or quadruple the cooking time; increase liquid by 20 to 40% to compensate for moisture loss)

Pretzel

In the American town of Lititz, Pennsylvania, the first commercial pretzel factory was established in 1861.

Prickly Ash

Also known as Barbary fig, and cactus pear. Pear-shaped cactus fruit with flesh that varies in color from pale green to magenta.

1 large = $\frac{1}{2}$ cup (125 mL)
chopped or puréed

Prickly Pear Cactus

Primost

Processed Cheese

Also known as American cheese. Velveeta is the king of processed cheese, introduced by Kraft in 1928.

1 oz (30 g) = 1 slice

If You Don't Have It

Substitute 1 lb (500 g) pretzels with:

- 1 lb (500 g) potato chips (to replace hard pretzels)
- 1 lb (500 g) sweet potato or other vegetable chips (to replace hard pretzels)
- 1 lb (500 g) bagel chips (to replace hard pretzels)
- 1 lb (500 g) tortilla chips (to replace hard pretzels)
- 1 lb (500 g) nuts (to replace hard pretzels)
- 1 lb (500 g) crackers (to replace hard pretzels)
- 1 lb (500 g) Grape-Nuts cereal (to replace crushed hard pretzels)
- 1 lb (500 g) bagels (to replace soft pretzels)
- 1 lb (500 g) bialys (to replace soft pretzels)

See KINOME LEAF; SZECHUAN PEPPER.

If You Don't Have It

Substitute 1 lb (500 g) prickly pears with:

- 1 lb (500 g) pepinos
- 1 lb (500 g) tamarillos
- 1 lb (500 g) Charentais melon or cantaloupe
- 1 lb (500 g) honeydew or Ogen melon
- 1 lb (500 g) golden or red watermelon
- 1 lb (500 g) pears

See NOPALE.

See MYSOST.

If You Don't Have It

Substitute 1 oz (30 g) processed cheese with:

- 1 oz (30 g) American cheese
- 1 oz (30 g) processed cheese spread such as Cheez Whiz (moister)
- 1 oz (30 g) Bel Paese

See also AMERICAN CHEESE.

Prosciutto

Ham that is salt- and air-cured, produced from pork leg in various styles in different parts of Italy. Its distinction in terms of fragrance and sweetness is attributed to unique climatic conditions.

The finest examples are generally acknowledged to be prosciutto di Parma and prosciutto di San Daniele.

1 lb (500 g) =
32 thin slices

Prosecco

Provolone

Sharp southern Italian cow's milk cheese. The largest provoloni can be as long as 6 feet (1.8 m).

1 lb (500 g) = 4 cups
(1 L) shredded

Prune

Also known as dried plums. Southwest France is the best place to be a prune. There, dried plums get to steep in Armagnac, the wonderful brandy of the region.

1 lb (500 g) = $2\frac{1}{2}$ cups
(625 mL) = 4 to $4\frac{1}{2}$ cups
(1 to 1.125 L) cooked

If You Don't Have It

Substitute 1 lb (500 g) prosciutto with:

- 1 lb (500 g) speck (adds smoky juniper aromas)
- 1 lb (500 g) culatello (less fatty; soaked in wine during aging)
- 1 lb (500 g) Serrano or Iberico ham
- 1 lb (500 g) Ardennes ham (adds smoke flavor)
- 1 lb (500 g) Bayonne ham (adds mild smoke flavor)
- 1 lb (500 g) Westphalian ham (adds juniper and mild smoke flavors)
- 1 lb (500 g) York ham (adds mild smoke flavor)
- 1 lb (500 g) Smithfield ham (add smoke flavor)
- 1 lb (500 g) Yunnan ham (adds smoke flavor)
- 1 lb (500 g) bresaola (less fatty; stronger flavor)

See WINE, SPARKLING.

If You Don't Have It

Substitute 1 oz (30 g) provolone with:

- 1 oz (30 g) caciocavallo
- 1 oz (30 g) scamorza
- 1 oz (30 g) mozzarella
- 1 oz (30 g) fontina
- 1 oz (30 g) young Asiago

If You Don't Have It

Substitute 1 lb (500 g) prunes with:

- 1 lb (500 g) dried figs
- 1 lb (500 g) Chinese dates
- 1 lb (500 g) medjool dates
- 1 lb (500 g) raisins
- 1 lb (500 g) dried persimmons
- 1 lb (500 g) dried blueberries, cherries, or cranberries
- 1 lb (500 g) dried apricots

See also PLUM; PRUNE, SOUR.

Prune Juice

Made by puréeing stewed prunes, prune juice contains the natural laxative dihydrophenylisatin.

Prunelle

Also known as lekvar and prune butter. Sometimes used instead of butter to make lower-fat chocolate or heavily spiced baked goods. Use $\frac{1}{3}$ cup (75 mL) prune purée in place of $\frac{1}{2}$ cup (125 mL) butter.

Prune, Sour

Dried sour plums used in Middle Eastern cooking.

Psyllium Seed Husks

Also known as isabgol. The high-fiber husks of seeds from a plant native to India and Pakistan. Psyllium powder is the primary ingredient in laxative products like Metamucil. It is always taken with plenty of water, which it absorbs instantly.

If You Don't Have It

Substitute 1 cup (250 mL) prune juice with:

- 1 cup (250 mL) Homemade Prune Juice: Put 3 $\frac{3}{4}$ (925 mL) cups water and $\frac{3}{4}$ (175 mL) cup pitted prunes (dried plums) in a medium saucepan. Bring to a boil over high heat then reduce the heat to low, cover and simmer for 3 hours. Purée in a blender or food processor. Makes about 4 cups (1 L).
- 1 cup (250 mL) water + $\frac{1}{2}$ to 2 tsp (2 to 10 mL) psyllium seed husks (as a laxative)

See CRÈME DE PRUNELLE; PLUM BRANDY.

Prune Purée

Also known as lekvar and prune butter. Sometimes used instead of butter to make lower-fat chocolate or heavily spiced baked goods. Use $\frac{1}{3}$ cup (75 mL) prune purée in place of $\frac{1}{2}$ cup (125 mL) butter.

If You Don't Have It

Substitute 1 cup (250 mL) prune purée with:

- 1 cup (250 mL) Homemade Prune Purée: Purée 1 cup (250 mL) pitted prunes and $\frac{1}{2}$ cup (125 mL) water in a blender or food processor until smooth. Makes about 1 $\frac{1}{3}$ cups (325 mL).
- 1 cup (250 mL) baby food prunes

To Vary the Flavor

Substitute 1 cup (250 mL) prune purée with:

- 1 cup (250 mL) apple butter
- 1 cup (250 mL) well-drained applesauce
- 1 cup (250 mL) fat-free, fruit-based butter and oil replacement such as Sunsweet "Lighter Bake"

If You Don't Have It

Substitute 1 sour prune with:

- 1 umeboshi
- 1 ordinary prune soaked overnight in tamarind water or vinegar

If You Don't Have It

Substitute 1 to 2 tsp (5 to 10 mL) psyllium seed husks + 1 cup (250 mL) water with:

- 1 to 2 tsp (5 to 10 mL) Metamucil + 1 cup (250 mL) water (as a laxative)
- 1 cup (250 mL) prune juice (as a laxative)
- 1 cup (250 mL) oat bran (for dietary fiber)

Pudding Spice

See MIXED SPICE.

Puff Pastry

Also known as *pâte feuillettée*. A triumph of the French kitchen, this flaky pastry is made by placing thin rolled sheets of chilled butter between sheets of flour-water dough then repeatedly folding and rolling the packet. During baking, the water in the butter creates steam that causes the thin dough layers to puff up into hundreds of flaky layers.

Pulasan

Closely related to rambutans, these popular southeast Asian fruits have short spines on their dark red skins and, inside, a small amount of sweet, delicate pulp surrounding an easily removed seed.

1 lb (500 g) fresh =
2 cups (500 mL)

Pulla Chile

If You Don't Have It

Substitute 1 lb (500 g) puff pastry with:

- 1 lb (500 g) phyllo dough (less puffy)
- 1 lb (500 g) pie dough (denser and less puffy; less rich; best for replacing puff pastry crust in pies)

See also PATTY SHELL.

Pullman Pan

Also known as a *pan de mie*. A long, rectangular baking pan with a slide-on lid used to bake a soft-crusted loaf with perfectly square sides. Like the Pullman railroad car, the Pullman pan was named for 19th century American inventor George Mortimer Pullman.

If You Don't Have It

Substitute 1 cup (250 mL) peeled and seeded fresh pulasans with:

- 1 cup (250 mL) peeled and seeded rambutans (slightly less sweet)
- 1 cup (250 mL) peeled and seeded longans
- 1 cup (250 mL) peeled and seeded fresh or canned litchis

See also LITCHI; RAMBUTAN.

See CHOOSING AMONG DRIED CHILES (PAGE 642).

If You Don't Have It

Substitute a Pullman pan with:

- another loaf pan, preferably 2-quart (2 L) volume, covered with a flat baking sheet weighted down with a heavy, heatproof weight, such as a brick

Pulque

Of Aztec origin, this thick white Mexican beverage is fermented from various agave plants.

Pummelo

Also known as Chinese grapefruit and shaddock (England). This Malaysian ancestor of grapefruit can weigh as much as 25 pounds (12.5 kg).

Pumpernickel Bread

A dark, slightly sour bread with a high proportion of rye flour to wheat flour.

Pumpernickel Flour

Pumpkin

Is pumpkin a fruit or a vegetable? It's actually a large versatile winter squash that may be a stuffing for savory tortelli di zucca or the spiced sweetened custard for Thanksgiving pie.

1 lb (500 g) fresh =
1 cup (250 mL)
cooked and mashed

1 15 oz (425 g) can =
 $1\frac{3}{4}$ cups (425 mL)
mashed

1 29 oz (875 g) can =
 $3\frac{1}{2}$ cups (875 mL)
mashed

If You Don't Have It

Substitute 2 tbsp (30 mL) pulque with:

- 2 tbsp (30 mL) tequila (clear or amber color; higher alcohol)
- 2 tbsp (30 mL) mezcal (clear or amber color; higher alcohol)

If You Don't Have It

Substitute 1 cup (250 mL) pummelo segments with:

- 1 cup (250 mL) grapefruit segments (more acidic)
- 1 cup (250 mL) Ugli™ fruit segments
- 1 cup (250 mL) sweet orange segments
- 1 cup (250 mL) tangelo segments

If You Don't Have It

Substitute 1 lb (500 g) pumpernickel bread with:

- 1 lb (500 g) rye bread (especially marbled or sourdough rye)
- 1 lb (500 g) Russian black bread
- 1 lb (500 g) limpa bread (more aromatic)

See also BLACK BREAD.

See CHOOSING AMONG WHOLE-GRAIN AND ALTERNATIVE FLOURS (PAGE 648).

If You Don't Have It

Substitute 1 cup (250 mL) chopped fresh pumpkin with:

- 1 cup (250 mL) canned pumpkin purée (to replace mashed pumpkin)
- 1 cup (250 mL) chopped butternut squash
- 1 cup (250 mL) chopped buttercup squash
- 1 cup (250 mL) chopped sweet dumpling squash
- 1 cup (250 mL) chopped Hubbard squash
- 1 cup (250 mL) chopped calabaza
- 1 cup (250 mL) chopped sweet potato

Pumpkin Leaf

Like other dark leafy greens, pumpkin leaves are high in iron and vitamin A. They often show up in African stews. Use young tender leaves for the most pleasant texture when cooked.

1 lb (500 g) fresh =
10 cups (2.5 L) = 1½ cups
(375 mL) cooked

Pumpkin Pie Spice

American pumpkin pie, or pudding, as it was known in Colonial times, was not seasoned with its now-trademark warm spice mix until the 1800s, when clipper ships made spices a more common, affordable commodity.

Pumpkin Seed

Also known as pepitas when shelled. The seed shells, which house the seeds, are also edible when roasted.

If You Don't Have It

Substitute 1 lb (500 g) pumpkin leaves with:

- 1 lb (500 g) amaranth or Chinese spinach (especially to replace tender young pumpkin leaves)
- 1 lb (500 g) spinach beet (a variety of beet grown for the leaves; larger, broader, slightly tougher leaves)
- 1 lb (500 g) New Zealand spinach (more narrow leaves)
- 1 lb (500 g) red or green chard (slightly tougher leaves; thicker stems; slightly sweeter)
- 1 lb (500 g) turnip greens (smaller, teardrop-shaped, paler green leaves; more peppery flavor)
- 1 lb (500 g) beet greens (these often have reddish tinged stems)
- 1 lb (500 g) spinach (slightly more bitter)

If You Don't Have It

Substitute 1 tsp (5 mL) pumpkin pie spice with:

- 1 tsp (5 mL) Homemade Pumpkin Pie Spice: Combine ½ tsp (2 mL) ground cinnamon, ¼ tsp (1 mL) ground nutmeg, ¼ tsp (1 mL) ground ginger, and ⅛ tsp (0.5 mL) ground cloves. Makes about 1 teaspoon (5 mL).
- 1 tsp (5 mL) apple pie spice

If You Don't Have It

Substitute 1 cup (250 mL) pumpkin seeds with:

- 1 cup (250 mL) Homemade Roasted Pumpkin Seeds:
Remove seeds from the pumpkin cavity, separating the seeds from the pulp and fiber. Rinse well in a colander under cold water then spread the seeds on a kitchen towel to dry. Spread the dry seeds on a baking sheet in a single layer. Toss with oil to coat and roast at 250°F (120°C) until golden, stirring now and then, for about 1 hour. Sprinkle with salt or other seasonings if desired. Store in an airtight container at room temperature for up to 3 months or in the refrigerator for up to 1 year.
- 2 to 4 tbsp (30 to 60 mL) pumpkin seed oil (for baking and cooking; will add toasted pumpkin seed flavor but not texture of whole seeds; reduce fat in recipe by 2 to 4 tbsp/30 to 60 mL)
- 1 cup (250 mL) other winter squash seeds
- 1 cup (250 mL) dried guajes
- 1 cup (250 mL) sunflower seeds

See also WINTER SQUASH SEED.

Pumpkin Seed Oil

See SUBSTITUTING OILS (PAGE 658).

Punt e Mes

Carpano brand sweetened fortified wine served as an aperitivo. It contains quinine, which stimulates production of digestive enzymes and hence appetite.

If You Don't Have It

Substitute 2 tbsp (30 mL) Punt e Mes with:

- 2 tbsp (30 mL) Lillet Rouge
- 2 tbsp (30 mL) Dubonnet Rouge
- 2 tbsp (30 mL) Byrrh
- 2 tbsp (30 mL) Raphael
- 2 tbsp (30 mL) Fernet Branca
- 2 tbsp (30 mL) Campari
- 2 tbsp (30 mL) dry vermouth + dash of Angostura bitters

Pupulu

See BETEL LEAF.

Pure Gluten

See SEITAN.

Pure Grain Alcohol

See NEUTRAL SPIRITS.

Purple Laver

See LAVER.

Purslane

Also known as pursley, pussley, and verdolagas. A green of ancient origin and international usage, now rediscovered by gourmet diners. Wild purslane offers more interesting flavor than cultivated. The juicy pad-like leaves are tart like sorrel. Older leaves respond well to cooking.

4 oz (125 g) = 2 cups
(500 mL) chopped

If You Don't Have It

Substitute 1 lb (500 g) purslane with:

- 1 lb (500 g) sorrel
- 1 lb (500 g) spinach
- 1 lb (500 g) garden cress or watercress
- 1 to 2 tbsp (15 to 30 mL) file powder (for thickening soups and stews)
- 1½ to 2 cups (375 to 500 mL) okra (for thickening soups and stews)

Puya

See CHOOSING AMONG DRIED CHILES (PAGE 642).

Qaimaaq to Qurut

Qaimaaq

See KAYMAK.

Quahog

See SWAPPING CLAMS (PAGE 645).

Quail

Commercially raised in Europe, these tiniest of game birds are related to partridges. American quail are birds from a different family. Types of quail include blue quail, bobwhites, brown quails, bush quails, California quails, and mountain quails.

Quail Egg

Considered a gourmet delicacy, the tiny speckled shells vary in color, including white, blue, and brown.

If You Don't Have It

Substitute 1 lb (500 g) quail with:

- 1 lb (500 g) partridge
- 1 lb (500 g) squab
- 1 lb (500 g) young pheasant
- 1 lb (500 g) grouse
- 1 lb (500 g) guinea fowl
- 1 lb (500 g) Cornish hen (fattier)

If You Don't Have It

Substitute 5 quail eggs with:

- 1 extra-large chicken egg, especially from a pasture-raised hen
- 1 small duck egg (richer; more flavorful)

Quail Grass

A popular leafy green vegetable (*Celosia argentea*) in South America, Southeast Asia and Nigeria, where it is known as soko yokoto, meaning, “make husbands fat and happy.”

Quandong

Also known as desert or sweet quandong. The fruit of an Australian outback bush often eaten dried.

Quark

A fresh-curd skim milk cheese that's a phenomenon in Germany, accounting for about half the total cheese consumed in that country.

8 oz (250 g) =
1 cup (250 mL)

Quatre Épices

In classic French cuisine, “four spices” is used in charcuterie, terrines, and pâtés. Despite its name, the blend often contains more than four spices.

If You Don't Have It

Substitute 1 lb (500 g) quail grass with:

- 1 lb (500 g) spinach
- 1 lb (500 g) amaranth or Chinese spinach
- 1 lb (500 g) New Zealand spinach (flatter, more narrow leaves than spinach)

If You Don't Have It

Substitute 1 lb (500 g) dried quandongs with:

- 1 lb (500 g) dried apricots
- 1 lb (500 g) dried peaches
- 1 lb (500 g) dried nectarines

If You Don't Have It

Substitute 1 oz (30 g) quark with:

- 1 oz (30 g) sour cream, fromage blanc, or yogurt cheese
- ½ oz (15 g) ricotta cheese + ½ oz (15 g) sour cream, blended
- ½ oz (15 g) cream cheese or mascarpone + ½ oz (15 g) cream, blended
- ½ oz (15 g) drained cottage cheese + ½ oz (15 g) yogurt, blended

If You Don't Have It

Substitute 1 tsp (5 mL) quatre épices with:

- 1 tsp (5 mL) Homemade Savory Quatre Épices: Combine 1⅓ tsp (8 mL) ground white pepper, ¾ tsp (3 mL) ground allspice, ½ tsp (2 mL) ground nutmeg, and ¼ tsp (1 mL) ground cloves. Makes about 1 tablespoon (15 mL).
- 1 tsp (5 mL) Homemade Sweet Quatre Épices: Combine 1 tsp (5 mL) ground cinnamon, 1 tsp (5 mL) ground nutmeg, 1 tsp (5 mL) ground allspice, and ¼ tsp (1 mL) ground cloves. Makes about 1 tablespoon (15 mL).
- 1 tsp (5 mL) Spice Parisienne or épices fines (more complex flavor; may include white pepper and herbs; if so, use to replace savory quatre épices)
- ½ tsp (2 mL) ground white or black pepper + ½ tsp (2 mL) pumpkin pie spice or apple pie spice (to replace savory quatre épices)
- 1 tsp (5 mL) apple pie spice or pumpkin pie spice (to replace sweet quatre épices)

See also SPICE PARISIENNE.

Queensland Blue Squash

Gray-green to jade-green winter squash from Australia. Its fine-textured, sweet orange flesh makes it perfect for pies.

Queijo de Nisa

Semifirm raw sheep's milk cheese from Portugal. The sheep feed on cardoon thistle and their milk is then coagulated with thistle instead of animal rennet. Nisa has a robust taste with a grassy, sharp finish similar to other sheep's milk cheeses. It is often aged until hard and used as a grating cheese.

Queso Añejo

Mexican for "aged cheese." Also known as "Cotija" after North America's most widely distributed queso añejo, which is made in Cotija, Michoacan, Mexico.

4 oz (125 g) =
1 cup (250 mL) grated

Queso Asadero

Queso Blanco

Queso Chihuahua®

Queso Fresco

Also known as queso blanco, queso ranchero, and queso de metate (when the cheese curds have been smoothed on the metate,

If You Don't Have It

Substitute 1 lb (500 g) Queensland blue squash with:

- 1 lb (500 g) Jarrahdale squash
- 1 lb (500 g) golden delicious
- 1 lb (500 g) buttercup squash
- 1 lb (500 g) sugar pumpkin
- 1 lb (500 g) butternut squash

If You Don't Have It

Substitute 1 oz (30 g) queijo de nisa with:

- 1 oz (30 g) aged Serpa
- 1 oz (30 g) Pecorino toscano
- 1 oz (30 g) Manchego
- 1 oz (30 g) Parmesan

See SERPA.

If You Can't Find It

Substitute 1 oz (30 g) queso añejo or Cotija with:

- 1 oz (30 g) Pecorino Romano
- 1 oz (30 g) Parmesan
- 1 oz (30 g) aged Asiago
- 1 oz (30 g) dry Jack

See ASADERO.

See QUESO FRESCO.

See ASADERO.

If You Don't Have It

Substitute 1 oz (30 g) queso fresco with:

- 1 oz (30 g) pressed, salted farmer cheese
- 1 oz (30 g) young goat cheese
- 1 oz (30 g) feta cheese (rinsed to remove some salt)

Queso Fresco (cont'd)

a traditional grinding stone). This Mexican, white, fresh cheese resembles farmer cheese in texture.

4 oz (125 g) =
1 cup (250 mL) crumbled

- 1 oz (30 g) Monterey Jack cheese
- 1 oz (30 g) dry cottage cheese + $\frac{1}{8}$ tsp (0.5 mL) salt

Queso Gamonedo

See GAMONEDO.

Queso Ibores

See SIERRA IBORES.

Queso Manchego

See MANCHEGO.

Quetsch

See PLUM BRANDY.

Quiche Pan

See PAN SIZE EQUIVALENTS (PAGE 678).

Quince

A wonderfully aromatic fruit that can be roughly shaped like a pear or an apple. The flavor also evokes pear and apple, as well as pineapple and guava. Quince requires cooking, and its abundant natural pectin makes it well-suited to jellies and preserves.

1 lb (500 g) = 3 to
4 medium = $1\frac{1}{2}$ cups
(375 mL) chopped

If You Don't Have It

Substitute 1 lb (500 g) quinces with:

- 1 lb (500 g) tart apples such as Granny Smith or pippin (sweeter)
- 1 lb (500 g) Asian pears (sweeter)
- 1 lb (500 g) Bosc pears (sweeter; softer flesh)

See also DULCE DE MEMBRILLO.

Quinine Water

See TONIC WATER.

Quinoa

Pride of the Andes, this ultra-nutritious grain has a pleasantly nutty taste and sprightly texture that belie its healthfulness. Before using quinoa, rinse it in a strainer to remove the naturally bitter saponin that coats the surface of the seeds.

$1\frac{1}{2}$ cups (375 mL) =
9 oz (275 g) =
4 cups (1 L) cooked

Quinoa Flour

Fermented milk or yogurt that is salted, dried, and saved for times when fresh dairy products are unavailable. Qurut is made from the Middle East to Central Asia in both fresh and dry forms.

If You Don't Have It

Substitute 1 cup (250 mL) quinoa with:

- 1 cup (250 mL) millet
- 1 cup (250 mL) couscous, especially whole wheat (cooks more quickly)
- 1 cup (250 mL) bulgur
- 1 cup (250 mL) cracked wheat (takes longer to cook)
- 1 cup (250 mL) rice
- 1 cup (250 mL) kasha (roasted buckwheat groats; takes more time to cook)

See also CHOOSING AMONG WHOLE-GRAIN AND ALTERNATIVE FLOURS (PAGE 648).

Qurut

If You Don't Have It

Substitute $\frac{1}{2}$ cup (125 mL) qurut with:

- $\frac{1}{2}$ cup (125 mL) kashk
- $\frac{1}{2}$ cup (125 mL) yogurt cheese + pinch of salt
- $\frac{1}{2}$ cup (125 mL) crème fraîche + pinch of salt
- $\frac{1}{2}$ cup (125 mL) sour cream + pinch of salt

See also KASHK.

Rabbit to Rye Whiskey

Rabbit

These domesticated rodents have fine, all-white-fleshed meat. Fresh and frozen rabbits, whole or cut up, are available in some specialty food markets. Rabbit can replace chicken in many recipes.

Raclette

A mellow, Gruyère-like Swiss cow's milk cheese. The traditional way of serving raclette is to set a hunk of the cheese in front of an open fire and scrape the resulting melted cheese onto dark bread.

1 lb (500 g) = 4 cups
(1 L) shredded

If You Don't Have It

Substitute 1 lb (500 g) rabbit with:

- 1 lb (500 g) hare
- 1 lb (500 g) turkey
- 1 lb (500 g) chicken
- 1 lb (500 g) duck

See also HARE; MUSKRAT.

If You Don't Have It

Substitute 1 oz (30 g) Raclette with:

- 1 oz (30 g) Gruyère
- 1 oz (30 g) Emmenthal
- 1 oz (30 g) Jarlsberg
- 1 oz (30 g) Appenzeller
- 1 oz (30 g) Reblochon
- 1 oz (30 g) oka
- 1 oz (30 g) fontina

Radicchio

The Italian word for all chicory, which range in color from cream to garnet. In North America, the word usually refers to the Chioggia variety, which has a round compact head and variegated white and garnet leaves. The bittersweet leaves are enjoyed in salads, braises, and many other ways.

1 medium head =
8 to 10 leaves

If You Don't Have It

Substitute 1 lb (500 g) radicchio with:

- 1 lb (500 g) Belgian endive, especially red-tipped
- 1 lb (500 g) chicory
- 1 lb (500 g) curly endive
- 1 lb (500 g) escarole
- 1 lb (500 g) arugula
- 1 lb (500 g) watercress
- 1 lb (500 g) red oak-leaf lettuce (less bitter)

Radicchio Varieties

Choose 1 lb (500 g) radicchio from these varieties:

- 1 lb (500 g) Chioggia (most popular North American variety; compact, round head; wide white stems and maroon leaves; bitter, slightly sweet flavor; crunchy and chewy texture)
- 1 lb (500 g) Verona (similar to Chioggia but head is looser and slightly more oval in shape; thicker, narrower stems; brighter maroon-color leaves; similar flavor and texture)
- 1 lb (500 g) Early Treviso (elongated, loose head with white stems and maroon leaves; similar in shape to loose-headed mature bok choy; flavor and texture similar to Chioggia)
- 1 lb (500 g) Late Treviso (elongated, semiloose head with slender white stems and maroon leaves that twirl together at the top; flavor and texture slightly more bitter than Chioggia)
- 1 lb (500 g) Castelfranco (round, loose head with delicate out-turned leaves similar to a rose; cream-color stems with pale yellow and maroon-speckled leaves; milder flavor and more tender texture than Chioggia)

See also CHICORY; ENDIGIA.

Radish

Christmas Eve in Oaxaca, Mexico is called the Night of the Radishes because of the custom of carving big radishes into the shapes of animals.

8 oz (250 g) =
10 to 14 radishes =
1½ cups (375 mL) sliced

If You Don't Have It

Substitute 1 lb (500 g) radishes with:

- 1 lb (500 g) jicama (sweeter; add a pinch of pepper or horseradish for more bite)
- 1 lb (500 g) turnips or parsnips (for soups and stews; add a pinch of pepper or horseradish for more bite)

Radish Varieties

Choose 1 lb (500 g) radishes from these varieties:

- 1 lb (500 g) table radishes (the American favorite; red, pink, or white peel; slightly peppery, crisp, and juicy flesh)
- 1 lb (500 g) Asian radishes (such as white daikon, green-skinned moo, or red-fleshed beauty heart; generally peppery-sweet, crisp, and juicy flesh)
- 1 lb (500 g) black radishes (black peel; firmer, drier, more assertive flesh that's similar to horseradish)

Radish Greens

On average, Americans eat 400 million pounds of radishes every year, mostly in salads. Ironically, the greens are usually tossed into the trash, but they add a wonderful arugula-like bite to salads and can be cooked like other leafy greens.

Radish Sprouts

Also known as kaiware sprouts. Crisp, peppery sprouts made from seeds of Japanese daikon. The seeds can also be pressed for radish oil, which ancient Egyptians used before olive oil was widely produced.

Rainbow Runner

Also known as Hawaiian salmon, kamanu, and runner. A member of the large Jack family found in tropical Atlantic and Pacific waters. Mostly a game fish, it is rarely seen in markets.

Rainbow Trout

Raisin

In 1876, Scottish immigrant William Thompson developed a variety of sweet seedless grapes with thin skin. The variety dried well. Today 95% of California raisins — which comprise 50% of the world's supply — are processed from Thompson seedless grapes.

15 oz (425 g) =
2½ cups (625 mL)

If You Don't Have It

Substitute 1 lb (500 g) radish greens with:

- 1 lb (500 g) mustard greens
- 1 lb (500 g) turnip greens
- 1 lb (500 g) beet greens
- 1 lb (500 g) watercress
- 1 lb (500 g) arugula

If You Don't Have It

Substitute ¼ cup (60 mL) radish sprouts with:

- ¼ cup (60 mL) broccoli sprouts (more peppery)
- ¼ cup (60 mL) fenugreek sprouts (slightly bitter)
- ¼ cup (60 mL) alfalfa sprouts (sweeter)
- ¼ cup (60 mL) buckwheat sprouts (less peppery)
- ¼ cup (60 mL) sunflower sprouts (more nutty)
- ¼ cup (60 mL) mung bean sprouts (thicker and more crisp)

If You Don't Have It

Substitute 1 lb (500 g) rainbow runner with:

- 1 lb (500 g) parrot fish
- 1 lb (500 g) amberjack
- 1 lb (500 g) pompano
- 1 lb (500 g) yellowtail
- 1 lb (500 g) mahi-mahi

See TROUT.

If You Don't Have It

Substitute 1 cup (250 mL) raisins with:

- 1 cup (250 mL) finely chopped dried apricots
- 1 cup (250 mL) finely chopped soft prunes
- 1 cup (250 mL) finely chopped soft dates
- 1 cup (250 mL) dried berries such as blueberries or cranberries
- 1 cup (250 mL) dried cherries

Raisin Varieties

Choose 1 cup (250 mL) raisins from these varieties:

- 1 cup (250 mL) dark raisins (usually sun-dried Thompson seedless grapes)
- 1 cup (250 mL) golden raisins or sultanas (usually dried

Thompson seedless grapes treated with sulfur dioxide to retain color; moister and plumper than dark raisins)

- 1 cup (250 mL) currants (dried Zante grapes; firmer and sweeter than dark raisins)

- 1 cup (250 mL) Muscat raisins (dried Muscat grapes; sweeter and more musky aroma than dark raisins)

See also Currant, Dried.

Raki

Rambutan

This tropical fruit looks like a small, spiny sea creature. Inside, the sweet translucent flesh tastes like its relative, the litchi, although a little more acidic. The fruit is available canned in syrup.

1 lb (500 g) fresh =
2 cups (500 mL)

If You Don't Have It

Substitute 1 cup (250 mL) peeled and seeded fresh rambutans with:

- 1 cup (250 mL) peeled and seeded longans (sweeter)
- 1 cup (250 mL) peeled and seeded fresh or canned litchis
- 1 cup (250 mL) peeled and seeded pulasans

See also LITCHI; PULASAN.

Ramekin

Stoneware baking dish that looks like a shrunken straight-sided soufflé dish.

Ramen

Also known as wild leek. This wild onion grows throughout the Appalachian Chain, but it is in West Virginia that the pungent vegetable comes into its glory at springtime celebrations. The towns of Elkins, Richwood, and Hutton are well-known for their ramp festivals.

1 lb (500 g) =
2 cups (500 mL)
trimmed and chopped =
1 cup (250 mL) cooked

If You Don't Have It

Substitute 3-oz (90 mL) ramekins with:

- 3-oz (90 mL) custard cups

See A SNAPSHOT OF ASIAN NOODLES (PAGE 656).

Ramp

If You Don't Have It

Substitute 1 lb (500 g) ramps with:

- 1 lb (500 g) leeks (white and light green parts only; milder, less complex flavor)
- 1 lb (500 g) green onions (white and light green parts only; less complex flavor)
- 1 lb (500 g) shallots (sweeter)
- 1 lb (500 g) sweet or storage onions (less complex flavor)
- 1 lb (500 g) garlic chives (adds garlic flavor)
- 1 lb (500 g) Chinese garlic stems (sharper garlic flavor; adds crunch)

Rangpur

Also known as mandarin lime. This orange-skinned citrus is similar to mandarin orange but more acidic.

1 rangpur = 2 to 3 tbsp
(30 to 45 mL) juice =
1/3 to 1/2 cup
(75 to 125 mL) chopped
= 1 to 2 tbsp
(15 to 30 mL) grated zest

Rapeseed Oil

Rapini

Ras el Hanout

An essential spice mixture in Algeria, Morocco, and Tunisia. For the most intense aromas, use whole spices and toast them before grinding to a powder.

Rasp

Raspberry

Because they are so fragile, the finest raspberries are picked ripe from the bush. Choose packaged raspberries that are dry with no moisture stains at the bottom of the container. Highly perishable, raspberries should be consumed within 2 to 3 days of purchase.

If You Don't Have It

Substitute 1 rangpur with:

- 1 calamondin
- 1 lemon
- 1 lime
- 1/2 lime + 1/4 mandarin orange, blood orange, or navel orange

See SUBSTITUTING OILS (PAGE 658).

See BROCCOLI RAAB.

If You Don't Have It

Substitute 1 tsp (5 mL) ras el hanout with:

- 1 tsp (5 mL) Homemade Ras el Hanout: Combine 2 tbsp (30 mL) ground ginger, 1 tbsp (15 mL) ground cumin, 2 tsp (10 mL) ground coriander, 2 tsp (10 mL) ground cinnamon, 2 tsp (10 mL) ground nutmeg, 2 tsp (10 mL) ground allspice, 2 tsp (10 mL) ground cardamom, 1 1/2 tsp (7 mL) ground black pepper, 1 1/2 tsp (7 mL) turmeric, 15 saffron threads (crushed), 1/4 tsp (1 mL) ground cloves, and 1/4 tsp (1 mL) cayenne pepper. Makes about 1/2 cup (125 mL).
- 1 tsp (5 mL) garam masala

See GRATER.

If You Don't Have It

Substitute 1 cup (250 mL) raspberries with:

- 1 cup (250 mL) strawberries
- 1 cup (250 mL) loganberries (hybrid of blackberries and raspberries)
- 1 cup (250 mL) boysenberries (hybrid of blackberries, raspberries, and loganberries)
- 1 cup (250 mL) olallieberries (hybrid of youngberries and loganberries)
- 1 cup (250 mL) tayberries (hybrid of blackberries and raspberries)
- 1 cup (250 mL) blackberries

½ pint fresh =
 1⅓ cups (325 mL)
 1 lb (500 g)
 loose-pack frozen =
 3⅔ cups (844 mL)
 10 oz (300 g)
 frozen in syrup =
 1¾ cups (425 mL)

Raspberry Brandy

Raspberry Liqueur

Sweetened raspberry-flavored spirit, not to be confused with framboise (raspberry) eau de vie. French Chambord ranks among the most popular black raspberry liqueurs.

Raspberry Varieties

Choose 1 cup (250 mL) raspberries from these varieties:

- 1 cup (250 mL) red raspberries
- 1 cup (250 mL) yellow or golden raspberries
- 1 cup (250 mL) thimbleberries such as black raspberries

See FRAMBOISE.

If You Don't Have It

Substitute 2 tbsp (30 mL) raspberry liqueur with:

- 2 tbsp (30 mL) crème de framboise (sweeter; heavier body)
- 2 tbsp (30 mL) framboise (less sweet; higher alcohol)
- 2 tbsp (30 mL) raspberry schnapps (less sweet; higher alcohol)
- 2 tbsp (30 mL) raspberry syrup (sweeter; no alcohol)
- 1 tsp (5 mL) raspberry extract (add 5 tsp/25 mL liquid to recipe if necessary)

To Vary the Flavor

Substitute 2 tbsp (30 mL) raspberry liqueur with:

- 2 tbsp (30 mL) black raspberry liqueur (slightly more astringent flavor)
- 2 tbsp (30 mL) blackberry liqueur (more astringent flavor)
- 2 tbsp (30 mL) cherry liqueur
- 2 tbsp (30 mL) orange liqueur
- 2 tbsp (30 mL) cassis liqueur
- 2 tbsp (30 mL) crème de fraise (strawberry flavor; sweeter; heavier body)

See also FRAMBOISE.

See THE WIDE WORLD OF DRIED BEANS (PAGE 637).

Rattlesnake Bean

Ravioli

Raw Milk

Raw Sugar

Razor Clam

See PASTA, FILLED.

See MILK, WHOLE.

See SUGAR, RAW.

See SWAPPING CLAMS (PAGE 645).

Reamer

A hand-held tool with a large, ridged, conical point designed for extracting juice from halved citrus.

Reblochon Cheese

Purchase this uncooked French cow's milk cheese from a reliable vendor to ensure perfect ripeness. When overripe, the cheese becomes unpleasantly bitter.

Recao

See SAWLEAF HERB.

Red Banana

See BANANA.

Red Bean

See THE WIDE WORLD OF DRIED BEANS (PAGE 637).

Red Bean Paste

Also known as sweet red bean paste. Used as a filling in many Chinese sweets, this mixture of azuki beans, sugar, lard, and vanilla is sold canned in smooth and chunky versions.

If You Don't Have It

Substitute 1 cup (250 mL) sweet red bean paste with:

- 1 cup (250 mL) Homemade Sweet Red Bean Paste: Soak 8 oz (250 g; 1 generous cup/250 mL) rinsed and picked over azuki or other small red beans in water to cover overnight. Drain and cover with fresh water in a medium pot. Bring to a boil then reduce heat and simmer gently until beans are very tender, 1½ to 2 hours. Remove from heat, drain and let cool. For a chunky paste, return beans to pot and mash until chunky. For a smooth paste, force softened beans through a fine mesh strainer, discarding pulp in the strainer. Return the beans to the pot and stir in 1 cup (250 mL)

Red Bell Pepper

See BELL PEPPER.

Red Bush

See TEA.

Red Cabbage

This crucifer takes its gorgeous garnet hue from anthocyanins, which are water-soluble and turn a dingy gray blue when cooked. But anthocyanins retain their color in the presence of acidity. The moral: add some lemon juice or vinegar to help retain the color of cooked red cabbage.

1 lb (500 g) =
 3½ to 4½ cups
 (875 mL to 1.125 L)
 shredded = 2 cups
 (500 mL) cooked

Red Chile Powder

See CHILE POWDER.

Red Chile Sauce

See CHILE PASTE; CHILE SAUCE.

Red Currant

See CURRANT, FRESH.

Red Currant Jelly

See CURRANT JELLY.

Red Date

See CHINESE DATE, FRESH.

Red Delicious Apple

See PICKING APPLES (PAGE 636).

Red Endive

See ENDIGIA.

Redfish

See CROAKER.

Red Leaf Lettuce

See LEAF LETTUCE.

Red Lily Ginger

See GINGER, WILD BUD.

If You Don't Have It

Substitute 1 lb (500 g) red cabbage with:

- 1 lb (500 g) green cabbage
- 1 lb (500 g) Brussels sprouts
- 1 lb (500 g) savoy cabbage (milder)
- 1 lb (500 g) napa cabbage (milder; more delicate)

Red Mullet

This reddish pink sea creature is a Mediterranean member of the goatfish family, not a true mullet. It is enjoyed in Europe for its lean, firm flesh.

Red Mustard

Red Pepper Flakes

Red Shiso

Red Snapper

The winner of the popularity contest in this 200+ species typically comes to market in the 2 to 8-pound (1 to 4 kg) range. Smaller red snapper are often sold whole, while larger fish are cut into steaks and fillets.

Red Sorrel

Refried Beans

Also known as *frijoles refritos*. Mexican cooking authority Diana Kennedy explains why these cooked beans fried only once are called refried. "The Mexicans have a habit of qualifying a word to

If You Don't Have It

Substitute 1 lb (500 g) red mullet with:

- 1 lb (500 g) red snapper
- 1 lb (500 g) black sea bass
- 1 lb (500 g) smelt
- 1 lb (500 g) trout

See also MULLET.

See MUSTARD GREENS.

See CAYENNE PEPPER.

See PERILLA.

If You Don't Have It

Substitute 1 lb (500 g) red snapper with:

- 1 lb (500 g) silk snapper
- 1 lb (500 g) vermillion (generally of lesser quality than red snapper)
- 1 lb (500 g) yellowtail or other snapper (generally of lesser quality than red snapper)
- 1 lb (500 g) blackfish
- 1 lb (500 g) black sea bass
- 1 lb (500 g) striped bass
- 1 lb (500 g) grouper
- 1 lb (500 g) haddock
- 1 lb (500 g) halibut
- 1 lb (500 g) tilefish
- 1 lb (500 g) turbot

See also SNAPPER.

See HIBISCUS.

If You Don't Have It

Substitute 1 cup (250 mL) refried beans with:

- 1 cup (250 mL) Homemade Refried Beans: Heat 2 tbsp (30 mL) lard, bacon drippings, or vegetable oil in a large skillet over medium heat. Add $\frac{3}{4}$ cup (175 mL) chopped onion and sauté until almost browned, 5 to 8 minutes. Add 2 minced garlic cloves and cook for 2 minutes. Add 4 cups (1 L) cooked or canned black beans and mash to a chunky purée with a potato masher or wooden spoon. Stir in 1 cup (250 mL)

emphasize the meaning by adding the prefix re-. They will get the oil very hot (requemar), or something will be very good (retebien). Thus refrito means well fried, which they certainly are, since they are fried until they are almost dry."

Refrigerator

Also known as the fridge. The electric appliance that exiled the icebox was first manufactured successfully for the home kitchen in 1916 by the Kelvinator Company.

Reindeer

A large deer particularly valued as game meat in Scandinavia and Russia. The flavor is superior to its relative the caribou.

Rémoulade

Soft cheeses like cream cheese, cottage cheese, and panir are made with an acid like lactic acid or citric acid, which gently coagulates milk into solid curds and liquid whey (which is drained off). Hard cheeses are coagulated with rennet, which is a complex of enzymes extracted from the stomach lining of

cooking or canning liquid and 2 tsp (10 mL) chopped fresh epazote or oregano and cook over medium-low heat until slightly soupy, about 10 minutes, or until almost dry, about 15 minutes. Add salt to taste. Makes about 4 cups (1 L).

For Better Health

Substitute 1 cup (250 mL) refried beans with:

- 1 cup (250 mL) cooked or canned black beans, mashed with $\frac{1}{4}$ cup (60 mL) canning or cooking liquid
- 1 cup (250 mL) cooked or canned pinto beans, mashed with $\frac{1}{4}$ cup (60 mL) canning or cooking liquid

If You Don't Have It

Substitute a refrigerator with:

- cooler filled with ice
- putting well-covered food outdoors when the outdoor temperature is between 32 and 40°F (0 and 4°C).

If You Don't Have It

Substitute 1 lb (500 g) reindeer with:

- 1 lb (500 g) caribou
- 1 lb (500 g) red, fallow, or white-tailed deer
- 1 lb (500 g) elk
- 1 lb (500 g) antelope
- 1 lb (500 g) gazelle

See also VENISON.

See MAYONNAISE.

Rennet

Soft cheeses like cream cheese, cottage cheese, and panir are made with an acid like lactic acid or citric acid, which gently coagulates milk into solid curds and liquid whey (which is drained off). Hard cheeses are coagulated with rennet, which is a complex of enzymes extracted from the stomach lining of

If You Don't Have It

Substitute 1 tsp (5 mL) liquid natural calves' rennet with:

- $\frac{1}{2}$ tsp (2 mL) double-strength natural calves' rennet
- 1 tablet powdered natural calves' rennet
- 1 tsp (5 mL) liquid genetically modified rennet (adding natural pepsin will produce results closer to that of natural calves' rennet)
- 1 tsp (5 mL) liquid vegetable rennet or non-GMO microbial rennet (may produce cheese with a slightly bitter taste, especially the longer the cheese ages)

Rennet (cont'd)

calves. Rennet's active enzyme, chymosin, can also be reproduced in molds (so-called vegetable rennet) and, with the help of genetic modification, it can be produced in some bacteria (genetically modified rennet). In 2008, about 85% of commercial U.S. cheeses were made with genetically modified rennet. Most artisanal cheesemakers prefer the qualities of more expensive yet traditional natural calves' rennet.

Rhea

A threatened species of large, flightless, omnivorous South American bird. The rhea has a powerful immune system that enables injured birds to heal rapidly.

Rhubarb

Although rhubarb is botanically a vegetable, it's treated as a tart fruit and typically prepared with plenty of sugar.

1 lb (500 g) fresh =
2 cups (500 mL)
chopped and cooked

Ricard

Rice grains, the seeds of a type of grass, sustain about half of the world's population. Brown

If You Don't Have It

Substitute 1 lb (500 g) rhea with:

- 1 lb (500 g) ostrich
- 1 lb (500 g) emu
- 1 lb (500 g) beef (fattier)
- 1 lb (500 g) buffalo
- 1 lb (500 g) turkey
- 1 lb (500 g) chicken

If You Don't Have It

Substitute 1 lb (500 g) rhubarb with:

- 1 lb (500 g) cranberries
- 1 lb (500 g) gooseberries (for tartness; green color)
- 1 lb (500 g) quinces
- 1 lb (500 g) sorrel (for tartness; green color; much more tender)

See ANISE LIQUEUR.

If You Don't Have It

Substitute 1 cup (250 mL) uncooked white rice with:

- 1 cup (250 mL) uncooked converted rice (more fluffy and separate grains when cooked; slightly increase cooking time)
- 2 cups (500 mL) uncooked orzo pasta (cooks faster)

rice, with only the hull removed, is closest to the naturally harvested state. The intact bran layers contribute nutty flavor, slightly chewy texture, and a wealth of nutrients and fiber. It requires more liquid and takes longer to cook than white rice, although a quick-cooking brown rice is now marketed. Rice that is milled, or polished, becomes white rice. Depending upon the variety, the grains themselves can be long, medium, or short. Parboiled or converted rice is rough rice soaked in warm water under pressure, steamed, and dried before milling. This procedure gelatinizes the starch and ensures that the grains separate after cooking. It also retains more nutrients than conventionally milled white rice, but it takes a few minutes longer to cook. Instant rice, also known as quick-cooking rice, is milled, completely cooked, enriched, and dehydrated. Preparation takes only a few minutes.

1 cup (250 mL)
long-grain white rice =
3 cups (750 mL) cooked

1 cup (250 mL)
medium-grain white rice =
3 cups (750 mL) cooked

1 cup (250 mL)
short-grain white rice =
3 cups (750 mL) cooked

1 cup (250 mL) brown
or whole-grain rice =
4 cups (1 L) cooked

- 1 $\frac{1}{4}$ cups (300 mL) uncooked couscous (cooks much faster)
- $\frac{3}{4}$ cup (175 mL) uncooked pearl barley (chewier; more complex flavor; increase liquid and cooking time)

To Save Time

Substitute 1 cup (250 mL) uncooked white rice with:

- 1 cup (250 mL) uncooked instant or quick white rice (cooks faster; less flavorful than white rice)
- 1 cup (250 mL) uncooked instant or quick brown rice (cooks faster; less flavorful than brown rice)

For Better Health

Substitute 1 cup (250 mL) uncooked white rice with:

- 1 cup (250 mL) uncooked brown rice (higher in fiber; chewier; more complex, nutty flavor; increase liquid and slightly increase cooking time)
- 1 cup (250 mL) uncooked wild rice (higher in fiber; chewier; more complex, nutty flavor; increase liquid and cooking time)
- 1 $\frac{1}{4}$ cups (300 mL) uncooked whole wheat couscous (high in fiber)
- 1 cup (250 mL) uncooked quinoa (higher in fiber, protein, and other nutrients)
- $\frac{3}{4}$ cup (175 mL) uncooked millet (higher in fiber and other nutrients)
- $\frac{3}{4}$ cup (175 mL) uncooked pearl barley (higher in fiber; increase liquid and cooking time; especially to replace short-grain or medium-grain rice)
- $\frac{3}{4}$ cup (175 mL) uncooked hulled or whole-grain barley (higher in fiber; chewier; more complex flavor; increase liquid and cooking time)
- 1 cup (250 mL) uncooked bulgur (higher in fiber; chewier; more nutty flavor; increase liquid and cooking time)
- 1 $\frac{1}{3}$ cups (325 mL) uncooked wheat berries (higher in fiber; chewier; more nutty flavor; increase liquid and cooking time)
- 1 $\frac{1}{2}$ cups (375 mL) uncooked kasha (higher in fiber; chewier; more earthy flavor; increase liquid and cooking time)
- 1 $\frac{1}{4}$ cups (300 mL) uncooked rye berries (higher in fiber; chewier; more nutty flavor; increase liquid and cooking time)
- 1 cup (250 mL) uncooked Kamut® berries or groats (higher in fiber; chewier; more nutty flavor; increase liquid and cooking time)
- 1 $\frac{1}{3}$ cups (325 mL) uncooked triticale berries or groats (higher in fiber; chewier; more nutty flavor; increase liquid and cooking time)
- 1 $\frac{1}{3}$ cups (325 mL) uncooked spelt berries or groats (higher in fiber; chewier; more nutty flavor; increase liquid and cooking time)

See also WILD RICE; VARIETIES OF RICE (PAGE 664).

Rice Bran

Bran is the outer cuticle layers and germ directly beneath the hull that remain intact in brown rice but are stripped off when white rice is polished. Rice bran has a sweet, nutty flavor and is rich in vitamins, minerals, and fiber.

12 oz (375 g) =
3 cups (750 mL)

Rice Cake

Packaged snack discs prepared from puffed rice and a variety of flavorings. A favorite among dieters.

Rice Cooker

Electrical pot specially designed to cook rice and keep it warm until serving time. In general, all ingredients are combined using 10 to 20% less liquid than you would using the top-of-the-range method (use $\frac{1}{4}$ to $\frac{1}{2}$ cup/50 to 125 mL less per cup/250 mL of rice).

Rice Cracker

Crisp Asian snack crackers prepared from rice flour, often seasoned with soy sauce, seaweed, chilies, or many other flavorings.

Rice Flour

If You Don't Have It

Substitute 1 cup (250 mL) rice bran with:

- 1 cup (250 mL) oat bran
- 1 cup (250 mL) wheat bran
- 1 cup (250 mL) wheat germ

If You Don't Have It

Substitute 1 rice cake with:

- $\frac{1}{2}$ cup (125 mL) popcorn

If You Don't Have It

Substitute a rice cooker with:

- saucepan with a tight-fitting lid (use 10 to 20% more liquid or $\frac{1}{4}$ to $\frac{1}{2}$ cup/60 to 125 mL more per cup/250 mL of rice)
- pressure cooker (reduce liquid by 20% and reduce cooking time by 60 to 70%)

If You Don't Have It

Substitute 1 lb (500 g) rice crackers with:

- 1 lb (500 g) crisp lavash
- 1 lb (500 g) water crackers
- 1 lb (500 g) bagel chips
- 1 lb (500 g) tortilla chips
- 1 lb (500 g) potato chips
- 1 lb (500 g) sweet potato or other vegetable chips
- 1 lb (500 g) pretzels

See RICE FLOUR, SWEET; CHOOSING AMONG WHOLE-GRAIN AND ALTERNATIVE FLOUERS (PAGE 648).

Rice Flour, Sweet

Also known as glutinous rice flour, mochi flour, mochiko, and sweet rice powder. Made from highly starchy varieties of glutinous rice, this flour is used in many Asian countries as the base for dumplings and other sweets. Also an excellent thickener that, like tapioca, doesn't separate after freezing and thawing.

Rice Milk

Liquid extracted from cooked rice and used as a dairy substitute.

Rice Noodles

Also known as ngo om. This green herb with long oval leaves and a sawtooth edge (*Limnophila aromatica*) thrives in wet rice paddies. It is widely used in South Vietnamese soups for its sharp lemony aroma and whiffs of cumin.

Rice Paper

Also known as spring roll wrappers. Southeast Asian circular or triangular shaped sheets made from rice flour and water. They

If You Don't Have It

Substitute 1 tbsp (15 mL) sweet rice flour (for thickening) with:

- 1½ to 2 tbsp (22 to 30 mL) quick-cooking tapioca (does not separate when frozen)
- 2 tsp (10 mL) arrowroot powder (separates when frozen)
- 2 to 3 tbsp (30 to 45 mL) kudzu powder (separates when frozen)
- 1 tbsp (15 mL) cornstarch (separates when frozen)
- 2 tbsp (30 mL) instant or all-purpose flour (cook a few minutes after thickening to cook out raw flour taste; separates when frozen)
- 2 tsp (10 mL) potato starch or instant mashed potato flakes (separates when frozen)

If You Don't Have It

Substitute 1 cup (250 mL) rice milk with:

- 1 cup (250 mL) almond milk
- 1 cup (250 mL) oat milk
- 1 cup (250 mL) sweetened soy milk
- 1 cup (250 mL) cow's milk
- 1 cup (250 mL) acidophilus milk (adds beneficial enzymes)
- 1 cup (250 mL) lactose-free milk (for the lactose intolerant)
- 1 cup (250 mL) goat's milk (for the lactose intolerant; more tangy taste than cow's milk)

See A SNAPSHOT OF ASIAN NOODLES (PAGE 656).

If You Don't Have It

Substitute 1 cup (250 mL) rice milk with:

- 1 cup (250 mL) almond milk
- 1 cup (250 mL) oat milk
- 1 cup (250 mL) sweetened soy milk
- 1 cup (250 mL) cow's milk
- 1 cup (250 mL) acidophilus milk (adds beneficial enzymes)
- 1 cup (250 mL) lactose-free milk (for the lactose intolerant)
- 1 cup (250 mL) goat's milk (for the lactose intolerant; more tangy taste than cow's milk)

If You Don't Have It

Substitute 1 lb (500 g) rice paper with:

- 1 lb (500 g) phyllo dough
- 1 lb (500 g) dumpling wrappers (thicker; round)
- 1 lb (500 g) thinly rolled fresh pasta (cut to desired shape)
- 1 lb (500 g) egg roll wrappers (thicker)

Rice Paper (cont'd)

are generally available dried and require soaking before using so they soften enough to allow them to be rolled up. The papers are used to wrap ingredients.

Ricer

Also known as a potato ricer. Looking like a garlic press on steroids, this lever-operated plunger forces cooked potatoes, carrots, turnips, or other soft foods through a perforated template to purée them.

Rice Sticks

Rice Vinegar

Rice Wine

Ricotta

The name means "re-cooked." This fresh Italian cheese is pleasantly granular and lightly sweet. In Italy, most ricottas are made by cooking the whey drained from producing mozzarella, provolone, or other cheeses. In the U.S., skim or whole milk is often added to the whey.

8 oz (250 g) =
1 cup (250 mL)

Ricotta Salata

Also known as canestrata. Ricotta that is allowed to drain more than the fresh version to become drier in texture. It is also salted.

1 lb (500 g) won ton skins (thicker)

1 lb (500 g) empanada wrappers (thicker; round)

If You Don't Have It

Substitute a ricer with:

- food mill

- hand-held potato masher

- medium-mesh sieve and back of wooden spoon

- electric mixer

- blender or food processor (not recommended for mashing potatoes and other starchy roots and tubers; results are too gummy)

See A SNAPSHOT OF ASIAN NOODLES (PAGE 656).

See CHOOSING VINEGAR (PAGE 674).

See MIRIN; SAKE.

If You Don't Have It

Substitute 1 oz (30 g) ricotta cheese with:

- 1 oz (30 g) Myzithra

- 1 oz (30 g) cottage cheese, puréed until smooth

- 1 oz (30 g) farmer cheese (firmer)

- 1 oz (30 g) pot cheese (firmer)

- 1 oz (30 g) hoop cheese (firmer)

- 1 oz (30 g) fromage blanc

- 1 oz (30 g) mashed firm tofu (for texture; much less flavorful)

If You Don't Have It

Substitute 1 oz (30 g) ricotta salata with:

- 1 oz (30 g) feta (stronger flavor; rinse to reduce saltiness)

- 1 oz (30 g) Manouri (creamier)

- 1 oz (30 g) Haloumi (may add mint flavor)

- 1 oz (30 g) aged Myzithra (to replace aged ricotta salata)

4 oz (125 g) = 1 cup
(250 mL) crumbled

- 1 oz (30 g) Cotija (may be soft or firm)
- 1 oz (30 g) Pecorino Romano (to replace aged ricotta salata; sharper flavor)
- 1 oz (30 g) Parmesan (to replace aged ricotta salata)

Ring Bologna

Also known as fleischwurst. This cooked beef and pork sausage is flexible enough to be shaped into a ring and narrow enough that slices fit on a single cracker. It is available in coarse and fine textures, and the Pennsylvania Dutch often reheat it and serve it with bread or potato salad.

Ring Dove

Ring Mold

Risotto Rice

Ritz Cracker

Roasted Red Pepper

Roasting Rack

A flat or adjustable V-shaped metal rack on which to hold meat or fowl above the bottom of the roasting pan. Because hot air can circulate, the entire roast browns and crisps evenly.

If You Don't Have It

Substitute 1 lb (500 g) ring bologna with:

- 1 lb (500 g) bologna (softer, wider, and finer texture)
- 1 lb (500 g) mortadella (softer and wider with cubes of pork fat and garlic flavor)
- 1 lb (500 g) knackwurst (softer)
- 1 lb (500 g) Kielbasa (softer)

For Better Health

Substitute 1 lb (500 g) ring bologna with:

- 1 lb (500 g) chicken or turkey ring bologna (lower in fat and calories)

See also BOLOGNA; LEBANON BOLOGNA

See SQUAB.

See PAN SIZE EQUIVALENTS (PAGE 678).

See VARIETIES OF RICE (PAGE 664).

See CRACKER.

See BELL PEPPER, ROASTED RED.

If You Don't Have It

Substitute a roasting rack with:

- upper oven rack with pan set on lower oven rack
- cooling rack set in roasting pan or rimmed baking sheet

Robiola Lombardia

A creamy cow's milk cheese that originated in the Lombardy town of Robbio.

Robiola Piemonte

Also known as Robiola di Roccaverano. A well-known variation of Robiola Lombardia, named after a village in Piedmont, is made from goat's milk, sheep's milk, cow's milk or sometimes a mixture of the trio.

Rocambole

Rochebaron

Rock and Rye

This is a citrus liqueur that's based on rye whiskey. A piece of rock candy floats in every bottle.

Rock Candy

Rock Cornish Hen

Rocket

Rockfish

Rock Lobster

Rock Salt

Rock Sugar

Rocoto Chile

If You Don't Have It

Substitute 1 oz (30 g) Robiola Lombardia with:

- 1 oz (30 g) Taleggio
- 1 oz (30 g) Reblochon
- 1 oz (30 g) Pont-l'Évêque

See also ROBIOLA PIEMONTE.

If You Don't Have It

Substitute 1 oz (30 g) Robiola Piemonte:

- 1 oz (30 g) caprini or creamy young chèvre
- $\frac{1}{2}$ oz (15 g) ricotta + $\frac{1}{2}$ oz (15 g) mascarpone, blended
- 1 oz (30 g) Petit Suisse

See also ROBIOLA LOMBARDIA.

See GARLIC.

See MONTBRIAC.

If You Don't Have It

Substitute 2 tbsp (30 mL) rock and rye with:

- 2 tbsp (30 mL) Southern Comfort

See SUGAR, ROCK.

See CHICKEN.

See ARUGULA.

See OCEAN PERCH; STRIPED BASS.

See SPINY LOBSTER.

See TRADING SALTS (PAGE 668).

See SUGAR, ROCK.

See CHOOSING FRESH CHILES (PAGE 640).

Roe

See CHANGING ROE (PAGE 666).

Rolled Barley

See BARLEY FLAKES.

Rolled Oats

See OATS, OLD-FASHIONED.

Rolling Pin

A solid, heavy cylindrical tool used primarily to roll dough but also to crush crackers, flatten cutlets, and perform other tasks. Pins are fashioned from wood, marble, ceramic, glass, and plastic.

Romaine Lettuce

Also known as *Cos* lettuce. Leaf of choice for the classic Caesar salad.

1 lb (500 g) =
6 cups (1.5 L) pieces

If You Don't Have It

Substitute 1 lb (500 g) Romaine lettuce with:

- 1 lb (500 g) crisphead lettuce such as Iceberg, Great Lakes, or Imperial (rounder, crisper leaves; less flavorful; more watery)
- 1 lb (500 g) butterhead lettuce such as Bibb or Boston (smaller, more tender leaves; less watery)
- 8 oz (250 g) leaf lettuce such as oak or lollo (smaller, more tender leaves; less watery)
- 8 oz (250 g) mâche (tender leaves; bittersweet, slightly nutty flavor)

Romanesco

Also known as *broccoli romanesco*. Similar to broccoflower but with beautiful conical florets in the repeating shape of a fractal. The plant thrives in Italy between Rome and Naples but doesn't do as well in California.

1 lb (500 g) fresh =
2½ to 3 cups (625 to 750 mL) florets = 1½ to 2 cups (375 to 500 mL) chopped

If You Don't Have It

Substitute 1 lb (500 g) broccoli Romanesco with:

- 1 lb (500 g) Broccoflower (very similar, but with round florets)
- 1 lb (500 g) cauliflower (white color; stronger cabbage flavor)
- 1 lb (500 g) broccoli (darker green color; softer texture; stronger flavor)
- 8 oz (250 g) cauliflower + 8 oz (250 g) broccoli (stronger flavor)

Romano

Also known as Pecorino Romano. A style of pungent, hard Italian grating cheese produced from sheep's milk.

If You Don't Have It

Substitute 1 oz (30 g) Romano cheese with:

- 1 oz (30 g) Parmesan (slightly milder)
- 1 oz (30 g) Grana Padano
- 1 oz (30 g) aged Asiago (slightly sweeter)
- 1 oz (30 g) aged Manchego (milder)
- 1 oz (30 g) dry Jack cheese (more nutty)

Romano Varieties

Choose 1 oz (30 g) Romano cheese from these varieties:

- 1 oz (30 g) Pecorino Romano (made with sheep's milk; sharp, salty, delicate fruity aromas)
- 1 oz (30 g) Caprino Romano (made with goat's milk; sharper than Pecorino Romano)
- 1 oz (30 g) Vacchino Romano (made with cow's milk; much milder than Pecorino Romano)

For Better Health

Substitute 1 oz (30 g) Romano cheese with:

- 1 oz (30 g) Sapsago (lower in fat and calories; more herbal flavor)

See also PECORINO.

Romeritos

Although they look like rosemary (romeritos means "little rosemary" in Spanish), these acidic little greens (*Suaeda torreyana*) taste closer to purslane. They form the basis of a dish of shrimp fritters with mole sauce traditionally served at Christmas and Lent in Mexico.

If You Don't Have It

Substitute 1 lb (500 g) romeritos with:

- 1 lb (500 g) purslane
- 1 lb (500 g) sorrel
- 1 lb (500 g) spinach

Romesco

Spain's answer to Italy's pesto, romesco features almonds, hazelnuts, roasted garlic, roasted peppers (and sometimes roasted tomatoes), olive oil, vinegar, and fresh bread puréed to a coarse red-orange sauce. Traditionally, romesco

If You Don't Have It

Substitute $\frac{1}{2}$ cup (125 mL) romesco with:

- $\frac{1}{2}$ cup (125 mL) Homemade Romesco: Halve lengthwise, core and seed 3 plum tomatoes and 2 red bell peppers and place on a baking sheet cut sides down. Slice a head of garlic in half through its equator and put the bottom half on the baking sheet cut side up (discard top half or save for another use). Drizzle the vegetables with 2 tbsp (30 mL) olive oil and roast at 400°F (200°C) until garlic is browned and tomato and pepper skins are partially charred, 1 hour. Cover with foil and let stand 15 minutes. Squeeze the garlic from its

is made with dried ñora peppers, a mild Spanish chile often smoked or sundried and to make Spanish pimentón (smoked paprika). A similar sauce known as Savitxada is made with garlic-rubbed toast instead of fresh bread and traditionally served at spring onion festivals (*calçotades*) in Valls, Spain.

skin into a food processor or blender. Peel the tomatoes and peppers and add to the processor. Meanwhile, tear open 1 oz (30 g) Nora peppers (4 to 5) or 1 large ancho chile and discard seeds. Toast the chile in 1 tbsp (15 mL) olive oil for 15 seconds per side then soak in hot water for 30 minutes. Toast $\frac{1}{4}$ cup (60 mL) blanched or sliced almonds (preferably Marcona) and $\frac{1}{4}$ cup (60 mL) blanched hazelnuts in the same pan then transfer to the processor with the oil. Transfer the chile to the processor (reserve soaking water) along with $\frac{1}{4}$ cup (60 mL) olive oil, 2 tbsp (30 mL) sherry vinegar or red wine vinegar, 1 large slice (1 oz/30 g) torn country bread (crust removed), 1 tsp (5 mL) pimentón or smoked paprika, and 1 tsp (5 mL) salt. Process to a coarse purée, adding chile soaking water as necessary to make thick, spoonable sauce. Makes about $2\frac{1}{2}$ cups (625 mL).

To Vary the Flavor

Substitute $\frac{1}{2}$ cup (125 mL) romesco with:

- $\frac{1}{2}$ cup (125 mL) pesto (seasoned basil and pine nut purée)
- $\frac{1}{2}$ cup (125 mL) tapenade (seasoned olive purée)

Rondelé

A Wisconsin brand of European-style soft cheeses.

8 oz (250 g) =
1 cup (250 mL)

Rooibos

Root Beer

Originally, this foamy beverage was prepared with sassafras. Today it is a blend of anise, cinnamon, cloves, ginger, juniper, licorice, lemon oil, orange oil, sarsaparilla, vanilla, and wintergreen.

Root Vegetables

If You Don't Have It

Substitute 1 oz (30 g) Rondelé with:

- 1 oz (30 g) boursin
- 1 oz (30 g) Alouette
- 1 oz (30 g) herbed cream cheese + $1\frac{1}{2}$ tsp (7 mL) softened butter

See TEA.

If You Don't Have It

Substitute 1 cup (250 mL) root beer with:

- 1 cup (250 mL) birch beer
- 1 cup (250 mL) cola (less aromatic)
- 1 cup (250 mL) ginger beer (sharper flavor)

See SPECIFIC TYPES.

Roquefort

Genuine French Roquefort takes its blue cheese character from sheep's milk, naturally occurring Penicillium roqueforti bacteria, and the constant conditions of the aging caves.

4 oz (125 g) =
1 cup (250 mL) crumbled

Rose

Rose Apple

Also known as Malabar plum. The crisp, juicy flesh of this pear-shaped fruit (*Syzygium jambos*) tastes similar to Asian pears with a hint of bitterness and a rose-like aroma.

Rose Essence

A far more concentrated form of rose water, which Indian cooks use to flavor beverages and desserts.

Rose Hip, Dried

Also known as rose haw. Even when dried, the nutrient-rich fruit of the rose plant contains about 2000 mg of vitamin C in just 3½ ounces (105 g).

If You Don't Have It

Substitute 1 oz (30 g) Roquefort with:

- 1 oz (30 g) Gorgonzola
- 1 oz (30 g) Maytag Blue
- 1 oz (30 g) Stilton
- 1 oz (30 g) Cashel Blue
- 1 oz (30 g) Fourme d'Ambert
- 1 oz (30 g) Bleu d'Auvergne
- 1 oz (30 g) Bleu des Causses
- 1 oz (30 g) Danish Blue

See PICKING EDIBLE FLOWERS (PAGE 650).

If You Don't Have It

Substitute 1 lb (500 g) rose apples with:

- 1 lb (500 g) Asian pears + ¼ tsp (1 mL) rose water
- 1 lb (500 g) tart, crisp apples + ¼ tsp (1 mL) rose water

If You Don't Have It

Substitute 1 tsp (5 mL) rose essence with:

- 1 tbsp (15 mL) rose water
- 2 tbsp (30 mL) rose syrup (sweeter; reduce liquid in recipe by a scant 2 tbsp/30 mL if necessary)

To Vary the Flavor

Substitute 1 tsp (5 mL) rose essence with:

- 1 tbsp (15 mL) other flower-based water such as orange flower water
- 1 to 1½ tsp (5 to 7 mL) almond or vanilla extract

See also ROSE SYRUP; ROSE WATER.

If You Don't Have It

Substitute 1 cup (250 mL) dried rose hips with:

- 1 cup (250 mL) dried hibiscus flowers
- 1 cup (250 mL) Red Zinger herbal tea bags (adds rose hips, peppermint, and other herbs)

Rose Hip, Fresh

The red-orange fruits of the rose plant make delicious sweet-tart jams, pies, and syrups with a rosé color and aromatic apple-like flavor. According to Liz Druitt, author of *The Organic Rose Garden*, the species with the best tasting hips are Rosa canina, Rosa rugosa rubra, Hansa, Old Blush, and Dortmund.

Roselle

Rosemary

When you purchase fresh rosemary for a recipe and don't use all of it, you can easily dry or freeze the remainder for future use. Wash the branches and dry thoroughly on a towel. Place in a small paper bag to dry in a cool pantry or place in a resealable bag and store in the freezer.

Rose Syrup

Also known as rose-scented syrup. Essence of rose combined with a sugar syrup. This floral sweetener is used in the Middle East, India, and Southeast Asia in desserts and beverages.

Rose Water

In the Middle East, India, and China, this intense distillation of rose petals is used as a food flavoring.

If You Don't Have It

Substitute 1 cup (250 mL) fresh rose hips with:

- 1 cup (250 mL) fresh acerola
- 1 cup (250 mL) red currants
- 1 cup (250 mL) pitted cherries

See HIBISCUS.

If You Don't Have It

Substitute 1 tbsp (15 mL) chopped fresh rosemary with:

- 1 to 2 tsp (5 to 10 mL) crushed dried rosemary

To Vary the Flavor

Substitute 1 tbsp (15 mL) chopped fresh rosemary with:

- 2 tsp (10 mL) chopped fresh sage or thyme
- 1 tbsp (15 mL) chopped fresh summer savory
- 1 tbsp (15 mL) chopped fresh basil or oregano

If You Don't Have It

Substitute 1 tbsp (15 mL) rose syrup with:

- 1½ tsp (7 mL) rose water (less sweet)
- ½ tsp (2 mL) rose essence (less sweet)

To Vary the Flavor

Substitute 1 tbsp (15 mL) rose syrup with:

- 1 tbsp (15 mL) other flavored syrup, such as almond, hazelnut, orange, or vanilla

See also ROSE ESSENCE; ROSE WATER.

If You Don't Have It

Substitute 1 tsp (5 mL) rose water with:

- ¼ to ½ tsp (1 to 2 mL) rose essence
- 2 tsp (10 mL) rose syrup (sweeter)

Rose Water (cont'd)

To Vary the Flavor

Substitute 1 tsp (5 mL) rose water with:

- 1 to 2 tbsp (15 to 30 mL) Parfait d'Amour (adds rose, orange, and vanilla aromas, sweetness, and alcohol)
- 1 to 2 tbsp (15 to 30 mL) crème de rose (adds rose and vanilla aromas, sweetness, and alcohol)
- 1 to 2 tbsp (15 to 30 mL) crème de violette (adds violet flower aroma, sweetness, alcohol, and purple color)
- 1 tsp (5 mL) flower-based water such as orange flower water
- $\frac{1}{4}$ to $\frac{1}{2}$ tsp (1 to 2 mL) vanilla or almond extract

See also ROSE ESSENCE; ROSE SYRUP.

Rotary Beater

In The Eggbeater Chronicles, by collectibles author Don Thornton, you'll find a history and pictorial guide to more than 700 different eggbeater designs, including water-powered, glass plunger, and rotary cranked models.

Roti

Indian whole wheat flatbread cooked on a griddle. When the roti is held over an open flame for a few seconds to complete cooking, it puffs like a balloon.

If You Don't Have It

Substitute a rotary beater with:

- whisk
- fork
- pastry blender
- electric mixer

If You Don't Have It

Substitute 1 roti with:

- 1 chapati (flatbread made with whole wheat flour and little or no fat)
- 1 paratha (griddle-cooked whole wheat flatbread with fat in the dough; richer; more flaky)
- 1 poori (deep-fried flatbread made with whole wheat flour; crispier)
- 1 naan (more puffy flatbread made from refined wheat flour and cooked on the walls of a tandoor or clay-lined oven; sometimes flavored with garlic, herbs, or other aromatics)
- 1 whole wheat pita bread (similar to naan)
- 1 whole wheat flour tortilla

See also CHAPATI.

Rotisserie

A cooking implement that automates the ancient method of slowly revolving meat or poultry over heat to roast and baste simultaneously.

If You Don't Have It

Substitute a rotisserie with:

- stationary roasting rack and very frequent turning (food may be less moist and less evenly browned; save yourself the trouble and get a rotisserie)

Roucou

See ANNATTO SEED.

Roux

A cooked mixture of flour and fat used for thickening sauces, soups, and stews. White roux and blond roux — cooked until slightly golden — are made with butter and used for delicately colored dishes. Brown roux can be made with butter or the drippings from pork or beef roasts. Cooked to a walnut color, brown roux is used for more robust soups and sauces. In Creole and Cajun roux, lard is often used and the mixture may be cooked for an hour or until very dark and deeply flavored.

If You Don't Have It

Substitute $\frac{1}{2}$ cup (125 mL) roux with:

- $\frac{1}{2}$ cup (125 mL) beurre manié ($\frac{1}{4}$ cup/60 mL softened butter + $\frac{1}{4}$ cup/60 mL flour, kneaded together; less flavorful)
- $\frac{1}{4}$ cup (60 mL) instant flour (less flavorful)
- $\frac{1}{4}$ cup (60 mL) all-purpose flour + $\frac{1}{2}$ cup (125 mL) cold water, whisked together (less flavorful)
- 2 tbsp (30 mL) cornstarch, potato starch, or rice starch + $\frac{1}{4}$ cup (60 mL) cold water, whisked together (less flavorful)
- 3 tbsp (45 mL) arrowroot + $\frac{1}{4}$ cup (60 mL) cold water, whisked together (less flavorful)
- 4 tsp (20 mL) instant mashed potato flakes (less flavorful)
- 5 tbsp (75 mL) tapioca starch + $\frac{1}{2}$ cup (125 mL) cold water, whisked together (less flavorful)
- $\frac{1}{4}$ cup (60 mL) cornmeal (adds mild corn flavor)

Roux Varieties

Choose $\frac{1}{2}$ cup (125 mL) roux from these varieties:

- $\frac{1}{2}$ cup (125 mL) white roux (cooked until beige and not browned; best for light or cream-based sauces and soups)
- $\frac{1}{2}$ cup (125 mL) blond roux (cooked until golden or lightly browned; slightly more flavorful than white roux; best for light or cream-based sauces and soups)
- $\frac{1}{2}$ cup (125 mL) brown roux (cooked until deeply browned and richly toasted or nutty in flavor and aroma; best for dark sauces, soups, and stews)

Royal Ann Cherry

See CHERRY.

Royal Cumin

See CUMIN.

Royal Icing

Stiff, meringue-based icing used to decorate cookies and cakes and glue together gingerbread houses.

If You Don't Have It

Substitute 1 cup (250 mL) Royal Icing with:

1 cup (250 mL) Homemade Royal Icing: Put 4 cups (1 L) confectioner's (icing) sugar, 3 tbsp (45 mL) meringue powder, and $\frac{1}{3}$ cup (75 mL) warm water in the bowl of a mixer. Add 1 tsp (5 mL) vanilla, other flavoring, and/or food coloring if you like. Beat until stiff peaks form when beaters are lifted, 7 to 10 minutes. You can also replace the meringue powder and water with 3 oz (90 g) pasteurized egg whites or 3 raw egg whites from a trusted source, gently beating the whites first then adding the sugar and flavorings/colorings, and beating until stiff. Makes about 3 cups (750 mL).

Royal Icing (cont'd)

- 1 cup (250 mL) Homemade Egg-Free Royal Icing: Dissolve $\frac{1}{4}$ oz (7 g) unflavored gelatin in a $1\frac{1}{4}$ cups (300 mL) hot water and let stand until cool but not set. Place $\frac{1}{4}$ cup (60 mL) of mixture in the bowl of a mixer and beat for 2 minutes. Add 4 cups (1 L) confectioner's (icing) sugar, 1 tsp (5 mL) vanilla, other flavoring, and/or food coloring and beat until stiff peaks form when beaters are lifted, 7 to 10 minutes. Makes about 3 cups (750 mL).

Rubber Spatula

See SPATULA.

Ruby Port

See PORT.

Rum

Fermented sugarcane juice that is distilled and aged. May be flavored with spices or tropical fruits.

If You Don't Have It

Substitute 2 tbsp (30 mL) rum with:

- $\frac{3}{4}$ to 1 tsp (3 to 5 mL) rum extract or brandy extract + 2 tbsp (30 mL) apple cider or water
- 2 tbsp (30 mL) brandy
- 2 tbsp (30 mL) bourbon

Rum Varieties

Choose 2 tbsp (30 mL) rum from these varieties:

- 2 tbsp (30 mL) light, white, or silver rum (colorless; light body; light, dry flavor)
- 2 tbsp (30 mL) flavored rum, such as coconut rum (colorless; light body; lightly sweet flavor infused with tropical aromas such as coconut)
- 2 tbsp (30 mL) gold or amber rum (amber color; medium body; aged longer than light rum; more flavorful and less harsh-tasting than white rum)
- 2 tbsp (30 mL) añejo rum (similar to gold or amber rum but aged longer)
- 2 tbsp (30 mL) spiced rum (colorless or amber color; light to medium body; flavored with spices such as vanilla)
- 2 tbsp (30 mL) dark rum (dark amber color; medium to full body; aged longer than gold or amber rum; more complex, molasses-like flavor than gold or amber rum; Jamaican rum is a dark rum)
- 2 tbsp (30 mL) Demerara rum (dark amber color; medium to full body; more complex flavor than white or amber rum; may be higher in alcohol than other dark rums)

See also RUM EXTRACT.

Rumberry

See GUAVABERRY LIQUEUR.

Rum Extract

Good for adding rum flavor — with only a trace amount of the alcohol found in rum — to cakes, pies, breads, and savory fruit dishes.

Runner Bean

Rusk

Russian Black Bread

Russian Easter Bread

Rutabaga

Also known as Canadian, Russian, Swedish, and yellow turnip. The Rodney Dangerfield of the vegetable world, this golden globe root vegetable deserves far more respect in the kitchen than it gets. Newly harvested sweet rutabagas are delightful tossed into salads and stir-fries. The vegetable may also be steamed, mashed, sautéed, or roasted until caramelized.

1 medium = 1½ to 2 lbs
 (750 g to 1 kg) =
 4 to 5 cups
 (1 to 1.25 L) cubed

If You Don't Have It

Substitute 1 tsp (5 mL) rum extract with:

- 2 to 3 tbsp (30 to 45 mL) rum (omit 2 to 3 tbsp/30 to 45 mL liquid from recipe if necessary)

To Vary the Flavor

Substitute 1 tsp (5 mL) rum extract with:

- 1 tsp (5 mL) brandy extract
- 1 tsp (5 mL) vanilla extract

See PEAS, SHELLING.

See ZWIEBACK.

See BLACK BREAD.

See KULICH.

If You Don't Have It

Substitute 1 cup (250 mL) chopped rutabaga with:

- 1 cup (250 mL) chopped turnips (sweeter)
- 1 cup (250 mL) chopped broccoli stems (sweeter, milder)
- 1 cup (250 mL) chopped kohlrabi bulb (sweeter, milder)
- 1 cup (250 mL) chopped Asian radishes such as daikon (more peppery)
- 1 cup (250 mL) chopped black radishes (much sharper and hotter flavor)

Rye Bread

Dark, hearty breads made from rye flour (often with some wheat flour) are preferred in northeastern Europe, Scandinavia, and in parts of North America settled by immigrants from these areas. The characteristic acidic flavor comes from the sourdough leavening.

Rye Flour

Rye Whiskey

If You Don't Have It

Substitute 1 lb (500 g) rye bread with:

- 1 lb (500 g) pumpernickel bread
- 1 lb (500 g) limpa bread (more aromatic)
- 1 lb (500 g) Russian black bread

See CHOOSING AMONG WHOLE-GRAIN AND ALTERNATIVE FLOURS (PAGE 648).

See WHISKEY.

Saan Choi to Szechuan Pepper

Saan Choi

See also BASELLA.

Saanen

A Swiss cheese of amazing longevity, sometimes edible for 200 years. Traditionally, a child's birth is commemorated with an individual saanen cheese. Tiny pieces are consumed on special occasions during the person's lifetime. In some cases, the cheese outlives the person.

4 oz (125 g) =
1 cup (250 mL) grated

Sablefish

Also known mistakenly as Alaska cod, black cod, and butterfish. Neither butterfish nor cod, this oily Pacific Northwest fish is excellent for smoking. Often sold as smoked black cod.

If You Don't Have It

Substitute 1 oz (30 g) Saanen with:

- 1 oz (30 g) Sbrinz
- 1 oz (30 g) Spalen or Sparen
- 1 oz (30 g) aged Asiago
- 1 oz (30 g) Parmesan (slightly sharper)
- 1 oz (30 g) Grana Padano (slightly sharper)
- 1 oz (30 g) dry Jack cheese (more nutty flavor)

For Better Health

Substitute 1 oz (30 g) Saanen with:

- 1 oz (30 g) Sapsago (more herbal flavor; lower in fat)

If You Don't Have It

Substitute 1 lb (500 g) sablefish with:

- 1 lb (500 g) black cod
- 1 lb (500 g) butterfish
- 1 lb (500 g) mackerel
- 1 lb (500 g) whitefish
- 1 lb (500 g) salmon
- 1 lb (500 g) blackfish
- 1 lb (500 g) grouper
- 1 lb (500 g) smoked black cod (cured fish; adds smoke flavor)

See also BLACK COD; BUTTERFISH.

Sabra Liqueur

From Israel, a chocolate-orange sweetened spirit.

Saenkanter

Safflower

Also known as *bastard saffron*, *false saffron*, and *kasubha*. Related to sunflowers and thistles, the stunning orange flowers of this plant have long been substituted for the much more expensive saffron.

Safflower Oil

Saffron

This most expensive of seasonings is found in the orange red stigmas of the crocus flower. It takes 70,000 flowers — the stigmas of which must be harvested by hand — to yield a pound of saffron. Saffron has a spicy aroma, pleasantly bitter flavor, and a gorgeous red gold hue.

10 to 15 threads =
pinch = $\frac{1}{8}$ to $\frac{1}{4}$ tsp
(0.5 to 1 mL) powder

If You Don't Have It

Substitute 2 tbsp (30 mL) Sabra liqueur with:

- 2 tbsp (30 mL) orange liqueur (omits chocolate flavor)
- 2 tbsp (30 mL) crème de cacao (sweeter)
- 2 tbsp (30 mL) Cheri Suisse (combines chocolate and cherry flavors)
- 2 tbsp (30 mL) Vandermint (combines chocolate and mint flavors)
- 2 tbsp (30 mL) Tiramisù liqueur (combines chocolate, coffee, and almond flavors)

See also ORANGE LIQUEUR.

See GOUDA.

If You Don't Have It

Substitute 1 tsp (5 mL) crushed dried safflower florets with:

- $\frac{1}{2}$ tsp (2 mL) turmeric + $\frac{1}{2}$ tsp (2 mL) mild paprika (for yellow orange color; adds more pungent flavor)
- 1 to $1\frac{1}{2}$ tsp (5 to 7 mL) annatto seeds (for yellow orange color; steep the seeds in hot water or oil liquid until richly colored then drain and use the colored liquid, discarding the seeds)
- 2 drops yellow food coloring + 1 drop red food coloring mixed into water or other liquid in the recipe (for yellow orange color)
- 10 to 15 crushed saffron threads (for yellow orange color; adds earthy, floral aromas; much more expensive)

See also SAFFRON.

See SUBSTITUTING OILS (PAGE 658).

If You Don't Have It

Substitute 10 to 15 crushed saffron threads with:

- 1 tsp (5 mL) crushed dried safflower florets (for yellow orange color; much milder, less complex aroma; much less expensive)
- $\frac{1}{2}$ tsp (2 mL) turmeric + $\frac{1}{2}$ tsp (2 mL) mild paprika (for yellow orange color; adds more pungent flavor)
- 1 to $1\frac{1}{2}$ tsp (5 to 7 mL) annatto seeds (for yellow orange color; steep the seeds in hot water or oil liquid until richly colored then drain and use the colored liquid, discarding the seeds)
- 2 drops yellow food coloring + 1 drop red food coloring mixed into water or other liquid in the recipe (for yellow orange color)

See also SAFFLOWER; TURMERIC.

Saga Blue

A luxurious Danish double- or triple-crème cheese with subtle blue veining, mellow flavor, and an edible white rind.

Sage

An evergreen perennial of the mint family, this robustly flavored herb worked its way into European kitchens in the 16th century.

1 oz (30 g) rubbed sage =
1 cup (250 mL)
1 oz (30 g) ground sage =
 $\frac{1}{4}$ cup (60 mL)

Sage Derby

Sago

A light starch used for thickening, obtained from sago and other palms. It is processed into flour, meal, and pearls similar to tapioca. Most widely used in India, Southeast Asia, Central and South America, the Caribbean, and among native Australians.

If You Don't Have It

Substitute 1 oz (30 g) Saga blue with:

- 1 oz (30 g) Bleu de Bresse
- 1 oz (30 g) Cambozola
- 1 oz (30 g) Blue Castello
- 1 oz (30 g) Danish Blue
- 1 oz (30 g) Gorgonzola (more pungent, complex flavor)

If You Don't Have It

Substitute 1 tbsp (15 mL) chopped fresh sage with:

- 1 tsp (5 mL) dried sage
- 1 tbsp (15 mL) chopped fresh pineapple sage (adds pineapple aromas)

To Vary the Flavor

Substitute 1 tbsp (15 mL) chopped fresh sage with:

- 3 to 4 tsp (15 to 20 mL) chopped fresh summer savory
- 1 tbsp (15 mL) chopped fresh rosemary
- 3 to 4 tsp (15 to 20 mL) chopped fresh thyme, basil, or oregano
- 1 to 2 tsp (5 to 10 mL) poultry seasoning (sage and other herbs such as thyme and marjoram)

See DERBY.

If You Don't Have It

Substitute 1 tbsp (15 mL) sago flour or pearls (for thickening) with:

- 1 tbsp (15 mL) tapioca flour or pearls
- 2 tsp (10 mL) arrowroot powder
- 1 heaping tbsp (15 mL) all-purpose flour
- $1\frac{1}{2}$ tsp (7 mL) cornstarch, potato starch, or rice starch

Sahlab

Also known as *salep*. The starchy bulbs of certain orchids (*Orchis mascula*) dried and powdered to thicken and flavor Middle Eastern milk beverages of the same name. In Turkey, sahlab is a precious aphrodisiac also used to thicken *dondurma* (Turkish ice cream). “Behold the Satyrion root, is it not formed like the male privy parts?” wrote the 16th century Swiss toxicologist Paracelsus, “Accordingly, magic discovered it and revealed that it can restore a man’s virility and passion.”

Saint Agur

Creamy, spicy cow’s milk blue from Auvergne in south-central France. Delicious spread on raisin bread, with pears, or savored with a glass of Sauternes.

Saint Albray

This mild and spicy soft cheese made at the base of the French Pyrenees is instantly recognizable by the scalloped shape of its whitish red rind.

Saint André

Velvety French triple-crème cheese is delightful paired with ripe pineapple, mangoes, or other tropical fruits.

If You Don’t Have It

Substitute 1 tsp (5 mL) powdered sahlab (flour) with:

- 1 tsp (5 mL) cornstarch
- 1 to 1½ tsp (5 to 7 mL) arrowroot

If You Don’t Have It

Substitute 1 oz (30 g) Saint Agur with:

- 1 oz (30 g) Bleu d’Auvergne
- 1 oz (30 g) Bleu de Gex
- 1 oz (30 g) Fourme d’Ambert
- 1 oz (30 g) Cambozola
- 1 oz (30 g) Stilton

If You Don’t Have It

Substitute 1 oz (30 g) Saint Albray with:

- 1 oz (30 g) Camembert
- 1 oz (30 g) Brie
- 1 oz (30 g) Explorateur

If You Don’t Have It

Substitute 1 oz (30 g) Saint André with:

- 1 oz (30 g) Brillat-Savarin
- 1 oz (30 g) Explorateur
- 1 oz (30 g) Boursault
- 1 oz (30 g) Gratte-Paille

Sainte-Maure de Touraine

Log-shaped goat's cheese from central France that has straw in the center to aerate the cheese.

Saint John's Bread

Saint-Marcellin

A creamy, unpasteurized, natural-rind cheese made from cow's or goat's milk. Usually round in shape with a wrinkly, whitish rind. The young cheese varies in texture from runny to firm. The flavor is yeasty, nutty, and fruity.

Saint-Nectaire

A semisoft French cheese from Auvergne in south-central France. Patches of white, yellow, and red mold grow on the rind during cellar ripening.

Saint Paulin

Originally made by Trappist Monks, this is France's first pasteurized milk cheese. St. Paulin is a pleasant dessert or table cheese. It is creamy in texture but firm enough to slice. Beware of imitation cheeses that are encased in an inedible plastic rind.

1 lb (500 g) = 4 cups
(1 L) shredded

If You Don't Have It

Substitute 1 oz (30 g) Sainte-Maure de Touraine with:

- 1 oz (30 g) Crottin de Chavignol (soft to firm texture and mild to nutty flavor, depending on age)
- 1 oz (30 g) Selles-sur-Cher (semifirm texture; sweet, nutty flavor; covered with black ash)

See CAROB.

If You Don't Have It

Substitute 1 oz (30 g) Saint-Marcellin with:

- 1 oz (30 g) Banon

If You Don't Have It

Substitute 1 oz (30 g) Saint-Nectaire with:

- 1 oz (30 g) Tomme de Savoie
- 1 oz (30 g) Beaumont
- 1 oz (30 g) Reblochon

If You Don't Have It

Substitute 1 oz (30 g) Saint Paulin with:

- 1 oz (30 g) Port Salut
- 1 oz (30 g) Esrom
- 1 oz (30 g) Tilsit
- 1 oz (30 g) Havarti
- 1 oz (30 g) Oka
- 1 oz (30 g) Muenster

Sake

Japanese brewed alcoholic rice drink that plays a major role in the country's cuisine. It's ranked with soy sauce, miso, and dashi in terms of essential ingredients.

Sake Lees

Also known as *kasu*. The by-product of making sake, this fermented rice mash has a yeasty aroma and umami-rich flavor, and is often used in Japanese soups and marinades. The lees' texture is pliable like clay and it is formed into dough-like sheets or balls.

Salad Burnet

An herb with a cucumber aroma used in salads, to season vegetables, and brewed into tea.

2 oz (60 g) = 1½ cups
(375 mL) chopped

Salad Spinner

A utensil that makes quick, easy work of drying greens, herbs, and other delicate ingredients.

Salak

Also known as snake fruit. Fig-shaped fruit (*Salacca zalacca*) of a small palm tree native to Indonesia and Malaysia. Peeling

If You Don't Have It

Substitute ½ cup (125 mL) sake with:

- ½ cup (125 mL) Shaoxing wine
- ½ cup (125 mL) dry vermouth
- ½ cup (125 mL) dry sherry
- ½ cup (125 mL) flat beer (preferably lager)

If You Don't Have It

Substitute 1 cup (250 mL) sake lees with:

- 1 cup (250 mL) sake (for flavor only; texture is liquid instead of solid)

If You Don't Have It

Substitute 1 tbsp (15 mL) fresh salad burnet with:

- 1 tbsp (15 mL) fresh borage or country borage

If You Don't Have It

Substitute a salad spinner with:

- clean pillowcase (especially for large amounts of greens; shake or spin washed greens in pillowcase until dry)
- colander or large mesh strainer (wash greens in colander or strainer then cover with kitchen towel and shake over sink until dry)
- kitchen towels (wash greens, put on towel and pat dry with more towels)

If You Don't Have It

Substitute 1 lb (500 g) peeled and seeded salak with:

- 8 oz (250 g) peeled and cored apple + 8 oz (250 g) peeled and cored pineapple

away its scaly brown, snake-like skin reveals three lobes resembling garlic in texture and color but tart apple and pineapple in flavor.

Salamander

A tool used for caramelizing or browning the surface of certain dishes. It is a wooden-handled iron rod attached to a heavy iron disc that is heated until red hot. It's named for a mythical lizard said to survive in fire.

Salami

The Italian term for a variety of seasoned ground meat products, usually pork based, that are packed in casing. The three basic types are fresh, dry-aged, and cooked (cotto). Salt is probably the only ingredient common to all salami. Pepper, spices, and other seasonings are added depending upon individual formulas. The fineness of the grind, the amount of added fat, and whether or not the meat is marinated also affect the resulting product. Fresh salami, such as pork sausage (salsiccia), contains raw meat and must be cooked before eating. Dry-aged salami, such as finocchiona, are "cured" by hanging in dry, crisp air. Cotto or cooked salami, such as mortadella, are cooked but still must be refrigerated and eaten shortly after purchase.

Salak Varieties

Choose 1 lb (500 g) salak from these varieties:

- 1 lb (500 g) Pondoh (pungent aroma)
- 1 lb (500 g) Bali (less aromatic; slightly tart)
- 1 lb (500 g) Gula Pasir (sweeter; smaller)

If You Don't Have It

Substitute a salamander with:

- broiler
- blowtorch (especially for crème brûlée)

If You Don't Have It

Substitute 1 lb (500 g) salami with:

- 1 lb (500 g) pepperoni
- 1 lb (500 g) Spanish chorizo
- 1 lb (500 g) cured Portuguese chouriço or linguiça
- 1 lb (500 g) prosciutto
- 1 lb (500 g) summer sausage

Salami Varieties

Choose 1 lb (500 g) salami from these popular varieties:

- 1 lb (500 g) Milanese or Milano salami (made with pork and beef; gently seasoned with garlic and pepper)
- 1 lb (500 g) Genovese or Genoa salami (made with pork and veal; well-seasoned with pepper and garlic)
- 1 lb (500 g) Alessandri and alpino (made with pork; dry; coarse texture)
- 1 lb (500 g) finocchiona salami (made with pork; coarse texture; seasoned with fennel seeds)
- 1 lb (500 g) sopressata (made with pork; slightly flattened shape; dry and well-seasoned with pepper)
- 1 lb (500 g) Neapolitan or Napoli salami (made with pork and beef; long and thin; spicy with red and black pepper)
- 1 lb (500 g) Sardinian or Sardo salami (made with pork; spicy with red pepper)
- 1 lb (500 g) Calabrian or Calabrese sausage or salami (made with pork; short and squat; dry and spicy with red pepper)
- 1 lb (500 g) kosher salami (made only with beef; cooked; moist)

See also MORTADELLA; PEPPERONI.

Salep**Salicornia**

Also known as glasswort, samphire, sea bean, and sea pickle. A crunchy, juicy, salty-tasting green sea plant, salicornia shouldn't be confused with rock samphire, a different sea plant that grows along the coasts of France and the U.K.

Salmon

This delicious and healthful fish swims only in waters of the Northern Hemisphere. Once a prized game catch, it was typically caught in spring as it began its journey from the ocean upriver to the spot where it was born to lay its own eggs. Due to declining fish populations, in large part because of river pollution, salmon are now widely raised in fish farms. Most Atlantic salmon sold in North American markets is farmed. Pacific salmon comes mostly from Alaska, and may be farmed or wild-caught. Pacific includes several varieties such as Chinook, coho, sockeye, pink, and chum salmon, often categorized by season as spring, summer or fall salmon, according to when adults return to fresh water.

See SAHLAB.

If You Don't Have It

Substitute 1 lb (500 g) salicornia with:

- 1 lb (500 g) haricots verts or young green beans, dipped in boiling water for 10 to 20 seconds and salted (softer)
- 1 lb (500 g) thin asparagus, dipped in boiling water for 10 to 20 seconds and salted (softer)
- 1 lb (500 g) caper berries (for a briny garnish; softer)
- 1 lb (500 g) gherkins or very crisp pickles (for a briny garnish; softer)

If You Don't Have It

Substitute 1 lb (500 g) salmon with:

- 1 lb (500 g) trout
- 1 lb (500 g) char
- 1 lb (500 g) striped bass
- 1 lb (500 g) swordfish
- 1 lb (500 g) marlin
- 1 lb (500 g) tuna

Salmon Varieties

Choose 1 lb (500 g) salmon from these varieties:

- 1 lb (500 g) Chinook or king salmon (flesh is pale to deep red, high-fat, soft, and succulent with pronounced flavor)
- 1 lb (500 g) coho or silver salmon (flesh is pink to reddish orange, high-fat, and firm with rich flavor)
- 1 lb (500 g) sockeye, blueback, or red salmon (flesh is dark red, high-fat, and firm with strong flavor; often canned)
- 1 lb (500 g) pink or humpback salmon (flesh is pink, medium-fat, and firm with delicate flavor)
- 1 lb (500 g) chum or dog salmon (flesh is pale to bright orange, relatively low-fat, and firm with mild flavor)

To Vary the Flavor

Substitute 1 lb (500 g) salmon with:

- 1 lb (500 g) smoked salmon (cured fish; adds smoke flavor)

See also SALMON, CANNED; SMOKED SALMON; CHANGING ROE (PAGE 666).

Salmon, Canned

In 1985, the Alaska Seafood Marketing Institute promoted canned salmon by popularizing a salmon burger consisting of the canned fish mixed with mayonnaise, bread crumbs, and Parmesan cheese served on a hamburger bun.

6 oz (170 g) can =
 $\frac{2}{3}$ to $\frac{3}{4}$ cup
 (150 to 175 mL) drained

Salsa

Accordingly to culinary etymologist Mark Morton, the term salsa is a Medieval Latin word that originally meant “salty seasoning” and became the French word sauce. It is still Spanish for “sauce,” and in Mexico, salsa always includes chiles.

If You Don't Have It

Substitute 1 cup (250 mL) fresh salsa with:

- 1 cup (250 mL) spicy tomato chutney
- 1 cup (250 mL) spicy tomato relish
- 1 cup (250 mL) prepared taco sauce (smoother)
- 1 cup (250 mL) spicy tomato ketchup (smoother; sweeter)
- 1 cup (250 mL) refrigerated salsa (sold in tubs in the refrigerated produce section of many grocery stores)
- 1 cup (250 mL) jarred salsa + 1 tbsp (15 mL) chopped fresh cilantro + 1 tsp (5 mL) fresh lime juice

Salsa Varieties

Choose 1 cup (250 mL) salsa from these basic varieties:

- 1 cup (250 mL) Homemade Pico de Gallo (Fresh Tomato Salsa): Mix together 1 lb (500 g; about 2) seeded and finely chopped tomatoes, 2 to 3 seeded and finely chopped jalapeño peppers, 1 minced garlic clove, $\frac{1}{4}$ cup (60 mL) finely chopped and rinsed onion, $\frac{1}{4}$ cup (60 mL) chopped fresh cilantro, the juice of 2 small limes, and $\frac{1}{2}$ tsp (2 mL) salt. Makes about 2 cups (500 mL).
- 1 cup (250 mL) Homemade Mexican Salsa Verde: In a large hot skillet, pan-roast 1 lb (500 g) husked tomatillos, 1 whole unpeeled garlic clove, 3 cored and seeded jalapeño peppers (halved lengthwise), and 1 small white onion (halved) until the vegetables are lightly charred all over, 3 to 5 minutes per side. Transfer to a food processor or blender and add $\frac{1}{4}$ cup (60 mL) chopped fresh cilantro, 1 tsp (5 mL) salt, $\frac{1}{2}$ tsp (2 mL) sugar, and $\frac{1}{3}$ cup (75 mL) water. Process to a coarse purée, adding more water as necessary to create a loose, spoonable sauce. Makes about 2 cups (500 mL).
- 1 cup (250 mL) Salsa Ranchera: In a large hot skillet, pan-roast 2 lbs (1 kg; about 4 large) cored and seeded

To Vary the Flavor

Substitute 1 (6-oz/170 g) can salmon with:

- 1 (6-oz/170 g) can tuna
- 1 (6-oz/170 g) can mackerel

Salsa (cont'd)

tomatoes (halved lengthwise) and 5 cored and seeded serrano or 3 cored and seeded jalapeño peppers (halved lengthwise) until the vegetables are lightly charred all over, 3 to 5 minutes per side. Transfer to a food processor or blender and add 2 peeled and coarsely chopped garlic cloves. Process until slightly chunky. Sauté 2 tbsp (30 mL) minced fresh onion in 2 tbsp (30 mL) canola oil in a large skillet until soft, 2 to 3 minutes. Add the purée and boil over medium-high heat until the mixture reduces in volume by about half, scraping the pan bottom now and then. Season with $\frac{1}{2}$ tsp (2 mL) salt. Makes about 1½ cups (375 mL).

Salsiccia**Salsify**

Also known as oyster plant and white salsify. Looking like gnarled, hairy white carrots, this root tastes like delicate cooked artichoke heart. A related root, black salsify (also known as black oyster plant and scorzonera) is a dark brown-skinned, straighter root that tastes of coconut mixed with artichoke.

1 lb (500 g) fresh =
4 to 5 roots = 3 cups
(750 mL) chopped =
2 cups (500 mL) cooked

Salt

The most common salt is table salt, a fine-grain refined salt with additives that prevent it from clumping. The trace element iodine is often added to table salt, a practice that began as a preventive measure against hypothyroidism. Many cooks use table salt for baking and salt shakers but prefer Kosher and sea salts for cooking.

See SALAMI; SAUSAGE.

If You Don't Have It

Substitute 1 lb (500 g) salsify with:

- 1 lb (500 g) artichoke hearts
- 1 lb (500 g) sunchoke
- 1 lb (500 g) Chinese artichokes
- 1 lb (500 g) cardoons
- 1 lb (500 g) burdock
- 1 lb (500 g) parsnips
- 1 lb (500 g) arracacha

Salsify Varieties

Choose 1 lb (500 g) salsify from these varieties:

- 1 lb (500 g) salsify or white salsify (pale skin; multiple roots and hairy-looking rootlets; mild flavor reminiscent of artichoke hearts and sunchoke)
- 1 lb (500 g) scorzonera or black salsify (brown skin on a single root; slightly thicker and longer than white salsify; mild flavor reminiscent of artichoke hearts, coconut, and sunchoke)

If You Don't Have It

Substitute 1 tsp (5 mL) table salt with:

- 1 to 1½ tsp (5 to 7 mL) seasoned salt (adds other flavors such as paprika, onion, celery, and/or garlic)
- 1½ to 2 tsp (7 to 10 mL) Beau Monde® Seasoning (adds onion and celery flavors)
- 2 tsp (10 mL) soy sauce (adds dark color)
- 3 to 4 tsp (15 to 20 mL) anchovy paste (adds fish flavor)
- 1 tsp (5 mL) powdered dulse or other seaweed (adds briny flavor; for soups and stews)
- 2 tbsp (30 mL) yellow or shinshu miso (for sauces, soups and stews)

1 tsp (5 mL) table salt =
 1 tsp (5 mL) fine-grained sea salt = $1\frac{1}{8}$ to $1\frac{1}{2}$ tsp
 (5.5 to 7 mL) Kosher salt = $\frac{1}{4}$ oz (7 g)

1 lb (500 g) = 2 cups (500 mL) Kosher salt

4 to 6 tsp (20 to 30 mL) dark or hatcho miso (for sauces, soups and stews)

For Better Health

Substitute 1 tsp (5 mL) salt with:

- 1 to 2 tsp (5 to 10 mL) ground dried seaweed such as dulse
- 2 tsp (10 mL) Italian seasoning (usually salt-free)
- 2 tsp (10 mL) herbal salt substitute such as Mrs. Dash® (salt-free)
- 1 tsp (5 mL) salt substitute such as No Salt® or Lite Salt® (may contain some sodium and taste slightly bitter)
- 1 to 2 tbsp (15 to 30 mL) chopped fresh herbs (for flavor; bay leaf also enhances the savory flavor of low-sodium sauces and soups)
- 1 tsp (5 mL) lemon zest or juice (for flavor; especially good with vegetables)

See also HERBAL SALT SUBSTITUTE; SEASONED SALT; TRADING SALTS (PAGE 668).

Salt Block

Unrefined blocks of salt can be heated like stones and used as cookware or chilled and used as tableware.

Salt Cod

Also known as bacalao (Spanish), baccalà (Italian), and morue (French). Salting and partially drying cod started as a prerefrigeration method of preserving the fish. Not to be confused with stockfish, which is dried but not salted cod.

Salt-Cured Lemon

If You Don't Have It

Substitute a salt block with:

- a wood plank (for grilling)
- a hot flat stone (for cooking)
- a cold flat stone (for tableware)

If You Don't Have It

Substitute 1 lb (500 g) salt cod with:

- 1 lb (500 g) other salted and dried fish such as mackerel

See also COD.

Saltine

See PRESERVED LEMON.

See CRACKER.

Salt Mill

A device for grinding coarse salt. Look for types that have a grinder made from a substance other than carbon steel, which will corrode on contact with salt.

Salt Plank

Also known as pickled pork. A layer of pork belly fat with some lean streaks that is preserved by salting. Prior to refrigeration, the use of salt pork was much more common than it is now.

4 oz (125 g) =
1 cup (250 mL) cracklings

Salt Substitute

Sambal Bajak

Sambal Oelek

Sambhar Masala

A unique Indian spice blend featuring toasted and ground split peas and lentils. Used to make sambhar, the popular South Indian stew.

If You Don't Have It

Substitute a salt mill with:

- pepper mill
- mortar and pestle
- heavy pan or rolling pin for crushing

See SALT BLOCK.

Salt Pork

If You Don't Have It

Substitute 4 oz (125 g) salt pork with:

- 4 oz (125 g) bacon (leaner; adds smoke flavor)
- 4 oz (125 g) ham (leaner)
- 4 oz (125 g) pancetta (leaner)
- 4 oz (125 g) fatback (not salted; add salt as necessary)
- 4 oz (125 g) hog jowls or cheeks (adds smoke flavor)
- 4 oz (125 g) guanciale (leaner)
- 1 ham hock (may add smoke flavor)

See SALT.

See CHILE PASTE.

See CHILE PASTE.

If You Don't Have It

Substitute 1 tbsp (15 mL) sambhar masala with:

- 1 tbsp (15 mL) Homemade Sambhar Masala: Toast 1 tbsp (15 mL) yellow split peas (chana dal), 1 tbsp (15 mL) split black lentils (urad dal), 1 tbsp (15 mL) coriander seeds, 1 tsp (5 mL) cumin seeds, 1 tsp (5 mL) fenugreek seeds, 1 tsp (5 mL) brown mustard seeds, 3 fresh curry leaves (optional), and 4 dried cayenne chiles (stems removed) in a dry skillet over medium heat until fragrant, 5 minutes. Grind in a spice grinder to a coarse powder then mix with 1 tsp (5 mL) ground turmeric, $\frac{1}{2}$ tsp (2 mL) salt, and $\frac{1}{2}$ tsp (2 mL) asafetida powder (optional). Makes about $\frac{1}{4}$ cup (60 mL).
- 2 tsp (10 mL) garam masala + 1 tsp (5 mL) yellow split peas (chana dal) toasted and ground

See also CHAAT MASALA; GARAM MASALA; PANCH PHORAN.

Sambuca

See ANISE LIQUEUR.

Samp

See HOMINY.

Samphire

See SALICORNIA.

Samsoe

Foremost Danish cow's milk cheese is Swiss-style with a yellow paste and small random holes. Mild and nutty, it's a good cooking and eating cheese.

1 lb (500 g) = 4 cups
(1 L) shredded

Sand Dab

See PLAICE.

Sangak Bread

Long, whole wheat sourdough Iranian flatbread with a pebbled surface. Sangak is traditionally baked on a bed of small, hot river stones.

Sanguinelli

See ORANGE, BLOOD.

Sansho

See KINOME LEAF; SZECHUAN PEPPER

Santa Claus Melon

Also known as Christmas melon. At peak season in December, the outside of this fruit resembles a watermelon but inside it's more like a honeydew melon.

2 lbs (1 kg) =
3 cups (750 mL) diced

If You Don't Have It

Substitute 1 cup (250 mL) chopped Santa Claus melon with:

- 1 cup (250 mL) chopped honeydew melon
- 1 cup (250 mL) chopped Galia melon
- 1 cup (250 mL) chopped Ogen melon
- 1 cup (250 mL) chopped casaba melon
- 1 cup (250 mL) chopped Crenshaw melon (orange flesh)
- 1 cup (250 mL) chopped Persian melon (orange flesh)
- 1 cup (250 mL) cantaloupe (orange flesh)

Santaka

See CHOOSING FRESH CHILES (PAGE 640).

Sante Fe Grande

See CHOOSING FRESH CHILES (PAGE 640).

Sapodilla

Also known as naseberry. The fruit of a Central American tree that also produces chicle, from which chewing gum is made. The juicy, translucent flesh tastes, surprisingly, a bit like maple syrup.

1 lb (500 g) fresh =
2½ cups (625 mL) sliced

Sapote, White

Also known as Mexican custard apple, zapote and zapote blanco. A Latin American fruit with cream-color flesh that's the consistency of custard. Depending upon the variety, white sapote tastes of peach, lemon, mango, caramel, or vanilla. Often mistakenly called sapote and sapota.

2 white sappotes = 1 cup
(250 mL) mashed pulp

Sapsago

Also known as Schabziger. A cone-shaped, low-fat cheese produced in Switzerland. The pale green color and herbal flavor come from a clover called melilot.

4 oz (125 g) =
1 cup (250 mL) grated

If You Don't Have It

Substitute 1 lb (500 g) sapodillas with:

- 1 lb (500 g) pears
- 1 lb (500 g) mamey sapote
- 1 lb (500 g) white sapote
- 1 lb (500 g) cherimoya
- 1 lb (500 g) mango
- 1 lb (500 g) apricot

If You Don't Have It

Substitute 1 lb (500 g) white sapote with:

- 1 lb (500 g) peaches
- 1 lb (500 g) mango
- 1 lb (500 g) sapodillas
- 1 lb (500 g) cherimoya

Sapote Varieties

Choose 1 lb (500 g) white sapote from these varieties:

- 1 lb (500 g) black sapote (color and texture of chocolate pudding, for which it makes a novel substitute)
- 1 lb (500 g) mamey sapote (salmon-color flesh with a flavor reminiscent of apricots)

See also MAMEY SAPOTE.

If You Don't Have It

Substitute 1 oz (30 g) Sapsago with:

- 1 oz (30 g) Parmesan (higher in fat; less herbal flavor)
- 1 oz (30 g) Romano (higher in fat; less herbal flavor)
- 1 oz (30 g) dry Jack cheese (higher in fat; more nutty flavor)
- 1 oz (30 g) aged Asiago (higher in fat; less herbal flavor)

Sapucaya Nut

See PARADISE NUT.

Sardines

Not a true variety of fish but rather a generic term applied to various small silvery saltwater fish such as herring, pilchard, and sprats. Said to be a name given to small pilchards — one of the first fish to be packed in oil — caught off the coast of Sardinia.

If You Don't Have It

Substitute 1 lb (500 g) sardines with:

- 1 lb (500 g) anchovies
- 1 lb (500 g) small herring
- 1 lb (500 g) small pilchards
- 1 lb (500 g) sprats
- 1 lb (500 g) shad
- 1 lb (500 g) smelts
- 1 lb (500 g) small mackerel

To Vary the Flavor

Substitute 1 lb (500 g) sardines with:

- 1 lb (500 g) smoked sardines (cured fish; adds smoke flavor)

Saskatoon Berry

See JUNEBERRY.

Satsuma Orange

See MANDARIN ORANGE.

Saucer Peach

See PEACH.

Sauces

See SPECIFIC TYPES.

Sausage

Broadly defined, sausage is a seasoned ground meat mixture stuffed into tubular casings or molded into special shapes.

Sausage Casings

*Tubular sheaths into which ground meat mixtures are stuffed to make sausage.
“Don’t tie your dog to a leash of sausages.”*

—French proverb

For Better Health

Substitute 1 lb (500 g) pork sausage with:

- 1 lb (500 g) turkey sausage (less fat and fewer calories)
- 1 lb (500 g) vegetarian sausage (less fat and fewer calories)

See also SPECIFIC TYPES.

If You Don't Have It

Substitute natural sausage casings with:

- cheesecloth and string (to shape sausages for poaching; remove cloth and string for grilling or frying the sausage)

Sausage Casing Varieties

Choose sausage casings from these varieties:

- natural casing (outer layer of cattle, hog, or sheep intestines; provides traditional snap in cooked sausages; need to be soaked, rinsed, and kept refrigerated; suitable for smoking; beef casings average 2 to 4 inches/5 to 10 cm diameter; hog casings average 1 to 2 inches/2.5 cm to 5 cm diameter; sheep casings average $\frac{3}{4}$ to $1\frac{1}{4}$ inches/2 to 3 cm diameter)

Sausage Casings (cont'd)

- collagen casing (made from hides of cattle or hogs; needs no preparation; uniform sizes; usually adheres to meat; fairly thin; use extra-thick casings to support weight of meat if hung in a smoker; edible if thin)
- fibrous sausage casing (artificial casing made from wood pulp, cellulose, protein and/or plastic; inedible; often used for salami; smoke and moisture permeable)
- plastic sausage casing (artificial casing made from plastic; adheres to meat; not smoke and moisture permeable)

Sauté Pan

A wide pan with curved sides designed to brown cutlets, chops, and other foods.

Savitxada

If You Don't Have It

Substitute a sauté pan with:

- frying pan or skillet
- wide saucepan
- wok

See ROMESCO.

Savoiardi

See LADYFINGERS.

Savory

Known in parts of Europe as the bean herb because its pleasant spicy nature benefits beans, peas, and lentils. Summer savory is milder and the spiky leaves are more tender than those of winter savory.

1 oz (30 g) fresh =
 $\frac{2}{3}$ cup (150 mL)

If You Don't Have It

Substitute 1 tbsp (15 mL) chopped fresh savory with:

- 1 tsp (5 mL) dried savory

To Vary the Flavor

Substitute 1 tbsp (15 mL) chopped fresh savory with:

- 2 to 3 tsp (10 to 15 mL) chopped fresh thyme
- 1 to 1½ tsp (5 to 7 mL) chopped fresh thyme + 1 to 1½ tsp (5 to 7 mL) chopped fresh mint
- 1 to 2 tsp (5 to 10 mL) chopped fresh sage
- 2 to 3 tsp (10 to 15 mL) chopped fresh rosemary
- 1 tsp (5 mL) Herbes de Provence (adds other flavors such as thyme, marjoram, lavender, rosemary, fennel, and bay leaf)

Savoy Cabbage

Mellower in flavor than common green cabbage, the leaves of savoy cabbage are also more tender and crinkled.

1 lb (500 g) =
 $3\frac{1}{2}$ to $4\frac{1}{2}$ cups
 (875 mL to 1.125 L)
 thinly sliced =
 2 cups (500 mL) cooked

If You Don't Have It

Substitute 1 lb (500 g) savoy cabbage with:

- 1 lb (500 g) green cabbage (more crisp; stronger flavor)
- 1 lb (500 g) napa cabbage (wider, white, crunchy stems; more delicate, pale green, mild-tasting leaves)
- 1 lb (500 g) bok choy (wider, white, crunchy stems; larger, darker green leaves)
- 1 lb (500 g) Brussels sprouts

See also CABBAGE.

Sawleaf Herb

Also known as *culantro*, *ngo gai*, and *recao*. A green herb (*Eryngium foetidum*) with long serrated leaves and aromas of cilantro, basil, and mint. Sawleaf herb flavors the Puerto Rican base recipes for *recaito* and *sofrito* and provides the alluring aromas in Vietnamese *pho* soups.

Sbrinz

A cow's milk grating cheese from Switzerland that is aged for 2 to 3 years. The golden cheese has a brownish rind. Aged for under 2 years, the cheese is called spalen.

4 oz (125 g) =
1 cup (250 mL) grated

Scallion

Members of the onion family with a white, straight-sided bottom and dark green leaves, both of which are edible. They are slightly milder in flavor than immature green or spring onions.

1 bunch = 5 oz (150 g) =
10 scallions =
1 cup (250 mL) chopped
(white part only) =
 $3\frac{1}{2}$ cups (875 mL)
chopped (white and
green parts)
1 medium = 2 to 3 tbsp
(30 to 45 mL) chopped

If You Don't Have It

Substitute 1 tbsp (15 mL) chopped fresh sawleaf herb with:

- 1 tbsp (15 mL) chopped fresh rice paddy herb
- 1 tbsp (15 mL) chopped fresh Vietnamese mint
- 1 tbsp (15 mL) chopped fresh cilantro
- 1 tbsp (15 mL) chopped fresh lemon basil
- 1 tsp (5 mL) fresh mint + 1 tsp (5 mL) fresh basil + 1 tsp (5 mL) fresh cilantro

If You Don't Have It

Substitute 1 oz (30 g) Sbrinz with:

- 1 oz (30 g) Saanen
- 1 oz (30 g) Spalen or Sparen (younger)
- 1 oz (30 g) aged Asiago
- 1 oz (30 g) Parmesan (slightly sharper)
- 1 oz (30 g) Grana Padano (slightly sharper)
- 1 oz (30 g) dry Jack cheese (more nutty flavor)

If You Don't Have It

Substitute 1 bunch scallions (white and green parts) with:

- 1 bunch green onions (slightly stronger flavor)
- 1 bunch ramps (wild leeks; milder flavor)
- 3 to 4 cups (750 mL to 1 L) chopped leeks (milder flavor)
- 3 to 4 cups (750 mL to 1 L) chopped chives (milder flavor; best raw or lightly cooked)

To Vary the Flavor

Substitute 1 bunch scallions with:

- 1 bunch green garlic (adds mild garlic flavor)
- 3 cups (750 mL) chopped garlic chives (adds mild garlic flavor)
- 3 cups (750 mL) chopped Chinese garlic stems (adds pungent garlic flavor and crunch)

See also ONION, GREEN.

See PATTYPAN SQUASH.

Scallopini

Scallop

The fan-shaped shell, joined by the muscle that is called a scallop, is a beloved artistic motif. Scallops fall into two basic groups by size. Bay scallops are about $\frac{1}{2}$ inch (1 cm) in diameter and sea scallops are about $1\frac{1}{2}$ inches (4 cm) in diameter. Fresh scallops should be ivory to pale pink in color. If they are bright white, shiny, and clumping together, they have most likely been soaked in brine, which dilutes the flavor and increases the weight (and price). For the best quality and value, look for unsoaked, or "dry," scallops, which remain separate and retain their ivory or pale pink color.

1 lb (500 g) =
100 bay scallops
or 30 sea scallops

Scamorza

Also known as scamorze and scamorzo. Fashioned in small ovals or gourd shapes, this mild Italian cheese is like a firm, salty mozzarella. It is sometimes available smoked.

1 lb (500 g) = 4 cups
(1 L) shredded

If You Don't Have It

Substitute 1 lb (500 g) scallops with:

- 1 lb (500 g) shark (less creamy)
- 1 lb (500 g) skate (less creamy)
- 1 lb (500 g) mussels (more delicate)
- 1 lb (500 g) clams (smoother)
- 1 lb (500 g) cockles (smoother)
- 1 lb (500 g) oysters (smoother)
- 1 lb (500 g) whelks (tougher)
- 1 lb (500 g) abalone (tougher)
- 1 lb (500 g) shrimp (firmer)
- 1 lb (500 g) lobster (firmer)
- 1 lb (500 g) monkfish (firmer)
- 1 lb (500 g) cod (flakier)

Scallop Varieties

Choose 1 lb (500 g) scallops from these varieties:

- 1 lb (500 g) bay scallops (about $\frac{1}{2}$ inch/1 cm in diameter; delicate, moist texture; very sweet flavor; usually available only in winter in eastern North America)
- 1 lb (500 g) calico scallops (about $\frac{1}{2}$ inch/1 cm in diameter; less delicate texture than bay scallops; sweet flavor; best when very briefly and gently cooked)
- 1 lb (500 g) sea scallops (about $1\frac{1}{2}$ inch/4 cm in diameter; firmer than bay scallops; mildly sweet flavor)

If You Don't Have It

Substitute 1 oz (30 g) scamorza with:

- 1 oz (30 g) mozzarella (moister)
- 1 oz (30 g) Caciocavallo
- 1 oz (30 g) provolone
- 1 oz (30 g) string cheese
- 1 oz (30 g) queso blanco
- 1 oz (30 g) young kashkaval
- 1 oz (30 g) Bel Paese
- 1 oz (30 g) Muenster
- 1 oz (30 g) Gouda
- 1 oz (30 g) Fontina