

## *Fine Dining Foods*

**Al dente (al dent tay)** – cooked but still firm-not mushy, usually refers to pasta or rice

**Alfredo (al fray doh)** – a cream-based sauce served with pasta

**Arugula (ah roo guh lay)** – a member of the mustard green family, used primarily in salads

**Asiago (ah zhe ah go)** – a hard, pale yellow cheese usually grated

**Au gratin (oh grah ten)** – covered with bread crumbs or cheese and browned under a broiler

**Au jus (oh zhoo)** – a method of serving broiled or grilled meat in its natural juices

**Balsamic vinegar (bal sah mick)** – An aged vinegar made from white grapes, manufactured exclusively in Modena, Italy

**Basmti (bahs mah tee)** – A long-grained brown or white rice

**Bearnaise (behr nayz)** – A smooth-textured sauce made of butter eggs, shallots, white wine, and vinegar or lemon juice

**Beurre Blank (burr blahnk)** – A hot butter sauce flavored with vinegar and lemon

**Biscotti (bee skawt tee)** – A twice baked Italian cookie, usually flavored with almonds or anise

**Bisque (bisk)** – a thick cream soup often featuring shellfish or a vegetable, such as tomatoes

**Bleu cheese (blue cheese)** – A sharp-flavored whitish cheese veined with blue mold (which gives the cheese its distinctive tang)

**Bolognese (bowl ah naze)** – A style of serving pasta in a sauce made with tomatoes and ground meat

**Brioche (bree ohsh)** - A sweet French bread made with eggs and butter

**Bruschetta (broo sheh tah)** – Toasted Italian bread, drizzled with olive oil, frequently topped with garlic and tomatoes

**Cacciatore (kah chuh tore e)**- a style of slowly cooking meat or chicken along with tomatoes, herbs, and sometimes wine

**Café au lait (kafay oh lay)** – strong coffee, mixed in equal parts with steaming hot milk

**Calamari (Kah uh mahr ee)** – squid

**Canape' (can uh pee)** – an hors d'oeuvre such as a pâté or other spread, served on a cracker or toast

**Carpaccio- (kahr pah chee oh)** – ground or thinly sliced raw meat or fish, served with a sauce.

**Chanterelle (shan tuh rehl)** – an edible, trumpet-shaped mushroom

**Chiptole (chih poh't lay)** – a red chili pepper used in Mexican cuisine

**Consomme' (kon suh may)** – clear soup made from a well-seasoned beef or chicken stock

- Cordon bleu (kor dohn bluh)** – a style of serving meat, usually veal or chicken, by rolling it around slices of ham and cheese and coating it in breads crumbs
- Coulis (koo lee)** – A simple sauce made with puréed vegetables or fruit
- Couscous (koos koos)** – A tiny grain-sized pasta, frequently used in Mediterranean cuisine
- Creme Brulee (Krehm broo lay)** – A custard sprinkled with sugar and then broiled so that the sugar forms a hard-candy topping
- Crepe (krapp)** – A paper-thin pancake
- Crepes Suzette (krapp soo zehf)** – Cremes warmed in an orange butter sauce and often presented dramatically in a blaze of flaming liquor
- Demi-glace (dem ee glahs)** – A concentrated beef-based sauce lightened with consommé
- Demitasse (dehm ee tahss)** – A small cup of very strong coffee, usually served at the end of a dinner party
- Escargot (ehs Kahr goh)** – Edible snails, usually sautéed in butter, sometimes served in their own shells
- Fennel (fehn uhl)** – A licorice-flavored vegetable served either raw in a salad, or as cooked side dish
- Feta (feht uh)** – A classic Greek curd cheese made with sheep's or goat's milk
- Fettuccine (feht tuh chee neh)** – A flat pasta cut into long, thin strips
- Flan (flahn)** – A simple egg custard, coated with caramel syrup, identical to crème caramel (see crème caramel)
- Focaccia (foe kah chyah)** – A flat Italian bread seasoned with herbs and olive oil
- Foie gras (fwah grah)** – The liver of a goose, enriched by force-feeding the bird a diet of rich grains
- Frittata (frih tah tuh)** – An unfolded omelet featuring meat and/or vegetables
- Ganache (gahn ahsh)** – A sweet, creamy chocolate mixture used as a filling or frosting
- Genoise (zhayn wahz)** – A sponge cake made of butter and stiffly beaten eggs
- Gnocchi (noh kee)** – A small dumpling made of ground potatoes, broiled or baked, and served with a sauce or grated cheese
- Granita (grah nee tah)** – A coarse-textured frozen dessert, usually made with fruit
- Hollandaise (hol uhn dayz)** – A sauce made from butter, eggs, and lemon juice
- Hors d'oeuvre (or derv)** – Light snacks served at cocktail parties or before a meal
- Jalapeno (hah lah peh nyoh)** – A hot green or red pepper
- Kiev (kee ehv)** – A classic method of cooking chicken breasts, stuffed with herbs and garlic butter
- Latte (lah tay)** – A strong espresso coffee topped with frothy steamed milk
- Linguine (lihn gwee nee)** – A flat pasta cut into long slender strips
- Lyonnais (lee uh nayz)** – A style of seasoning food, using onions and parsley
- Marsala (mahr sah lah)** – A sweet Italian wine often used to flavor chicken or veal
- Mornay (mohr nay)** – A thick, velvety cheese sauce

**Mousse (moose)** – Either a frothy chilled dessert, or a light foamy seafood dish, served cold

**Mousseline (moose leen)** – A smooth-textured, delicate sauce to which whipped cream or egg whites have been added

**Mussel (muss uhl)** – A marine or freshwater mollusk, usually steamed with wine

**Nicoise (nee swahz)** – A style or serving cold vegetables or seafood with tomatoes and olive oil, often including black olives and garlic

**Osso buco (aw soh boo koh)** – A sliced veal knuckle or shinbone, slow-cooked in olive oil and wine

**Paella (pie ay yuh)** – A dish of shellfish, chicken, and rice flavored with saffron

**Pancetta (pan cheh tuh)** – Lean, un-smoked bacon used in Italian cuisine, similar to Canadian bacon

**Panini (pah nee nee)** – A grilled sandwich of vegetables, cheese and sometimes meat, served in focaccia ( see focaccia)

**Parmesan (pah muh zahn)** – A dry-textured, sharp-flavored Italian cheese, often grated

**Pate' (pah tay)** – liver or fowl, finely minced or ground, seasoned and chilled in a loaf-shaped mold

**Penne (pen nay)** – Pasta cut on the diagonal into short tubes

**Pesto (peh stoh)** – An Italian sauce made of basil, garlic, pine nuts, olive oil, and grated cheese

**Phyllo (fee loh)** – Tissue-thin sheets of pastry, used most often in Greek dishes

**Piccata (pih kah tuh)** – A style of serving thinly pounded cutlets of meat or chicken, sautéed in lemon and butter

**Pilaf (pee lahf)** – A dish consisting of seasoned rice or grains mixed with onions, raisins, lentils or other legumes, dried fruits, or vegetables

**Pistou (pees too)** – A sauce made of basil, garlic, and olive oil

**Polenta (poh lehn tah)** – A thick mush made of cornmeal boiled in stock or water

**Porcini (pohr chee nee)** – An edible mushroom with a thick stem and a plump, round up

**Primavera (pree muh verh uh)** – Made with fresh vegetables, usually refers to a cream sauce most often served with pasta

**Prosciutto (proh shoo toh)** – A dry, spicy Italian ham, usually served in paper-thin slices

**Quesadilla (keh sah dee yah)** – A wheat tortilla folded and filled with a mixture of chicken or meat, vegetables, and cheese

**Quinoa (keen wah)** – A weed, similar to wild rice, often served in place of rice or other grains

**Radicchio (rah dee kee oh)** – A red or purple member of the bitter-flavored chicory family of salad greens

**Ricotta (rih kaht tuh)** – A soft Italian cheese, similar in texture to cottage cheese

**Rigatoni (rig ah toh nee)** – A ribbed pasta, cut into short, slightly curved tubes

- Risotto (rih saw toh)** – A rich, smooth dish of rice, cooked slowly with broth and sprinkled with cheese
- Roux (roo)** – A mixture of butter and flour, cooked over low heat and used as a base for many sauces, particularly in Cajun cooking
- Saltimbocca(sahl tihm boh kuh)** – Thinly pounded veal cutlets, stuffed with ham and cheese, seasoned with sage, and served with ham and cheese, seasoned with sage, and served with a wine sauce
- Sashimi (sa shee mee)** – Very thinly sliced raw fish
- Scampi (scam pee)** – Large shrimp sautéed in olive oil and garlic
- Seviche (she vee chay)** – Raw fish “cooked” in a marinade of lime or lime juice
- Shallot (shal uht)** – A small mild-flavored onion
- Sherbet (sher biht)** – A frozen, icy dessert made with milk or cream, egg whites, and flavored with fruit juice
- Sorbet (sor bay)** – A frozen, icy dish, served as a palate refresher or as a dessert, differing from sherbet in that it does not contain milk
- Sorrel (sor uhl)** – Leafy salad greens with a distinctive lemony flavor
- Souffle (soo flay)** – A feather-light dish made of egg yolks and stiffly beaten egg whites, served either as a main dish or a dessert
- Squab (skwahb)** – A young, farm-raised pigeon
- Szechuan (sehch wahn)** – A style of Chinese cooking noted for its use of hot peppers and spices
- Tagliatelle (tah lyah the leh)** – Pasta cut into narrow ribbons
- Tapas (tah pas)** – Small snacks, originating in Spain, served as appetizers
- Tapenade (tap uh nahd)** – A puree of capers, black olives, anchovies, and olive oil, used as a spread for canapés and hors d’oeuvres
- Tartare (tar tar)** – Raw steak, ground or cut into small strips, traditionally served with a raw egg as a garnish
- Terrine (the reen)** – A rough-textured pate
- Timbale (tihm bah lay)** – A creamy mixture of meat or vegetables cooked in a small cup-shaped mold
- Veal** – Cut of very young cattle
- Veloute(veh loot ay)** – A smooth white sauce made with stock instead of milk
- Vinaigrette (vihh uh greht)** – A simple dressing of oil and vinegar, often flavored with mustard and garlic
- Wasabi (wah sah bee)** – A condiment, similar in flavor to horseradish, made from the root of an Asian plant
- Ziti (zee tee)** – A medium-sized tubular pasta

