


THE WIZARD OF FOOD'S  
ENCYCLOPEDIA OF  
KITCHEN  
& COOKING   
SECRETS

DR. MYLES H. BADER



**THIS IS NOT A COOKBOOK!** This food encyclopedia is the number one kitchen and cooking reference book in the United States and Canada and has sold over 3 million copies.

The book contains thousands of food secrets from chefs and grandmothers worldwide; you don't want to cook or bake any food before looking inside to see what fact or tip may make the dish perfect. It took over 19 years to compile all the secrets in the Wizard of Food's encyclopedia, most of which will not be found in any other book.

- ❖ Why you need to know the age of an egg when baking
- ❖ Why you need to put wine corks in your beef stew
- ❖ The reason cottage cheese is stored upside down
- ❖ How to choose a steak by looking at the color of the fat
- ❖ How to de-gas beans
- ❖ Why you cook a turkey upside down
- ❖ Why you never put cold butter in a microwave
- ❖ How to fry foods without the foods absorbing a lot of fat
- ❖ How to preserve fresh herbs with your breath

Publisher's website: [www.StrategicPublishingGroup.com/title/TheWizardOfFoodsEncyclopediaOfKitchenAndCookingSecrets.html](http://www.StrategicPublishingGroup.com/title/TheWizardOfFoodsEncyclopediaOfKitchenAndCookingSecrets.html)

 **Strategic Book Group**

Dr. Myles Bader / The Wizard Of Food's  
Encyclopedia Of Kitchen & Cooking  
8.25 x 11 E-Book / 764 pages  
ISBN: 978-1-60911-271-4

Cover Design: Wendy Arakawa

Cover Art: © Uros Petrovic, Luis Carlos Jiménez, Voluykins, Elena Elisseeva, Galina Ermolaeva, Robyn Mackenzie, Evgeny Burgasov, Rafa Irusta, Angelomaria, Marilyn Barbone, Chris Leachman / Dreamstime.com



THE WIZARD OF FOOD'S

**THE ENCYCLOPEDIA OF KITCHEN  
&  
COOKING SECRETS**

BY

DR. MYLES H. BADER

**A CULINARY ENCYCLOPEDIA**  
+ The science behind the secrets  
+ Dr. Bader's Food Facts for healthy living

MORE USABLE FOOD INFORMATION THAN ANY BOOK EVER PUBLISHED

**OVER 25,000 FOOD SECRETS REVEALED**

 **Strategic Book Publishing**

The Encyclopedia of Kitchen  
&  
Cooking Secrets

BY  
DR. MYLES H. BADER

Copyright 2009, 2010  
All rights reserved – Dr. Myles H. Bader

No part of this book may be reproduced or transmitted in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, taping, or by any information storage retrieval system, without the permission, in writing, from the publisher.

Strategic Book Publishing  
An imprint of Strategic Book Group  
P.O. Box 333  
Durham, CT. 06422  
[www.StrategicBookGroup.com](http://www.StrategicBookGroup.com)

ISBN: 978-1-60911-271-4

Book layout by Roger W. Hayes

Printed in the United States of America



## —A WORD ABOUT THE AUTHOR—

Dr. Myles H. Bader (known as the Wizard of Food) has been interviewed on more than 6,000 radio and television shows in the United States and Canada and is internationally recognized as a leader in fields of preventive care and wellness. Appearances on television shows include *The Oprah Winfrey Show*, Discovery Channel, *Crook and Chase*, America's Talking, Trinity Broadcasting, QVC, *Smart Solutions*, *Help at Home*, *Fox & Friends*, and HGTV.

He received his doctoral degree from Loma Linda University and is board certified in Preventive Care. Dr. Bader has practiced weight control, exercise physiology, and stress management; counseled in all areas of nutrition; and lectured extensively on anti-aging for 30 years. During this period he established prevention and executive health programs for numerous safety departments, city governments, and Fortune 500 companies.

Dr. Bader has authored 19 books including *20,001 Kitchen Secrets*, *Grandmother's Kitchen Wisdom Series*, *Club the Bugs & Scare the Critters*, *Cookbook's Companion*, *1,001 Secret Money Saving Formulas*, *10,001 Food Facts*, *Chef's Secrets & Household Hints*, *5,001 Mysteries of Liquids & Cooking Secrets*, *250 Future Food Facts & Predictions for the Millennium*, *To Supplement or Not to Supplement*, and *The Wellness Desk Reference*. Dr. Bader's books have been sold through *Reader's Digest*, Doubleday, Book of the Month Club, QVC, HSN, and Barnes & Noble.

### **NOTE:**

Some information may be repeated in some sections of the book since that the same information may be relevant to a number of items. Also, some intentional duplication of a few facts seemed to be noteworthy.



## AAAAA

### **A BUERRE**

Either with or cooked in butter.

### **ABALONE**

Abalone is becoming one of the more rare shellfish to be found off the coast of California. The “foot” is the tough edible portion, which must be literally pounded into tenderness. The price is high and they must be cooked 12 to 24 hours after they are captured, or they become bitter.

- ◆ The method of tenderizing abalone is to cut the abalone into the thinnest slices possible and then pound those slices even thinner using a special meat-tenderizing hammer. If this is not done properly, the abalone will be tough.
- ◆ Abalone should never be cooked for more than 30 seconds on each side. Overcooking makes it tough. Before cooking, place small slashes about an inch apart across the whole piece to avoid curling.
- ◆ When purchasing abalone, make sure that the exposed foot muscle moves when you touch it. Never buy shellfish if it is dead!
- ◆ Abalone should smell sweet and never fishy; small ones are the best.
- ◆ Canned abalone is available in some specialty markets; however, if you open the can, be sure to finish the contents since it will only last for about 4 to 5 days under refrigeration, if sealed properly.

### **ACEROLA**

The acerola is a fruit that resembles a cherry. It grows on a thick bush that is used as a hedge in some tropical and subtropical areas. It is native to the Caribbean and has become very popular in Florida. Recently, it has become an important fruit to nutritionists because it is the richest fruit source of vitamin C. Approximately 4,000 mg of vitamin C can be found in 3.5 ounces of the fruit. The acerola is sometimes called the Surinam cherry but is too sour to be eaten raw.

### **ACETIC ACID**

Known as the acid that makes vinegar acidic. Vinegar is about 4 to 6 percent acetic acid. It is used as a solvent for resins, gums, and volatile oils; can stop bleeding; and has been used to stimulate the scalp circulation.

Commercially, it has also been used in freckle-bleaching products, hand lotions, and hair dyes. In nature, it occurs in apples, cheeses, cocoa, coffee, oranges, pineapples, skim milk, and a number of other fruits and plants. A solution of about 14 percent is used in the pickling industry and as a flavor enhancer for cheese.

## **ACID**

A sour-tasting substance that is soluble in water.

## **ACID-MODIFIED STARCHES**

These starches: are produced by mixing an acid, usually hydrochloric or sulfuric, with water and starch at temperatures that are too low for the starch to gelatinize. After the starch has been reduced to the desired consistency, the acid is neutralized; the starch is filtered, and then dried. The modification produces a starch that can be cooked and used at higher concentrations than the standard unmodified starches. The acid-modified starch is mainly used to thicken salad dressings and puddings.

## **ACIDOPHILUS MILK**

This is milk that is produced from low-fat or skim milk with a bacterial culture added to it. As the milk is digested, the bacteria are released and become active at body temperature, helping to maintain the balance of beneficial microorganisms in the intestinal tract.

Illness or antibiotics such as penicillin can destroy the good bacteria in your intestinal tract. These good bacteria have a number of functions, including producing B vitamins. Acidophilus milk is made with the addition of these friendly bacteria and will replenish your supply if they are depleted.

Other products that can produce the similar bacteria-building effect are yogurt, buttermilk, and kefir. To obtain the best result, acidophilus should be consumed 1 hour before breakfast.

## **ACIDULATED WATER**

This is a mixture of water and an acid, usually a citrus acid derived from lime, orange, or lemon. It is commonly used on fruits or fruit salads to prevent them from browning when their surfaces are exposed to the air. Oxidation takes place very rapidly in many fruits and vegetables. When oxidation takes place, the vitamin C is lost in the brown areas.



**To prepare acidulated water, add 1 1/2 tablespoons of white vinegar to 1 quart of water. If you prefer, 3 tablespoons of pure lemon juice can be substituted for the vinegar.**

## **ACORNS**

According to Greek legend, acorns were a popular food during the Golden Age. Also, the high carbohydrate content of acorns made them an excellent cereal food for the North American Indians. The nut does contain a high level of tannin, which can be removed by soaking them in hot water and changing the water several times. The acorn pulp is then mashed and flat-cakes made similar to tortillas.

## **ADDITIVES (common food)**

The following additives and chemicals are some of the more common ones that may be recognized by the general public or ones that will easily be found on labels.

The information contained in this chapter pertains only to the more pertinent facts regarding these substances and will not be overly technical. In 2008 more than 869 million pounds of additives were used in the manufacture of foods. The USDA and FDA have classified food additives into 32 different categories. Keep in mind that you are rarely aware of the quantity of additives you consume. Almost all these additives require vitamins and minerals to assist with their breakdown and need to be properly disposed of, usually by the liver. These additional nutrients must be obtained from somewhere in the body that could use them more effectively.

More than 2,500 substances are added to our foods to protect, make them more palatable and preserve the food.

### **Your Poor Liver**

The foods Americans consume today contain more than \$508 million worth of additives. On average, each American eats approximately 7 to 9 pounds of these chemicals annually, which amounts to more than 1.2 billion pounds of additives consumed every year. Your liver is in charge of detoxifying this garbage. It is the major organ that must break down and dispose of these chemicals. In many cases it requires a number of nutrients to assist in their breakdown, nutrients that would prefer to be useful in other roles.

### **Hide and Seek**

Many preservatives may be hidden in the wrappers of foods. White bread may have as many as 16 chemical preservatives and additives just to keep it fresh. Almost 98 percent (by actual weight) of food additives that are used in food are corn syrup, pepper, mustard, baking soda, baking powder, citric acid, salt, or a vegetable coloring agent.

### **Anti-Caking and Free-Flowing Agents**

These are usually added to foods that are finely powdered or in a crystalline form to prevent them from caking or becoming lumpy.

### **Antimicrobial Agents**

Substances used in food preservation to prevent the growth of bacteria, which might cause spoilage.

### **Antioxidants**

Used to preserve foods by limiting their deterioration, rancidity, or discoloration caused by oxidation. Oxygen is one of foods worst enemies.

### **Coloring Agents**

Used to enhance the color of foods and are classified as color stabilizers, color fixatives, or color retention agents.

### **Curing and Pickling Agents**

Used to provide flavor and retard bacterial growth as well as increasing shelf life.

### **Dough Strengtheners**

Used to modify starch and gluten to produce stable dough.

## THE ENCYCLOPEDIA OF KITCHEN & COOKING SECRETS

### **Drying agents**

Substances that have a moisture-absorbing ability and keep the humidity in the product at standard moisture levels.

### **Emulsifiers**

Keep oil and water in suspension so that they do not separate after being mixed.

### **Enzymes**

Assist in food processing by helping the chemical reactions take place in an orderly fashion.

### **Firming Agents**

Assist in the precipitation of residual pectin, strengthening the tissue that supports the food. This prevents the food from collapsing during processing and storage.

### **Flavor Enhancers**

Added to either enhance or change the original taste or aroma of the food. The substance must not change the normal taste or aroma, just improve it.

### **Flavoring Agents**

Add a specific flavor to food.

### **Flour-Treating Agents**

Added to flour that has been milled to improve its color or baking qualities.

### **Formulation Aids**

Used to bring about a desired physical characteristic or special texture in the food. These include carriers, binders, fillers, plasticizers, film-formers, and tableting aids.

### **Fumigants**

Volatile substances that are used for pest and insect control.

### **Humectants**

Substances added to foods to assist the food in retaining moisture.

### **Leavening Agents**

Used to either produce or stimulate the production of carbon dioxide gas in baked goods. This helps give the food a light texture. A number of yeast or salts are used.

### **Lubricants and Release Agents**

Added to surfaces that come into contact with foods to stop the foods from sticking to them.

### **Non-Nutritive Sweeteners**

Sweetener that contains less than 2 percent of the caloric value of sucrose (table sugar) per equivalent of sweetening capacity.

### **Nutrient Supplementation**

Substances necessary for a person's metabolic and nutritional needs.

### **Nutritive Sweeteners**

These must contain more than 2 percent of the caloric value of sucrose per equivalent unit of sweetening capacity.

### **Oxidizing and Reducing Agents**

Chemically oxidize or reduce specific food ingredients to produce a more stable food.

### **pH Control Agents**

Added to assist in the maintenance of acid/base balance in the food. These include buffers, acids, alkalis, and neutralizing agents.

### **Processing Aids**

Used to enhance the appeal or the utility of a food or ingredient of a food and includes clarifying agents, clouding agents, catalysts, flocculents, filter aids, and crystalline inhibitors.

### **Propellants, Aerating Agents, and Gases**

Used to add force in expelling a product or used to limit the amount of oxygen that will come into contact with the food during packaging.

### **Sequestrants**

Substances that combine with certain metal ions, which changes them into a metal complex that will blend into water, or other liquid to improve the stability of that product.

### **Solvents**

Used to extract or dissolve substances placing them into solution.

### **Stabilizers and Thickeners**

Used to produce a blended solution or disperse substances to give foods more body, to improve the consistency, stabilize an emulsion, and assist in the setting of jellies.

### **Surface-Active Agents**

Used to change the surface of liquid foods, other than emulsifiers. These include stabilizing agents, dispersants, detergents, wetting agents, re-hydration enhancers, whipping agents, foaming agents, and de-foaming agents.

### **Surface-Finishing Agents**

Used to increase the palatability of foods, preserve their natural gleam, inhibit discoloration, and also included are glazes, polishes, waxes, and protective coatings.

### **Synergists**

Substances that will react with other food ingredients causing them to be more effective when incorporated into a food product.

### **Texturizers**

Affect the appearance or "mouth feel" of the food.

## **AKEE**

Akee is grown in Jamaica and is very popular throughout the Caribbean. When mature, the fruit splits open, exposing the edible white aril, the outer covering of the seed.

## **ALCOHOL (cooking with)**

### **FREEZING FOODS WITH ALCOHOL**

If you are going to try to freeze any dish that has alcohol in it, remember alcohol will not freeze like water and may need to be frozen at a lower temperature.

### **BOILING POINT**

The boiling point of alcohol is 175<sup>0</sup>F (79.4<sup>0</sup>C), which is lower than the boiling point of water at 212<sup>0</sup>F (100<sup>0</sup>C). When alcohol is added to a recipe it will lower the boiling point until it evaporates. For example, if you decide to change your recipe by adding some wine to replace some of the water, you will need to increase your cooking time by about 10 percent.

### **BRANDY**

Brandy is one of the most versatile spirits and can be used in many different dishes. It is especially complementary to soups, shellfish dishes, beef, lamb, peaches, pears, and a number of puddings.

### **CALVADOS**

Excellent with all dishes made with apples, especially when used on baked or stewed apples. Small amounts tend to complement recipes that have chicken, veal, or pork in them.

### **GIN**

May have too much of an overpowering flavor for most dishes. It is best used on game dishes to mask the gamy flavor. An age-old favorite is to use a small amount of gin in tomato soups or a tomato sauce. It will also complement the flavor of sauerkraut.

### **LIQUEURS**

Since liqueurs are sweet, they tend to go well over desserts and especially fruit salads. Ice creams are excellent with a small amount of a flavored liqueur. Grand Marnier goes well with any dish that has oranges included. Benedictine is an age-old favorite on sponge cake.

### **RUM**

Rum is very effective in flavoring sweet dishes, especially desserts. It is commonly used on rum cakes, fruitcakes, and Bananas Foster.

### **VODKA**

Since vodka has no flavor it is rarely used in dishes with the exception of marinades.

### **WHISKEY**

Small amounts of quality whiskey will aide in bringing out the flavor in many foods and specialty dishes. It is typically used to replace brandy in many recipes. It is especially good when used in shellfish recipes but will complement almost any type of meat or poultry dish. Commonly used on chocolate mousse, coffee sorbet, and fruitcakes.

## **ALCOHOL (content)**

Most alcoholic beverages sold in the United States contain 40 percent alcohol content or 80 proof. The proof figure will always be double the alcohol content.

### ALCOHOL (distillation method)

Alcohol is so toxic to all living organisms that even the yeast that produce fermentation are unable to survive in a solution of more than 15 percent alcohol, which is most of the beer and wine. Beer and wine were the only alcoholic products for hundreds of years until the process of distillation was invented. This process is only made possible because alcohol boils at 173<sup>0</sup>F, which is 39 degrees lower than water. When alcohol and water are mixed and brought to a boil, the alcohol will predominate in the vapor. The vapor is then cooled through long curled tubes of cold metal and allowed to drip into a container.

### ALCOHOL (flambé)

If you want to flamé a mixed drink safely, try using a teaspoon with a small amount of the preferred liquor and hold a match under the spoon for a few seconds until some of the fumes burn off. Then ignite the liquor in the spoon and pour it over the mixed drink. Never place your face too close to the drink you are flaming, just in case there are more fumes rising. Rum flames up better than most alcoholic beverages.



**PASS THE WATER**  
Your body requires about 8 ounces of water to metabolize 1 ounce of alcohol. To reduce the after effects of a hangover, drink a sufficient quantity of water in relation to the amount of alcohol you drank.

### ALCOHOL, IN RECIPES

The following will provide information regarding cooking with alcohol and how much alcohol is left after a dish is cooked. Some alcohol will dissipate, but not as much as most people may think.

<u>Method of preparation</u>	<u>% Alcohol Remaining</u>
Alcohol not added to boiling food until after food removed from heat .....	86%
Alcohol added to a flambé and ignited .....	75%
Alcohol used in a marinade, no heat added .....	70%
Alcohol stirred into baked dish and simmered 15 minutes .....	40%
30 minutes .....	35%
60 minutes .....	25%
2 hours .....	10%
3 hours .....	0%

Science of Alcohol in Foods	
<u>Alcohol remaining after preparation</u>	<u>Baked or simmered</u>
100% Immediate consumption	40% after 15 minutes
85% Boiling liquid, remove from heat	35% after 30 minutes
75% Flamed	25% after 1 hour
70% Overnight storage	20% after 1½ hours
	10% after 2 hours
	5% after 2½ hours

### SUBSTITUTIONS FOR ALCOHOL IN RECIPES

<b>ALCOHOL</b>	<b>SUBSTITUTION</b>
Amaretto (2 Tbsp.)	Almond extract (½ tsp.)
Brandy	White grape juice, apple juice
Champagne	Ginger Ale
Cognac	Peach, apricot, or pear juice
Crème de menthe	Oil of spearmint (small amount)
Red wine	Red grape or cranberry juice
Grand Marinier	Unsweetened orange juice concentrate
Kahlua	Chocolate extract or instant coffee
Kirsch	Cherry syrup
Port wine/sweet sherry	Orange or apple juice
Rum	White grape or apple juice
Bourbon	Orange or pineapple juice
Sweet white wine	White grape juice + 1 Tbsp. Karo syrup

### AL DENTE

This is an Italian term meaning “to the tooth.” It is used to describe the cooked stage of pasta when the pasta has been cooked to the stage that is has a slight resistance when you bite down on it.

### ALFALFA JUICE

Very rich in chlorophyll and traditionally used to increase resistance to infections! The juice is very strong and is best when mixed with a compatible juice such as carrot juice and/or celery juice. In fact the combination of all three has been used to strengthen the roots of your hair. Alfalfa juice also contains *saponins*, a compound found in a number of herbs and grasses that may have a cleansing ability on the plaque deposits on the walls of the arteries.

### ALKALI

Substance that is capable of neutralizing an acid. Sodium bicarbonate is a good example.

## **ALLEMANDE**

A thick sauce made from meat stock with egg yolks and lemon juice.

## **ALLIGATOR**

Don't be surprised when you sit down at that upscale restaurant and see alligator steak on the menu. This is a tasty treat that has been served in the southern United States for many years.

## **ALLSPICE**

The flavor is similar to that of cinnamon, cloves, and nutmeg. The majority is imported from Jamaica, Central America, and South America and it is sold in both whole and ground forms. The spice is used in pickling, meats, fish, baked goods, relish, puddings, and fruit preserves. Allspice is a common herb and can be found in number of ready-to-serve foods, such as hot dogs, soups, and baked beans. Allspice is the herb used to prepare Jamaican jerk seasoning used in Jamaican soup, stews, and curries.

## **ALMOND**

Almonds can be blanched by covering them with boiling water, removing from the heat, and covering them for about 3 to 4 minutes. After removing them from the water, the skins should easily slip off by squeezing them between your fingers.

After blanching the almonds, lay them out on a cookie sheet and bake for 10 to 12 minutes at 325° F.

- ◆ For a richer almond flavor, add ¼ teaspoon of pure almond extract to the baked goods.
- ◆ Do not use the almond skin in dishes; they may impart a bitter taste.

Almonds are an excellent source of calcium. A small handful equals the calcium in 4 ounces of milk. You will still have the fat content of the almonds, which will be higher than non-fat milk.

Almonds are actually a member of the peach family

In California, almond orchards are second only to grapes in orchard space and are California's major food export.

## **ALMOND OIL**

Unrefined almond oil is commonly used in many dishes and is commonly substituted for butter. It adds an amber color to foods and has a mild sweet flavor. Refined almond oil is produced by crushing almonds and heating them until a thick, golden-colored paste is produced. The paste is then squeezed to produce the oil. This extensive processing makes almond oil one of the more expensive oils. Some people who are allergic to aspirin may be allergic to almonds and almond oil. The French almond oil is the highest quality.

**Saturated Fatty Acids (SFA)** . . . . . **3.2 g.**  
**Polyunsaturated Fatty Acids (PUFA)** . . . . . **3.3 g.**  
**Monounsaturated Fatty Acids (MUFA)** . . . . . **5.7 g.**

## ALMOND PASTE

Almond paste is prepared from blanched almonds, sugar, and glycerin or some other liquid.

- ◆ Marzipan, which is a candy, contains more sugar and is stiffer and lighter in color and usually sold in small fruit or vegetable shapes.
- ◆ Since almond paste contains more blanched almonds, it costs more.
- ◆ Marzipan, or almond paste, can be purchased in plastic tubes or sometimes found in small cans.
- ◆ The paste does not hold up when exposed to the air and needs to be wrapped well and used as soon as possible.
- ◆ Marzipan can be softened in the microwave for about 3 seconds on High.

## ALUM

Alum may go under a number of different names such as potash alum, aluminum ammonium, aluminum sulfate, or potassium sulfate. Aluminum sulfate (cake alum) is used in the food industry to produce sweet and dill pickles and as a modifier for starch

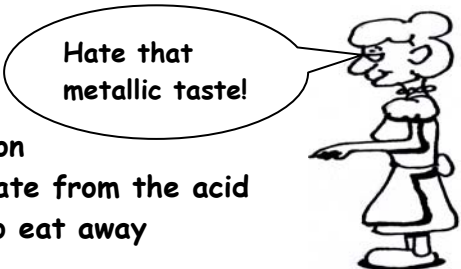
The other chemicals are used in astringent lotions such as aftershave lotions to remove phosphates from waste water, harden gelatin, and waterproof fabrics.

## ALUMINUM FOIL

Foods wrapped in aluminum foil may be subjected to two problems. The first is that since aluminum foil is such a great insulator it tends to slow down the heat transfer and the food will not freeze as fast as you may want it to. Bacteria may grow and not be killed when the food is reheated. Also, when you crinkle the aluminum foil to place it around the food, tiny cracks develop that may allow air and moisture to penetrate the food.

- ◆ If you plan on storing food for more than 2-3 days in the refrigerator in aluminum foil you should probably wrap the food in plastic wrap first. Aluminum foil will react with foods that are acidic or salty and may impart a strange taste to the food.
- ◆ Aluminum foil should never be used next to a warm or hot meat product then frozen. It keeps the food warm longer and bacteria may grow, and if the food is not re-cooked to a high enough temperature after it is thawed the bacteria may be reactivated.

**Aluminum foil develops micro cracks and is only good next to a cold food in the refrigerator for no more than 1-2 days. Also, never place aluminum foil on top of a meatloaf with tomato sauce. It will deteriorate from the acid in the tomato sauce. The acid in citrus fruits will also eat away aluminum foil.**



If you want to keep food wrapped in aluminum foil from over browning, keep the shiny side of the foil out.

## **AMARANTH**

Amaranth unlike other grains is not deficient in the amino acid lysine. This grain should be consumed with; rice, wheat, or barley. When it is, it will provide a biologically complete protein containing all the essential amino acids. First grown by the Aztecs. The seeds are minute and there is about 70,000 in 1 pound. Amaranth is also a relative of tumbleweed.

## **AMBROSIA SALAD**

Ambrosia means sweet smelling or delicious. It was a magical substance eaten by the gods of Greek mythology who lived on Mount Olympus. It was thought that the gods kept their immortality by eating ambrosia and that without ambrosia they would become weak. Mortals who ate ambrosia became strong and immortal as well.

### **Ingredients:**

- 1 cup of fresh orange juice
- 3 medium naval oranges, peeled and sectioned
- 1 can of pineapple chunks (8 ounces, drained)
- ½ cup of seedless red grapes, halved (any small seedless grape will do)
- ½ cup of shredded coconut
- ½ cup of chopped pecans (walnuts may be substituted)

Combine the orange juice, orange sections, pineapple, and grapes, stirring gently. Refrigerate until you are ready to serve, then gently fold in the coconut and nuts.

## **AMMONIUM BICARBONATE**

Alkali leavening agent used in the production of baked goods, candies, and chocolate products. Prepared by forcing carbon dioxide gas through concentrated ammonia water. Also used commercially in products that will break up intestinal gas.

## **AMMONIUM CARBONATE**

A yeast nutrient used to speed up the process of fermentation. This product is similar to sodium bicarbonate, however, it does not need either acid or alkali mediums to produce carbon dioxide. The addition of moist heat will cause the reaction to occur. Since it decomposes rapidly, it is usually only used in cream puffs and soft cookies when a fast release and expansion of carbon dioxide gas is needed.

## **AMMONIUM CHLORIDE**

Has a mild salt taste and does not blend well with alkalis. Mainly used in yeast foods, rolls, buns, and as a dough conditioner. Commercially, it is used in permanent wave solution, eye lotions, batteries, safety explosives, and medically as a diuretic.

## AMMONIUM PHOSPHATE

A yeast nutrient that is used in the production of sparkling wines to initiate the secondary fermentation process.

## AMYLASE

An enzyme that breaks down starch into sugar; commercially derived from the pancreas of hogs. Used in flour and as a texturizer in cosmetics. Sometimes used medically to fight inflammations and is completely nontoxic.

## ANCHOVIES

Anchovies are a popular poultry feed. In fact, most of the more than 200 million pounds of anchovies caught annually are ground up and used for chicken feed. Anchovies used for canning range in size from 3 to 5 inches. Anchovies are used as a pizza topping and in real Caesar salad.



Get rid of some salt!

Anchovies can be desalted to some degree by soaking them in ice water for about 15 minutes. They should then be placed into the refrigerator for another 45 minutes before adding them to a recipe.

**Purchase the whole anchovies packed in salt to get the best flavor. They are bigger and meatier than oil-packed anchovies. If you can't locate the salt-packed, try to find anchovies packed in glass instead of tin. As a last resort, buy the ready-made paste; this is made from leftovers that can't be used for anything else.**

- ◆ When opening a can of anchovies and they are too salty, just rinse them in warm water before using them.
- ◆ The oil from the anchovy can be used in other dishes as a flavoring.
- ◆ Buy the best brands; when it comes to anchovies, the lower the price, the lower the quality in all instances.
- ◆ Anchovies will last about 2 months under refrigeration after the can is opened and up to 1 year without refrigeration in a sealed can due to the high salt content.
- ◆ Anchovies are usually sold packed in olive oil, which helps to maintain their flavor.
- ◆ Opened anchovies should be kept covered with olive oil.
- ◆ If you use anchovies in any dish, taste the dish before adding any further seasoning.

### Be A Cut-Up

If anchovies are hard to cut or mince into small pieces and stick to the side of your knife, just use a long dinner fork to mash the delicate anchovy into a paste. You can also use a garlic press to mash anchovies into a puree.

## **ANCHOVY PASTE**

Anchovy paste is simply ground up anchovy fillets. They are then blended with salt and sugar and usually packaged in 2-ounce tubes. To prepare the paste, just crush up anchovies with a mortar and pestle.

## **ANGELS ON HORSEBACK**

Angels on Horseback are appetizers prepared by wrapping bacon around a shucked oyster then cooking it. It is then served on toast and accompanied by a lemon wedge or hollandaise sauce.

## **ANGLERFISH (Lotte)**

The angler species of fish may include several other unusual varieties such as bellyfish, goosefish, sea devil, and monkfish.

- ◆ They have a relatively firm texture and are all low in fat.
- ◆ Monkfish are appearing on menus and are mainly used as a substitute for lobster since the only part that is worth eating is the tail.
- ◆ Anglerfish can weigh from as little as 3 pounds to as much as 25 pounds. They are more popular in France than in the United States.

## **ANISE**

Anise gives licorice its unique flavor and is mainly imported from Mexico and Spain. It is typically sold as anise seeds and can be found in licorice candy, cookies, pickling, and in soft drinks. It is also used to make Anisette and can replace ginger in some recipes. Rabbits love the taste of licorice.

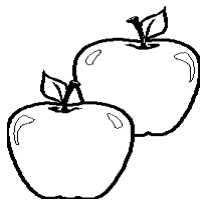
## **ANTIOXIDANT**

A substance that has the capability of protecting another substance from being destroyed or damaged by oxygen.

## **ANTIPASTO**

An Italian word for an assortment of appetizers, such as cold cuts, olives, pickles, peppers, and vegetables.

## **APPLES**



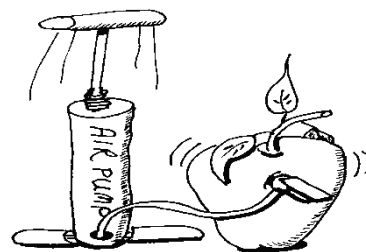
Apples have been enjoyed since 6500 B.C. They are native to Europe and Asia; however, the United States produces about 25 percent of the world's crop. There are more than 7,000 varieties grown in the United States, but only about 50 varieties make it to the market. Apples are grown in 35 states, producing 145 million barrels annually. The word apple comes from the old English word *aeppe!*. The Pilgrims brought the first apple seeds to America in 1620. Apples are a member of the rose family and have similar leaves to rose hips.

Certain varieties of apples may have a different taste depending on the time of year it was purchased. If you buy large quantities, it would be best to purchase a few and taste them.

## THE ENCYCLOPEDIA OF KITCHEN & COOKING SECRETS

They should be firm, have no holes, should not be bruised, and should have a good even color.

- ◆ Before using frozen apples, they should be thawed for at least 1 hour or more. If you added sugar before freezing, be sure to allow for the sugar when using the apples in a recipe.
- ◆ Apples will absorb odors of other foods very easily and should be kept away from other foods.
- ◆ The biggest apple on record weighed in at 3 pounds 2 ounces and was picked in Cairo, Michigan.
- ◆ Three fruits—apples, raspberries, and cantaloupe—have been successfully modified to retard softening for longer periods of time.
- ◆ The popular applesauce apple granny smith was named for chef Maria Ann Smith who lived in a suburb of Sidney, Australia.



### Science of Floating Apples

Apples are about 25 percent air, which is higher than most fruits. The cells in an apple do not fit very well together and allow for larger air spaces between them. This is also why when you first bite into a freshly picked apple they tend to have a cracking sound, which releases some of the air.

- ◆ Apples will ripen very quickly at room temperature. If you are not sure of their level of ripeness, just leave them out for 2-3 days before refrigerating them.
- ◆ Apples should be stored in the refrigerator, ideally at 36 to 38<sup>0</sup>F to stop the ripening process. They may be washed, dried, and placed into a plastic bag.
- ◆ When refrigerated, apples will stay fresh for 2 to 4 weeks.
- ◆ Apples may also be stored in a cool, dry location in a barrel that has sawdust in it. The apples should never touch each other and will last 4 to 6 months.
- ◆ To freeze apples they need to be cored, peeled, washed, and sliced. Spray them with a solution of 2 teaspoons of ascorbic acid (vitamin C) in 12 tablespoons of cold water, then place them in a container leaving half an inch at the top.

### Apple Varieties

#### Akane

Should be used shortly after purchasing and will have a sweet-tart flavor. The skin is thin and usually tender enough so that it doesn't need peeling. They retain their shape well when baked and will maintain their tartness.

#### Braeburn

These store exceptionally well. The skin is tender, the flavor is moderately tart, and they keep their shape well when baked.

### **Cortland**

These are high in vitamin C and, because of this, resist browning better than most other apples. But they are very fragile and thin-skinned and need to be separated when stored to avoid bruising. They have a slight tart-sweet taste and keep their shape well when baked.

### **Criterion**

These should be a nice yellow color. They are very fragile and difficult to handle without bruising, but their high vitamin C content resists browning. The skin is tender, but the flavor is somewhat bland and not recommended for baking.

### **Elstar**

Stores well in sawdust and placed in barrels, with their tart flavor mellowing with storage. They have tender skin and retain their flavor and shape well when baked.

### **Fiji**

Appearance is similar to an Asian pear. Stores well when firm and has tangy-sweet flavor. Will retain their shape when baked but take longer to bake than most apples.

### **Gala**

These apples have a pale-yellow skin with light reddish stripes. They are sweet with a slight bit of tartness and have tender skin. They hold their shape well when baked but tend to lose flavor when heated.

### **Golden Delicious**

These will store for 3 to 4 months fairly well in a very cool location but spoil fast at room temperature. Should be light yellow and never green. Skin is tender and the flavor is sweet. Since they are high in vitamin C, they resist browning. They retain their shape well when baked. There are more than 150 varieties of red and golden delicious apples that are grown worldwide—more than any other apple.

### **Granny Smith**

These should be a light green color, not intensely green, and can have a slight yellow tint. They are high in vitamin C and resist browning. Their nicely balanced sweet-tart flavor makes them one of the best apples for making applesauce, but they are too tart for baking. This is a somewhat sour apple since the level of malic acid does not decrease as the apple ripens.

### **Idared**

These store exceptionally well and become sweeter during storage. They resemble Jonathans and have tender skin. They bake well and will retain their full flavor.

### **Jonagold**

These tend to have a good sweet-tart balance and are very juicy apples with tender skin.

### **Jonathan**

Grown mostly in California and harvested around mid-August, Jonathans tend to become soft and mealy very quickly. These thin-skinned apples cook tender and make a good applesauce. They retain their shape well when baked.

### **McIntosh**

The majority of McIntosh apples are grown in British Columbia. They tend to get mushy and mealy very easily, and the skin is tough and will not separate from the flesh easily. They are not recommended for baking since they fall apart.

### **Melrose**

The majority of Melrose apples are grown in the Pacific Northwest. They tend to store very well and their flavor actually improves after 1 to 2 months of storage. They have a well-

## THE ENCYCLOPEDIA OF KITCHEN & COOKING SECRETS

balanced sweet but somewhat tart flavor, and they retain their shape well when cooked in pies.

### **Mutsu**

These may be sold as Crispin; they look like golden delicious but are greener and more irregular in shape. They store well and have a sweet but spicy taste with a fairly coarse texture. Good apples for applesauce—just cook, peel, and strain.

### **Newton Pippin**

The color should not be too green; wait until you find them a light green for the sweetest flavor. They keep their shape well when baked or used in pies and make a thick applesauce.



### **Northern Spy**

A tart, green apple that is excellent for pies but not for baking.

### **Red Delicious**

Range in color from red to red-striped and will store for up to 12 months but will not last long at room temperature, best to refrigerate. Avoid any bruised ones and never place a bruised one next to one that is not bruised. They are normally sweet and mellow with just a hint of tartness. When cooked they will hold their flavor well.

### **Rhode Island Greening**

This is one of the best choices for pies, though rarely available. They can only be found in October and November on the East Coast.

### **Rome Beauty**

These will not store for long periods and they tend to get bland and mealy. Very mild and have a low acid level, which is why they brown easily. The skin is fairly thick, but tender, and is excellent for baking since it will hold its shape well.

### **Spartan**

Cannot be stored for long periods without getting mushy and mealy. Sweet-flavored and very aromatic, but flavor becomes very weak when cooked, therefore not recommended for baking.

### **Stayman Winesap**

Crisp apples with a spicy-tart flavor and that tend to store well. They have thick skin that will separate easily. Good cooking apples that retain their flavor well, making them excellent for baking and pies.

**Unripe apples should be stored at room temperature until they are fully ripe. They should then be placed into the refrigerator to stop the ripening process and help them retain their freshness. Apples will pick up refrigerator odors and should be stored in a drawer.**

## APPLE FACTS

- ◆ Never store an apple near a banana unless you wish to ripen the banana in a very short period of time. Apples tend to give off more ethylene gas than most other fruits (except green tomatoes) and will hasten the ripening of many fruits and vegetables. Ethylene gas is a natural gas that is released by all fruits and vegetables as they ripen. Ethylene has been used for centuries to ripen fruits and vegetables. Fruits and