

Glossary

Some recipes may contain foreign ingredients.
They may be found in specialty stores or
in specialty sections at supermarkets.

Ahi	Yellow Fin Tuna fish. Sometimes referred to as Big eye Tuna
Aku	This is another variety of Tuna. Namely; Skipjack
Al Dente	When an American feels that the pasta should cook a couple of minutes longer, that is when the Italian would consider the pasta is cooked. In other words, al dente means that the pasta is still a little firm in the middle
Arrowroot	A combination of starchy extracts obtained from roots of various plants. Often used as a thickening agent.
A'u	Fish
Balsamic Vinegar	An aged Italian vinegar
Bamboo Shoot	The white inner part of the young bamboo usually used in vegetables
Bibb Lettuce	The best in butter head lettuces
Black Chinese Mushrooms	A dried mushroom. To prepare cover with water and soak for about 15-20 minutes. These mushrooms have a meaty flavor
Black Fungus	A dried Chinese mushroom found in the Asian section of supermarkets
Bok Choy	Chinese cabbage with dark green leaves
Bonito Flakes	Tuna fish flakes
Bouquet Garni	A combination of herbs such as thyme, parsley, & bay leaf. Used in soups, stews & sauces. Usually wrapped in a piece of muslin which is removed before serving
Cajun Clay's	See index under Cajun Spice Mix
Cajun Spice Mix	See Carelli's restaurant
Calamari	Squid
Capellini Pasta	Ribbon Pasta. Angel hair is the thinnest variety.
Caper	The flower bud of a caper shrub pickled and used for garnish or seasoning
Capriccio	Meat
Cayenne	A red powder made from hot chilies
Ceviche	Raw fish marinated in lime. The natural acid from the juice cooks the fish

Char Siu	Pork that has been marinated in a spicy marinade reddish pink in color, often used in stir-fry cooking. Prepared mix may be found in some supermarkets
Chervil	An herbaceous plant of the parsley family used to flavor soups and salads, etc.
Chicory	A plant cultivated for salad. Also known as Endive. Sharp tasting
Chili Paste with Garlic	Available in the Asian section of some supermarkets
Chili Oil	Hot chili flavored oil used in many Chinese dishes
Chinese Parsley	See Cilantro
Chinese Black Beans	Fermented black soy beans that have been preserved in salt
Chinese Black Bean Paste	Fermented black soy beans that are made into a paste. Can be found in Asian specialty shelves in some supermarkets
Chinese Five Spice	A mixture in equal parts of finely ground Anise pepper, star anise, cassia or cinnamon, cloves and fennel seed. Mainly used in pork or beef dishes. Chinese name is Ng Heong Fun
Choi Sum	Type of oriental cabbage (center of bok choy)
Chuka Soba	Japanese style alimentary paste found in Asian section of supermarkets
Chutney	A type of sweet pickle often eaten with Curry dishes
Chow Fun Noodles	Wide flat noodles made of rice used in Chinese meat and vegetable dishes
Cilantro	Chinese parsley. Taste similar to orange and is an important ingredient in curry
Cioppino	Spicy fish stew
Clarify	To make broth clear. Adding egg whites attracts the cloudy particles
Clarified Butter	Heated over a gentle heat, it appears as clear as olive oil. A white deposit forms on the bottom of the pan. Strain the clear (clarified) butter into another receptacle
Coconut Milk	Available at some Indian, South East Asian, Latin American or American supermarkets
Cojita Cheese	Aged, goat cheese (dry)
Coriander	Same as Cilantro
Court Bouillons	An aromatic liquor (liquid) in which meat, fish and various vegetables are cooked
Cuevro Gold	Alcohol

Curacao	A cordial or liqueur made from the peel of the orange. Produced mainly in Holland
Currents	Dried fruits of the seedless grape used in baking
Daikon	Giant white radish from the turnip family
Demi-glace	A brown sauce made by boiling & skimming espagnole sauce and mixing in clear brown stock. This sauce is usually flavored with Madeira or Sherry
Dry Roux	A mixture of fat and flour to thicken sauces
Duxelle	Chopped mushrooms, onions, & shallots sautéed in butter to create a sauce
Ehu	Fish
Enoki Mushroom	Japanese straw mushroom
Extra Virgin Olive Oil	Oil obtained from the olive at the first pressing without the application of heat
Facaccia	Bread
Farfalle	Pasta in the shape of a butterfly
File-Powder (Gumbo File)	One of the popular seasons for Cajun dishes. Sassafras leaves and thyme. Add to the dish just before serving or used at the table for additional seasoning. Used in Gumbos and Creole dishes, soups, stews, and sauces for Cajun recipes. Start with 1-tbsp per 12-servings; adjust to taste
Fish preparation	The secret to cooking fish is: Do not over cook it! Use a high heat and cook it for a short period of time. A rule of thumb is 10 minutes per inch thickness, measuring at the thickest point of the fish, including the stuffing. If the fish is wrapped add 5-minutes to cooking time. If it is frozen, double the time
Food Processor	A multipurpose appliance that mixes, blends, chops, pulverizes and purees
Fontina	Cows milk cheese from Italy. Nutty, smoky taste. Used in fondue
Fusilli	Pasta made in the spiral shape of a corkscrew
Ginger	A root with a pungent spicy flavor. To extract juice use a garlic press. To store place in freezer in a plastic bag
Gorgonzola Cheese	A strongly flavored semisoft Italian milk cheese. Considered by some to be the best blue cheese in the world
Guava	A tropical fruit used in juices, jellies, preserves or eaten raw. The inside of the fruit is comprised of seeds. Available in California, Hawaii, Florida and may be purchased in cans in specialty sections of supermarkets
Haiku Apple-Banana	A banana grown on the island of Hawaii

Hawaiian salt	Sea salt
Hoisin	A fermented sauce made from soy beans, red rice, salt, Sugar and garlic. Hoisin sauce is available in supermarkets and Chinese specialty markets. Used with pork and duck and as a marinade for poultry. See index.
Hondashi	A blend of seasonings of dried bonito, sea tangles essences and other flavorings. Used in Miso soup as a soup stock. Found in the Asian section of supermarkets
Humuhumunukunukuapua'a	The fish with the "funny" name is really a Triggerfish. In the Hawaiian language, Humuhumu means to fit the pieces together. Nukunukuapua'a means, nose like a pig
Julienne	Vegetables cut into very thin pieces
Kahlua	Liqueur
Kalbi	Beef short ribs that have been marinated in soy sauce and sesame oil.
Kale	A cabbage-like plant used as a vegetable. Is best when poached, drained and served with butter
Karo	Corn Syrup
Kiawe	Type of tree for BBQ
Kiwi	An egg shaped fruit with a thin brown skin, and tart green flesh
Kona Coffee	A rich coffee bean grown on coffee plantations on the big island of Hawaii
Konnyaku	Yam
Kula Onion	A sweet onion grown in Kula Hawaii, sweeter than a regular onion
Kula Tomato	A tomato grown in Kula Hawaii, sweeter than a regular tomato
Kula Lime	A lime grown in Kula Hawaii
Kulan	Lettuce
Lemongrass	An herb used for salads, soups and fish dishes. Available at Indian, South East Asian, Latin American or American supermarkets
Lemon Zest	The peel of the lemon
Lilikoi	Passion fruit juice
Lima Koho	A type of seaweed
Limu	A type of seaweed
Linguini	A type of flat pasta

Lomi Lomi Salmon	Often found at Luaus, this chilled fish dish is made of salted salmon, onions, green onions and tomatoes
Lumpia Wrapper	A pastry used to wrap around a meat or pastry filling
Lychee	A Chinese fruit commonly referred to as a nut. Eaten fresh, canned or preserved in syrup. May be frozen and purchased in a can in the canned fruit section of some supermarkets
Macadamia Nut	Mainly eaten as a cocktail nibble but occasionally used in confectioneries. Macadamia nuts freeze well. Grown on the big island of Hawaii.
Macadamia Nut Oil	Oil derived from the Macadamia nut
Mache Leaves	Lettuce, sometimes referred to as Lamb's lettuce
Mahimahi	Not in the Porpoise family but the Mahimahi is a Dolphin fish that may be found in open waters. It is a white fish that is mild tasting
Mango	A tropical pitted fruit orange in color that may be purchased fresh or canned in supermarkets
Manoa	Lettuce
Mascarpone Cheese	An Italian dessert cheese
Maui Onion	A large, very sweet onion grown on Maui in volcanic soil. May be substituted with a Texas or Vidalia onion
Mesculun	Greens
Mirin	A Japanese rice wine used in marinades and Japanese cooking. One teaspoon of sugar may be substituted for one teaspoon of Mirin
Miso (Soy bean paste)	Available at some Italian, South East Asian, Latin American or American supermarkets
Ninja	Carrot
Nori	A type of seaweed used to wrap sushi. Available in cans in specialty sections of supermarkets
Ogo	A type of seaweed
Okinawaan Sweet Potato	May be substituted with an American Sweet Potato
Onaga	A Ruby Red Snapper fish
Ono	An open water long and slender Mackerel. Ono means sweet and delicious
Opakapaka	A Pink Snapper fish
Osso Bucco	Lamb dish

Panko	Japanese bread crumbs. Crispy flour meal that is used for breading
Papaya	A yellow tropical fruit with a peach-like flesh
Papio	Fish
Passion Fruit	Also called Lilikoi this plum sized fruit may be purchased fresh or in frozen concentrate form
Penne	Short tube pasta
Pepper Corn	The berry of the pepper plant used in pickling
Pesto Mix	A combination of finely chopped basil, crushed garlic, pine nuts, Sardo or Parmesan cheese
Phyllo Dough	A very thin paper-like dough sold by the pound in some Greek, American or Armenian markets. Sold in packages of 15-20 sheets 18" x 16". Freezes well and keeps in the refrigerator in its original package
Poh'le	Fern shoots
Poi	Taro root that is steamed and pounded into a thick, flavorless paste
Poke	Fresh raw fish mixed with seaweed, kukui nut paste, hot red peppers, and sesame seeds
Portuguese Sausage	Sausage seasoned with red peppers and other seasonings in a mild or spicy form. Other spicy sausage may be substituted in it's place
Pupu	Hawaiian appetizers or snacks
Puttanesca	Pasta
Radaitone	Pasta
Ramekin Reggiano	An individual baking dish Cheese
Remoulade	Sauce
Roux	A mixture of butter or other fatty substance and flour cooked together for varying periods of time depending on its final use. Roux is the thickening agent in the sauce. There are three types of Roux, White Roux, Blond Roux and Brown Roux
Saffron	An aromatic spice with a pungent odor and slightly bitter in taste
Sake	A Japanese rice wine low in alcohol content
Sambal	Sambal is a brand name, Dutch-Indonesian chili flavored relish available in most supermarkets. It is used in many different dishes including Asian rice noodles

Sashimi	Fresh thin Ahi fish that is eaten raw usually dipped in a Wasabi and Soy mixture
Sate Oil Shallot	Thai chili Less pungent than the onion. Mainly used in sauces
Shiitake	Dried brown mushroom from oak logs and shii trees. Soaked in a liquid to desired texture. ½-oz dried and soaked is equal to 4-oz of fresh shiitake mushrooms
Shirataki	A noodle made from Konnyaku flour and are featured in sukiyaki
Shiso	Lettuce
Shoyu	Soy sauce
Somen Noodles	A thin, round, very fine white wheat noodle
Soy Sauce	Made from soy beans, barley and salt used in Chinese and Japanese cooking. Also known as Shoyu
Straw Mushroom	See Enoki mushrooms
Suimono	Clear soup
Sweat	Covering the vegetables allowing them to steam in their own juices
Sweet Butter	Unsalted butter
Szechuan Hot Bean Sauce	Made from the Anise-pepper
Takemoko	Bamboo shoot
Tako	Octopus
Taro Leaves	Used as a vegetable, cooked in the same way as a potato. The leaves are eaten like cabbage. They are similar to spinach in texture and taste
Tellicherry	Black pepper
Tempura	Fish, vegetables or shrimp dipper in a batter and deep-fried in oil
Thai Fish Sauce	Usually found in the Asian section of supermarkets and Asian food stores
Ti Leaf	Large green leaves from the Ti plant used as wrappers in some island dishes
Tihini	Paste
Tobiko	Flying fish eggs
Tofu	Custard-like white bean curd. Usually packed in water to block form
Tomatillas	Tomatoes

Toyora Shi	Chili Paste
Tuong Ot Toi Vietnam	Chili garlic sauce
Uku	A Grey Snapper or Job fish
Ulapalakula Berry	A berry grown in Hawaii
Vinaigrette	A type of salad dressing usually composed of 3-4 parts oil to 1-part vinegar. Salt and pepper to taste. Sometimes mustard is added
Wakame	A type of seaweed
Wasabi	Japanese horseradish used in sushi, sashimi, somen, and other Japanese dishes. Available in the Asian section of supermarkets
Water Chesnut	There are two types. One has an edible seed and a floury texture and eaten raw, roasted or boiled, preserved in honey and sugar or used for making flour. The Chinese water chestnut is used sliced as a vegetable and can be purchased in the can
Won Ton Pi	A sheet of thin dough used to wrap Won Ton
Won Ton	A dumpling that is filled and deep-fried, steamed or soaked in soup
Won Bok	Chinese cabbage, mild in flavor similar in appearance to romaine lettuce
Yellow Fin Tuna	See Ahi

