

<u>Adobo</u>	Dark, red ground chili sauce
<u>Aioli</u>	Garlic mayonnaise based sauce from South of France
<u>Anaheim Pepper</u>	Long, narrow green chili pepper with a sweet/mild taste
<u>Andouille Sausage</u>	Spicy smoked sausage from French tradition made popular by Cajun's in their gumbos and jambalayas
<u>Antipasto</u>	meaning "before pasta" - a hot/cold Hor D'oeuvre containing nearly any variety of meats, cheese, vegetables other than pastas
<u>Baba Ghanough</u>	Middle Eastern puree of Tahini, eggplant, olive oil and lemon juice (Tahini is a paste of sesame seeds)
<u>Baja Style</u>	Ingredients indigenous to Baja Mexico - typically a Mexican cuisine with a slight Cuban/Caribbean influence
<u>Balsamic Vinegar</u>	Italian vinegar made from the Trebbiano grape which gets its color and flavor by a multi barrel and multi wood aging process
<u>Basmati Rice</u>	Named the "queen of fragrance" is a long grain rice found in Indian and Middle Eastern markets consisting of a nutlike aroma
<u>Cannelloni</u>	Large pasta tubes stuffed with meat and/or cheese and baked
<u>Capers</u>	Sundried and marinated in a pickling brine flower bud of a Mediterranean and Asian bush
<u>Caprese</u>	Italian salad of fresh tomatoes, buffalo mozzarella and basil
<u>Chipotle Pepper</u>	Smoked jalapeno with "chocolate" flavor
<u>Chorizo</u>	Seasoned pork sausage of primarily garlic, paprika, and chili powder of Spanish/Mexican cookery
<u>Chowder</u>	Thick seafood soup often of clams often containing potatoes as thickening agent
<u>Cioppino</u>	Italian fish or shellfish tomato stew
<u>Coriander</u>	a seed native to the Mediterranean and Orient with a lemony and sage perfume while leaves are known as cilantro

<u>Couscous</u>	Semolina grain native to North Africa is often steamed and served as an entrée filled with meats and vegetables
<u>Curry</u>	From an Indian word Kari meaning sauce refers to a hot, spicy sauce
<u>Curry Powder</u>	Indian spices combined in a wide variety of combinations often composed by region - common spices include chili, Cinnamon, clove, coriander, cumin and mace.
<u>Dirty Rice</u>	Cajun specialty of cooking meats, onion and bacon in the rice to give an off white color
<u>Edamame</u>	Japanese name for soybean
<u>Enchilada</u>	Mexican dish of a rolled corn tortilla filled with meat and cheese topped with tomato salsa
<u>Etouffee</u>	Thick Cajun stew dish from the French word meaning "smother" usually containing shrimp or crawfish
<u>Feta</u>	Greek sheep or goat milk cheese made in a salty whey brine
<u>Ghee</u>	Clarified butter that has the milk solids removed and used in Middle Eastern cuisines
<u>Gnocchi</u>	Italian dumplings often made of potatoes
<u>Grits</u>	Native American staple of coarsely to fine ground cornmeal porridge often flavored with regional ingredients or served plain with butter
<u>Guacamole</u>	Originally an Aztec staple of avocados, tomatoes, and salt, Spanish Conquistadors took recipe back to Spain
<u>Gumbo</u>	Creole stew made of many regional ingredients including tomatoes, onions and okra
<u>Gyro</u>	Greek "sandwich" made with roasted lamb and served in a pita or flatbread with a cucumber/mint sauce
<u>Hearts of Palm</u>	Edible portion of a cabbage palm tree, typically from Brazil and Florida, tastes of white asparagus and artichoke hearts
<u>Holy Trinity</u>	Cajun and Creole term for combining green peppers, onions and celery as a base to soups and sauces

<u>Hoppin John</u>	Believed to be named after a slave from the South, this is a black eye pea dish cooked with pork over rice
<u>Hummus</u>	Middle Eastern sauce from mashed chick peas with lemon juice, garlic, olive oil and ground sesame seed paste (Tahini)
<u>Jambalaya</u>	Creole rice dish created from the French word Jambon meaning ham but can typically be used with any meat in this dish
<u>Jasmine Rice</u>	An aromatic rice from Thailand comparable to the Indian Basmati Rice
<u>Jerk Seasoning</u>	Most combinations of chilies, thyme, cinnamon, ginger, cloves and garlic used in rubs or marinades
<u>Jicama</u>	Often referred as a Mexican potato with a sweet, nutty flavor
<u>Kalamata Olive</u>	Almond shaped Greek olive containing rich, fruity flavor
<u>Kimchee</u>	Korean spicy condiment made up of fermented cabbage or turnips
<u>Manchego</u>	A Spanish sheep's milk semi firm cheese with a full, mellow flavor
<u>Manicotti</u>	Narrow tube like noodle filled with meat and/or cheese and covered with sauce
<u>Minestrone</u>	Minesta is Italian for soup - Minestrone refers to "big" soup containing thick amounts of vegetables and noodles
<u>Mojo</u>	Popular Cuban and Caribbean culinary term referring to recipes using garlic, cumin and a variety of citrus ingredients
<u>Naan</u>	Middle Eastern flatbread lightly leavened by natural yeast
<u>Pad Thai</u>	Thailand noodle dish made in a variety of ways including peanuts, sprouts, and chilies
<u>Paella</u>	Spanish stew like dish of saffron flavored rice using an assortment of meats, seafood, vegetables and accented with Chorizo sausage
<u>Panang</u>	Traditional Thai dish consisting of coconut milk, curry paste and fish sauce

<u>Panko</u>	Crust less bread crumbs often used in Japanese cooking
<u>Peperonada</u>	Dish containing roasting peppers, tomatoes, onion, and garlic in olive oil
<u>Pesto</u>	Basil/garlic sauce containing pine nuts, olive oil and parmesan
<u>Pico de Gallo</u>	Southwest relish made of freshly chopped peppers, cucumbers, tomatoes and onions
<u>Pierogi</u>	Polish half moon shaped dumpling
<u>Piroshki</u>	Small Russian pastry turnover filled with meats, cheese, seafood or vegetables
<u>Pissaladiere</u>	South of France specialty of a flaky pizza-like tart
<u>Pita Bread</u>	Middle Eastern flatbread made of white or wheat flour baked to form a "pocket" to be filled with meats, seafood or vegetables
<u>Poblano</u>	A dark green mild chili
<u>Po Boy</u>	Sandwich of loaf bread filled with cultural ingredients - other regional names are: sub, hoagie, and grinder
<u>Polenta</u>	Cornmeal dish from Northern Italy mixed with cheeses
<u>Ponzu Sauce</u>	Japanese dipping sauce of rice vinegar, soy, mirin and dried bonito flakes
<u>Primavera</u>	An Italian term meaning "spring style" to use a variety of fresh vegetables in dishes
<u>Prosciutto</u>	An Italian term meaning "ham" is seasoned, salt cured (not smoked) and air dried
<u>Puttanesca</u>	A tangy group of ingredients made up of tomatoes, capers, olives, garlic and anchovies usually used on pasta
<u>Pupu</u>	Hawaiian term meaning an assortment of appetizers
<u>Ragout</u>	French rich, thick stew like dish made up of meat, fish, or vegetables

<u>Ragu</u>	Northern Italy meat sauce served with pasta
<u>Raita</u>	Indian yogurt salads combined with chopped vegetables such as cucumbers, eggplant and fruits and seasoned with Garam Masala
<u>Ratatouille</u>	A Provence dish combining eggplant, tomatoes, onions, bell peppers, garlic, and herbs in olive oil
<u>Ravioli</u>	A square noodle filled with meats, seafood, or cheese
<u>Rigatoni</u>	Short tubes of macaroni pasta
<u>Saffron</u>	The world's most expensive spice is used from the stigmas of the purple crocus flower to provide a pungent, aromatic flavor
<u>Saga Blue</u>	A soft, double cream bleu cheese from Denmark with a elegant, mellow flavor
<u>Saganaki</u>	Greek appetizer of Kasseri cheese often accompanied with pita bread
<u>Saltimbocca</u>	An Italian culinary term which must include sage and prosciutto ham
<u>Sambal</u>	Common condiment in Indonesia, Malaysia, and southern India made up of chilies, brown sugar and salt
<u>Scaloppini</u>	Italian cooking term to slice thinly
<u>Scampi</u>	An Italian name for prawns, U.S restaurants use this term to describe shrimp with a garlic butter sauce
<u>Schnitzel</u>	German word for "cutlet" describing meat that is dipped in egg and breaded
<u>Serrano Chili</u>	A small very hot chili with a savory flavor
<u>Slider</u>	Name given to mini sub or hoagie sandwiches
<u>Soba</u>	Japanese buckwheat noodle

<u>Souvlakia</u>	Greek dish consisting of marinated lamb in olive oil, lemon juice and oregano then grilled
<u>Spaetzle</u>	German dumpling dish of very small noodles of flour, eggs, milk, and nutmeg
<u>Spanakopita</u>	Greek spinach pie made with phyllo dough and feta cheese
<u>Spring Roll</u>	Smaller more delicate version of the egg roll comprising of paper thin wrappers filled with savory fillings
<u>Succotash</u>	Southern dish of corn, beans and sweet peppers derived from the Native Americans
<u>Sunomono</u>	Japanese word for "vinegar things" used in or as a salad of sweetening vinegar to marinate vegetables, meats, or seafood
<u>Tagilioni</u>	Long paper thin ribbon noodles
<u>Tahini</u>	Sesame seed paste used in Middle Eastern cooking
<u>Tamari</u>	More mellow, yet thicker soy sauce
<u>Tandoori</u>	A round top oven to cook items with a smoky, very hot temperature - also a spiced filled yogurt marinade for meats and seafood
<u>Tapenade</u>	A thick paste or relish of capers, anchovies, olives and olive oil from the Provence region of France
<u>Tempura</u>	Japanese batter dipped meat, fish, or vegetables
<u>Teriyaki</u>	Japanese cooking method for marinating ingredients in a ginger, soy, and sugar liquid
<u>Tilapia</u>	A low fat white fish with a sweet, fine texture flesh imported from Indonesia and South America
<u>Tomatilla</u>	Mexican green tomato
<u>Tortellini</u>	Small pasta stuffed with various fillings and folded over to form a hat or ring shape
<u>Tzatziki</u>	Yogurt sauce made with cucumbers, garlic, olive oil, lemon juice and mint

Vidalia Onion

Large pale onion with an extremely sweet and juicy flavor from Vidalia, Georgia

Yeung Chow

Cantonese style fried rice often with BBQ pork, shrimp, eggs, and peas