

Red Lantern Restaurant

GLOSSARY

Achara-pickled fruits or vegetables served as a relish with grated green papaya or sauerkraut.

Achuete or Achiote-annatto seeds used to give food a reddish color. Seeds are soaked in water to extract the color. Usually available in bottles in most supermarkets or Hispanic food stores.

Adobo-a generic term of cooking meat, fish or vegetables in garlic, vinegar, soy sauce and pepper. It is the name of the dish as well as the style of cooking.

Alimasag-a variety of crab with large pincers.

Apritada-meat dish with tomato sauce and vegetables; a Spanish-influenced dish.

Arroz-Spanish word for "rice."

Asado-a meat dish cooked with tomatoes, onions and other seasonings.

Ayam: Indonesia for Chicken

Baboy-Tagalog term for "pork" or "pig."

Bagoong-salty, fermented sauce or paste made from small shrimps or fish, used as an accompaniment to main dishes; also known as anchovy sauce. It is available regular or sautéed.

Bistek-beefsteak.

Buko-a young coconut

Belacan = Malaysian fermented Krill Brik

Basil, Lemon (daun kemangi): A fragrant, lemon-scented herb added at the last minute to keep its flavor, or used as a garnish. Although the flavor will be different, you can use another type of basil.

Candlenut (tingkih/kemiri): A round, cream-colored nut with an oily consistency used to add texture and a faint flavor to many dishes. Substitute macadamia nuts or raw cashews.

Cardamom (kapulaga): About 8-12 intensely fragrant black seeds are enclosed in straw-colored, fibrous pod. Try to buy the whole pod instead of cardamom seeds or powder for maximum flavor, and bruise lightly with the back cleaver to break the pod before adding to seasonings.

Celery (seledri): The celery used in Indonesia is somewhat different from the celery used in the Western world. It has a very slender stems and particularly pungent leaves. It is often referred to as "Chinese celery" abroad and is used as a herb rather than a vegetable.

Chilies (cabai, also called cabe or lombok): There are several types of chili pepper used in Indonesia. One thing that is important about chili pepper, the amount of heat increases as the size of the chili pepper diminishes. Green chilies are the unripe fruit, and have a flavor different from red chilies. Fresh, finger-length red chilies are the most commonly used. Dried chilies also used in some dishes and they should be torn into pieces and soaked in hot water to soften before grinding or blending. Hottest of all chilies are the tiny fiery bird's-eye chilies (cabe rawit). To reduce the heat of the dish while retaining the flavor, remove some or all the chili's seeds.

Cinnamon (kayu manis): A thick, dark brown bark of a type of cassia. Do not substitute with ground cinnamon if you can.

Cloves (cengkeh): A small, brown, nail-shaped spice. Whole cloves are frequently used to flavor cooking liquids for simmering fish, poultry or meat.

Coconut (kelapa): The grated flesh of the coconut is frequently added to food. It can also be squeezed in water to make coconut milk. To make fresh coconut milk, put 2 cups of freshly grated ripe coconut into a bowl and add 2 cups of lukewarm water. Squeeze and knead the coconut thoroughly for 1 minute, then strain through cheesecloth into a bowl to obtain thick coconut milk. Repeat the process with another 1 cup of water to obtain thin coconut milk. Combine both for the

coconut milk. Coconut milk can be frozen; thaw and stir thoroughly before use. The best substitute for fresh coconut milk is instant coconut powder. Combine this with warm water as directed on the packet. For richer, creamier flavor required for dessert and cakes, use canned (unsweetened) coconut cream.

Coriander Seeds (ketumbar): Small straw-colored seeds with a faintly orange flavor. Whole seeds are usually lightly crushed before use.

Cumin (jintan): use sparingly as it has a strong smell.

Cup Leaves (daun mangkok): The shape of the leaf is like a cup. It's also known as tapak leman (Nothopanax scutellarium) and it usually used to cook stew dishes. A good substitute is curly kale.

Calamansi-a small limelike fruit found in the tropics. Lemon is the best substitute.

Caldereta-goat-meat stew.

Camaron rebosado-shelled shrimps (with tail on) dipped in a batter and deep fried.

Cassava-an edible, starchy root used in making bread or tapioca.

Chicharon-crisp fried pork rind or skin.

Chorizo de Bilbao-Spanish sausage used for flavoring dishes.

Embutido-ground meat roll, usually made with ground pork stuffed with ham, pickles, eggs and raisins.

Empanada-meat turnover with ground beef, chopped olives, raisins and a slice of hardboiled egg.

Empanadita-small turnover with honey and nuts.

Ensalada-Spanish term for "salad."

Escabeche-fish in sweet-and-sour sauce.

Estofado-stewed meat dish cooked with vinegar, sugar and other spices.

Fish fish sauce is often made from anchovies, salt and water, and is often used in moderation because it is intensely flavored.

Frito-Tagalog term for "fried."

Flan-custard made of milk and egg yolks.

Garlic (bawang putih): The cloves of garlic in the Western countries are considerably larger. Adjust the amount to suit your taste.

Ginger (jahe): This pale creamy yellow root is a very important ingredient for Indonesian cooking. Always scrape the skin off fresh ginger before using, and never substitute powdered ginger as the taste is quite different. Ginger can be stored in a cool place for several weeks.

Green Papaya: Unripe Papaya

Gallina-Spanish word for "chicken."

Gata-Tagalog word for "coconut milk."

Ginataan-method of cooking food in coconut milk.

Guisado-Tagalog word for "sautéed."

Hamon-Tagalog spelling of the Spanish word for ham (jamon).

Inihaw-Tagalog term for "charcoal-broiled."

Kangkong-green, smooth-leafed vegetable native to the Philippines. It has a flavor that is milder than spinach and a texture similar to watercress.

Kare-Kare-Philippine meat-vegetable stew with ox tail, beef or tripe, eggplant, banana buds and other vegetables cooked in peanut sauce and ground toasted rice

Kawali-Tagalog word for "snails."

Kecap Manis: Sweet Soy Sauce

Kencur: It is sometimes known as lesser galangal. This ginger-like root has a unique, champor flavor and should be used sparingly. Wash it and scrape off the skin before using. Dried sliced kencur or kencur powder can be used as a substitute. Soak dried slices in boiling water for approximately 30 minutes; use ½-1 tsp. of powder for 1-inch fresh root. **Kutsay**-Tagalog word for "leeks."

Kambing: Goat

Buah keluak" or "kluwak nut" (also spelled kloowak). Kluwak nuts come from the kepayang tree (**Pangium edule**) of Indonesia & Malaysia, a member of the flacourtia family (Flacourtiaceae). The oily, hard-shelled seeds superficially resemble Brazil nuts. Meaty seeds are edible after the poisonous hydrocyanic acid is removed by soaking and boiling them in water. Fermented kluwak nuts become chocolate-brown, greasy and very slippery. Cooked seeds are used in a number of popular Malaysian and Indonesian dishes.

Krachai Of the family Zingiberaceae, the ginger family, this rhizome is used to flavor many Thai dishes. The Latin botanical name of this rhizome is *Boesenbergia pandurata*, or *Kaempferia pandurata*. It is known as krachai in Thai, and the most common English name is fingerroot.

Labong-Tagalog word for "bamboo shoots."

Leche flan-leche is the Spanish word for milk; a milk and egg yolk custard.

Lechon-roast suckling pig.

Lengua-Spanish word for "tongue."

Lomo-Beef loin

Longaniza-native sausage.

Lumpia-Philippine egg rolls

Laos (lengkuas): Sometimes is called galangal, this is a member of the ginger family and it has a very tough but elusively scented root that must be peeled before use. Substitute slices of dried Laos (soaked in boiling water for 30 minutes) or powdered Laos (1 tsp = 1 inch). **Lemongrass (serai)**: This is an intensely fragrant herb that is used for soup, seafood and meat dashers and spice pastes to produce lemony flavor. Cut off the roots and peel off the hard outer leaves, use only the tender bottom portion (6-8 inches).

Lime: There are several types of lime used in Indonesia. The most fragrant one is called *kaffir lime (jeruk purut)*. Kaffir lime has virtually no juice, but the double leaf is often used whole or very finely shredded, while the grated skin is occasionally used in cooking. The picture on the right shows Kaffir lime. The round yellow-skinned limes which size is slightly larger than a golf ball (jeruk nipis) and small, dark green limes (jeruk limau) are used for their juice. If limes are not available in your area, you can substitute it with lemon

Manok-Tagalog word for "chicken."

Mechado-meat into which long strips of fat have been inserted then simmered in tomato sauce and spices.

Menudo-diced pork and liver stew with vegetables

Merienda-afternoon tea.

Miki-rice noodle.

Misua or Miswa-threadlike wheat noodle; a vermicelli

Misu-soybean paste

Mongo-mung beans.

Morcon-beef meat roll stuffed with eggs, ham, pickles and sausages.

Nutmeg (pala): Always grate whole nutmeg just before using as the powdered spice quickly loses its fragrance.

Nam prik – Thai version of spicy paste which includes fish paste, garlic, fresh chilies, fish sauce and lime juice however they vary from region to region and can include garlic, dried fish, tamarind pulp, fruit such as green mango and nuts

Nangka = Jack Fruit: – a tropical fruit, young nangka is generally use for cooking in many variety of Asian dish, nangka as a ripe fruit is used for mostly desert. Nangka gains its sweet after it ripens, as a young fruit nangka is not sweet at all.

Nouc mam is Vietnamese fish sauce

Nam pla =Thailand and Myanmar fish sauce

Nilaga-Tagalog word for "boiled."

Oseng-Oseng: means wok-tossed in Indonesian

Palm Sugar (gula jawa): Juice extracted from the coconut flower or aren palm is boiled and packed into molds to make sugar with a faint caramel taste. If palm sugar is not available, substitute with soft brown sugar. To make palm sugar syrup, combine 2 cups of chopped palm sugar with 1 cup of water and 2 pandan leaves. Bring to a boil, simmer for 10 minutes, strain and store in refrigerator.

Pandan Leaf (daun pandan): The fragrant leaf of a type of pandanus sometimes known as fragrant screw pine, this is tied in a knot and used to flavor dessert and cakes.

Peanuts (kacang tanah): Used raw and ground to make sauce, or deep fried and used as a garnish or condiment.

Pepes: Cook In banana Leaf

Pepper (merica): Both black and white peppercorns are crushed just before use ground white pepper is also used on occasion.

Patis = Philippines fish sauce

prahok = Cambodian shrimp Paste

Paksiw-fish or meat cooked in vinegar, garlic and hot cooking peppers.

Pansit-noodle dish.

Pastillas-sweets in the form of little bars made of milk and sugar, with or without nuts.

Patis-very salty, amber-colored, thin liquid extract from salted and fermented seafood (usually fish). Very similar to the Vietnamese nuoc mam and the Thai nampla, which may be substituted.

Pesa-fish or meat dish with vegetables simmered with fresh ginger.

Pipino-Tagalog for "cucumber."

Pochero-dish of boiled beef, chicken, dumplings and vegetables, which is similar to the Spanish cocida.

Pusit-Tagalog word for "squid."

Puto-steamed rice cake.

Relleno-Spanish word for "stuffed;" used for any stuffed dish.

Salabat-ginger tea.

Sili-long green cooking pepper.

Sinigang-sour soup dish of meat or fish with vegetables, seasoned with tomatoes, onions and lemon juice.

Siomai-dumplings

Sitao-string beans, a yard-long bean.

Sotanghon-transparent bean noodles; also known as cellophane noodles.

Sugpo-giant tiger prawn.

Salam Leaf (daun salam): A subtly flavored leaf of the cassia family, this bears no resemblance whatsoever to the taste of a bay leaf, which is sometimes suggested as a substitute. If you cannot obtain dried salam leaf, omit altogether.

Shallots (bawang merah): Widely used in Indonesian cooking, pounded to make spice pastes, sliced and added to food before cooking, and sliced and deep fried to make a garnish.

Shrimp Paste (terasi): This ingredient has a strong fragrance; it is always cooked before eating, generally toasted over a fire before being combined with other ingredients. The color of this ingredient range from purplish pink to brownish black.

Slaked Lime (kapur sirih): A paste obtained by grinding sea shells in a little liquid. This is the lime which is chewed with betelnuts, gambir and tobacco.

Soy Sauce: There are two types of soy sauce that are used in Indonesian cooking, thick soy sauce (kecap manis), and the thinner, more salty thin soy sauce (kecap asin). If you cannot obtain sweet soy sauce, use the dark black Chinese soy sauce and add brown sugar to sweeten it.

Tamarind (asem/lunak): The dark brown pod of the tamarind tree contains a sour fleshy pulp, which adds a fruity sourness to many dishes. Packets of pulp usually contains the seeds and fibers. To make tamarind juice, measure the pulp and soak it in hot water for 5 minutes before squeezing it to extract the juice, discarding the seeds, fiber and any skin.

Turmeric (kunyit): An essential root in Indonesian cooking, usually sold in dried or powdered form

in the US and Europe. It imparts its yellow color and pungent taste to many dishes. If you can buy fresh turmeric, pick roots that are dark in color.

Talaba- Tagalog term for "oyster."

Talong- Tagalog term for "eggplant."

Tamarind = This sweet-and-sour fruit comes from a fuzzy light brown pod. The pulp (with seeds) is sold in a flat square as tamarind paste. It must be mixed with water and strained before using.\

Tapa-dried meat cured with salt and vinegar.

Tausi-black soy beans, salted and fermented.

Teuk trei: Cambodian fish sauce

Tinola-fish or meat dish flavored with ginger.

Togue-bean sprouts.

Tokwa-soy bean cake.

Trasi: Indonesian semisolid fish paste

Tulya-freshwater clams.

Ubod-hearts of palm.

Upo-Philippine gourd.

Yema-Spanish for "egg yolk."