



A-Z GLOSSARY

CHILLI OBSESSION

Food lovers everywhere are seeking out their next big chilli thrill. Beyond just discovering new chilli varieties, this obsession has extended into using techniques like grilling, smoking, pickling and candying to tease out the flavour potential of chillies.



Techniques

Pickling chillies involves blanching then boiling chillies in vinegar to impart a tangy and zesty heat. Pickled chillies are used in sauces and relishes – a great topper for grilled seafood and meats, tortillas, tacos, hot dogs and hamburgers.

Smoking chillies involves exposing the chillies to smoke from burning or smoldering material. It can be as simple as using a wok, gas or wood barbeque or a barbeque designed specifically for smoking. With a rich, full-bodied, intense and pungent taste, smoked chillies add a great depth of flavour to any dish, including sauces, mayonnaises and other dressings or salsas.

Fermenting chillies involves combining chillies with water, salt and vinegar and leaving them to ferment for up to two weeks. Fermented chillies bring a sharp, sour and acidic taste to a dish, and are good to use in wraps, tacos, salads, sauces, mayonnaises, dressings and salsas.

Candying chillies involves slicing or chopping fresh or dried chillies and cooking them in a sugar syrup. Candied chillies can make a unique and tasty garnish for drinks, desserts and fruity salsas.

Grilling chillies involves cooking under high heat to deliver a smokiness that is good for salsa and creamy sauces.



Heat of chillies

Chillies get their heat from capsaicin, the active component that puts the heat or pungency in chillies. The level or concentration of capsaicin in chillies is ranked on the Scoville scale (a measurement of the heat of chillies.) The scale was developed in 1912 and named after its creator, American pharmacist Wilbur Scoville. Capsicums are at the lowest level of the scale, 0, while cayenne pepper rates 30,000 to 40,000 heat units and jalapeño rate around 5000.



Chillies to watch

Tien tsin is a hot Szechuan chilli named after the province in Southwest China. This chilli has a Scoville rating of 50,000 to 70,000 and is generally bright red in colour. It is usually added to Asian cooking like soups and stir fries and other dishes, and removed prior to serving. One popular dish that uses tien tsin is Kung pao chicken.

Aji amarillo is a common, hot, Peruvian yellow-orange chilli that adds heat and fruity flavour to a dish. They are known as yellow chillies and often called Cusqueno, when in the dried form. They are considered a hot chilli at about 30,000 to 50,000 on the Scoville scale. This chilli has a raisin-like aroma and offers a lot of fruitiness for its heat, and can be used in everything from soups, sauces and condiments to fruity salsa, potato salad and curries.

Guajillo is a mild Mexican dried chilli, widely used in Mexican cuisine. Guajillo chillies are thin with a deep red flesh and a green tea flavour with berry overtones. They are mild, slightly smoky and fruity in flavour, with a small heat rating of 2,500 to 5,000 on the Scoville scale. Guajillo chillies may be used in pastes or rubs for all kinds of meats, or added to salsas.

Chilli de arbol is a bold Mexican chilli, known for its fiery heat and smoky flavour and is available fresh, dried or powdered. It is a small and potent green chilli that develops into bright red colour when it matures. It is used to add heat to dishes and has a measurement of 15,000 and 30,000 Scoville units.





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MODERN MASALA

Indian food is finally having its moment, breaking free of its traditional confines with modern interpretations. Going beyond basic curries, people are exploring the vibrant flavours of richly spiced Indian cuisine in new, modern contexts.

Flavours to explore



Kasmiri masala

Kasmiri masala is a northern Indian spice blend made from cumin, cardamom, cinnamon, black pepper, cloves and ginger. It is used to season lamb dishes, such as Rogan Josh, chicken curries, and vegetables. Many Indian home cooks will have their own unique blend and roast the spices themselves.

Cloves are the dried, unopened flower buds of a small evergreen tree and have a strong, pungent and sweet – almost hot – flavour.

Cumin has a slightly sweet, warming and aromatic flavour and is popular in many cuisines.

Coriander seeds have a mild, sweet citrus flavour that is well suited to Asian and Mexican cuisines.

Cinnamon has a warm, sweet flavour, with the quills best used in slow-cooked dishes such as stews, curries, tagines and bolognaise sauces, as they will keep their shape and give the dish a rich and intense flavour during cooking. Ground cinnamon is best used to spice up hot drinks, cakes and pastries.

Cardamom is native to southern India and has a slightly sweet and savoury flavour with citric elements. It can be used in both sweet and savory dishes. It can be used for sauces, seafood, meats, poultry, vegetables and even desserts or pastries or other baked goods. It also can be used in coffee and other beverages.

Black pepper is native to India and has been around since ancient times. Black pepper is flavourful and pungent and comes as whole, cracked peppercorns or ground into powder.

Ginger is native to southeastern Asia and has a pungent, aromatic and hot flavour.

Paneer cheese

Paneer cheese is a versatile, fresh cheese similar to pressed ricotta or cottage cheese. Originating in India, it was originally made from buffalo's milk but is now commonly made with cow's milk. It is a staple in Indian cooking. It's mild, sweet flavour means it is a good carrier for flavour and can be marinated. Paneer cheese can be sliced, cubed or grated, and can be grilled, boiled or added to curries, soups or salads. It is sometimes wrapped in dough and deep-fried or served with either spinach (palak paneer) or peas (mattar paneer). Paneer cheese is available in Indian grocery stores and most supermarkets.





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CLEVER COMPACT COOKING

Proving that big flavours can come from small spaces, cooks across the world are making the most of the space that is available to them and discovering creative ways to prepare flavourful meals in a single appliance.

'Must-have' ingredients



Tea

Tea is native to Asia but now grown in many countries. Tea comes from the leaves of the tea bush or tea tree and is known to have grown many health properties. Tea's flavour profile is dependent on the type of tea (smoked blacked teas, green teas, white teas, chai, fruit-infused). Tea can be versatile when cooking. As a liquid, it can be substituted for water when making sauces, dressings, marinades, desserts or broths. Dried tea leaves can add flavour and crunch for rubs to coat meats or can be added to braising meats and vegetables. Young, green fresh leaves can also be used as a garnish.



Noodles

Noodles are a multi-purpose ingredient popular in soups, casseroles, stir-fries and salads and complement most foods including meat, chicken, seafood and vegetables. They have been around for thousands of years and it is often debated as to who first invented noodles – the Chinese, Italians or the Arabians. Noodles are categorised by their primary ingredient such as wheat, rice, corn etc. and are a staple food across the world. There are many types of noodles, some of the most common ones being egg, glass, miso and rice noodles.

Egg noodles (also known as Chinese yellow noodles) come fresh or dried and are usually salty and bland. Egg noodles complement most meats and vegetables.

Glass noodles (also known as Chinese vermicelli, mung bean noodles, bean thread noodles, cellophane noodles) are made from mung bean flour, but also can be made from yam, potatoes, cassava or canna. They are very hard and opaque when dry but become transparent and soft when cooked and can be used in stir fries, soups, salads and spring rolls.

Miso noodle (also known as Somen) are fine white Japanese noodles. These are the thinnest Asian noodle and served with cold dishes, hot dishes and soups .

Rice stick noodles are made from rice flour and water, though sometimes corn starch or tapioca is added. Other names include maifun, rick sticks or laksa noodles. They are usually white in colour, long in shape and can be either flat or round.



Coriander

Coriander is used in countless ways across the globe as a seed, leaf or ground. Coriander seeds have a mild, sweet citrus flavour that is well suited to Asian and Mexican cuisines while coriander leaves have a sharp green flavour and strong herbal aroma and are commonly used in Asian cuisine.



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MEXICAN WORLD TOUR

Mexican flavours are making their way around the globe, with people everywhere discovering and embracing the authentic nature and new aspects of this bright, casual cuisine.

Flavours to explore



Tomatillos

Tomatillos originate from Central and South America and were cultivated in Mexico. They are a tomato-like ingredient and have a distinctive zesty, lemony flavour.

They can be:

- eaten raw, fried, boiled or steamed
- chopped or blended and added to salads, soups, salsas and empanadas
- stir fried with other vegetables
- simmered with other ingredients and served as a sauce, stew or dip—they are the key ingredient in fresh and cooked Mexican and Central American green sauces
- slow roasted or braised with meats.



Chamoy sauce

Chamoy sauce is a condiment combining apricot, lime, chillies and spices. It is a savoury sauce made with annatto (the seed of the achiote plant). In Mexican chamoy, apricot, plum or mango is usually used as its fruit base. It can range from a liquid to a paste consistency, and is salty, sweet or sour, and spicy all at the same time. Thinner versions of chamoy are used as hot sauces because of the combination of salt, sweetness and heat. Thicker chamoy is used as a dip for vegetables or firmer fruits. Chamoy can also be used to flavour beverages.



Recado rojo

Recado rojo is a spice paste, popular in the Mexican Yucatan Peninsula, and made with annatto (the seed of the achiote plant), sour orange and a blend of spices. Red annatto seeds have a slightly bitter, earth flavouring. These seeds are ground and mixed with other spices to make the paste. The paste is dissolved in lemon juice, water, oil or vinegar to create a marinade for hearty meat cuts- it is an essential ingredient in cochinita pibil, a popular pulled pork dish native to Yucatan.



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CHARMED BY BRAZIL

The world's attraction to Brazilian cuisine is heating up, thanks to its enticing mix of global and native influences. Brazil's vibrant fusion of European, African, Asian and Amazonian influences is poised to emerge as the next big thing in global cooking.

Ingredients on the rise



Cassava

Cassava is a starchy root vegetable also known as manioc or tapioca. It can be sweet or bitter and cooked and prepared in many ways. The soft-boiled root has a delicate flavour and can replace boiled potatoes in many uses: as an accompaniment for meat dishes or made into purées, dumplings, soups, stews, gravies. It can also be deep fried (after boiling or steaming). In Brazil, cassava is also ground and cooked to a dry, often hard or crunchy meal, which is used as a condiment, toasted in butter, or eaten alone as a side dish. It is readily available as flour and pearls (small round transparent balls), which are gluten free.



Tempero baiano

Tempero baiano hails from Brazil's north-eastern state of Bahia. It is a versatile, complex seasoning blend, beloved in kitchens across Brazil. There are many variations of the seasonings, with each cook and each family mixing their own version, but typically the blend contains a mix of spices and herbs such as oregano, parsley, red and white pepper and cumin. It adds zest to many savoury dishes including seafood, vegetables, soups and stews.

Oregano has a warm, balsamic and aromatic flavour.

Cumin has a nutty, peppery flavour with slight citrus overtones. It is available as whole seeds or ground. Lightly roasting whole cumin seeds before using them in a recipe, brings out their flavour

White pepper consists of the core of a ripe fruit after the husk has been removed. It is slightly musty with a smooth flavour.

Red pepper (also known as cayenne) is hot and spicy.

Parsley has a pleasant, mild flavour which blends well with all other herbs. It is used for both eye and taste appeal in many foods.



Black-eyed peas

Black-eyed peas, also known as cow peas, are Brazil's comfort food and favourite bean. They are thought to have originated in North Africa. Black-eyed peas are available dried, fresh, canned and frozen. They are used to make a traditional street food called 'acaraje' (black-eyed pea fritter stuffed with savoury fillings) and can be used in rice dishes, soups, salads, fritters, and stews and casseroles, or pureed into a hummus-like spread.



Guavas

Guavas are a tropical fruit which are a true taste of the Amazon. They can range from sweet to very acidic, often with a strong, musky aroma. Guavas taste like a blend of passion fruit, kiwi and/or strawberry, occasionally with a hint of tomato-like tartness. Extremely high in vitamin C, this aromatic, pink-fleshed fruit can be used in everything from cocktails to savoury sauces. Available outside the tropics in fresh, frozen and nectar forms, guavas can be grilled, sliced, boiled or used raw. They are available in Asian and Mexican grocery stores.