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Chapter 17: Meal Considerations—Glossary

creole foods. Cooking style found mainly in New Orleans that has roots in French, Spanish, African, and Native American cultures.

eating pattern. All the foods you regularly eat and drink.

garnishes. Foods that decorate a dish or plate.

geography. The location and climate of a land.

ingredients. Food items needed to make a certain food product.

potluck. A meal where families eat together and each family brings one or two dishes for everyone to enjoy.

preheat. To turn on the oven before beginning to cook. This allows the oven to heat to the correct temperature before you place food in it.

recipe. A set of instructions used to prepare a food product.

recipe conversion. Changing a recipe's yield up or down.

soul food. Cooking style based on the food customs of African Americans in the South.

traditions. Customs that are passed from generation to generation.

yield. The number of servings the recipe produces.