

Adventures in Food and Nutrition! © 2016

Chapter 18: Great Grains—Glossary

al dente. Pasta that is cooked until it is tender but firm.

all-purpose flour. The most common type of flour, which can be used in nearly all recipes.

bran. The tough, outer coat of a kernel of grain.

bread flour. A type of coarse flour used to make hearty, firm breads.

brown rice. The whole rice kernel. It contains more nutrients and fiber than other types of rice.

cake flour. A smooth, silky flour used to make cakes that have a light and delicate texture.

converted rice. Rice made by steaming whole rice kernels. Steaming draws some of the nutrients from the bran and germ into the endosperm where they are trapped. After the kernels dry, the bran and germ are removed.

corn oil. Oil made by squeezing the germ of corn kernels.

corn syrup. Syrup made by changing the starch of the endosperm of the corn kernel into sugar.

cornmeal. Meal ground from the whole corn kernel or just the endosperm.

cornstarch. A fine, white powder made from the starch of corn endosperm.

endosperm. The largest part of a grain kernel. It contains mostly starch.

enriched. Foods that have nutrients that were lost during processing added back to them.

farina. A coarsely ground flour. Most of the bran and germ are removed. It is cooked and served as a hot breakfast cereal.

flour. A fine powder ground from wheat kernels.

gelato. Ice cream.

gelatinization. This process occurs when starch granules absorb water, swell, and cause a liquid to become thicker.

germ. The smallest part of a grain kernel. It contains most of the kernel's nutrients. A new plant sprouts from the germ.

granules. Tiny pieces of starch inside the endosperm of a grain seed.

grits. Coarsely ground hominy. Grits are served as a hot breakfast cereal.

hominy. Large, dried pieces of corn endosperm that are boiled and served as a side dish.

instant flour. A special form of all-purpose flour. It is processed in a way that allows it to mix easily in cold liquids.

long-grain rice. A type of rice that is light and fluffy when it is cooked.

malt. A sticky, sugary substance produced when barley sprouts.

medium-grain rice. A type of rice that sticks together when cooked.

noodles. A type of pasta with egg added to the dough.

pasta. A shaped dough made with wheat flour and water.

polenta. A pudding made with cornmeal.

polished rice. The endosperm of the rice kernel. It has less than half as many nutrients as brown rice.

popcorn. A type of corn that contains a tiny drop of water inside each kernel. When it is heated, the water turns into steam. The pressure of the steam causes the kernel to explode.

refined grains. Grain foods that are made with only the endosperm.

self-rising flour. All-purpose flour that has salt and baking powder added to it.

short-grain rice. A type of rice that sticks together when cooked.

wheat bran. The outer covering of a kernel of grain. It is high in fiber.

wheat germ. The germ of the wheat kernel.

white flour. A flour made by grinding only the endosperm. The bran and germ are removed.

whole-grain foods. Cereal foods that include all three parts of the kernel.

whole-wheat flour. A flour made by grinding the entire wheat kernel.

wild rice. The seeds of a water plant.