Guide to Good Food
Chapter 32: Asia—Terms and Definitions

**beef stroganov.** A popular Russian meat dish made with tender strips of beef, mushrooms, and a seasoned sour cream sauce.

**borsch.** Russian beet soup.

**caste system.** A social system in India that evolved from Hinduism and divided people into groups, or castes.

**caviar.** The processed, salted roe (eggs) of large fish, most often sturgeon.

**chapatis.** A flat bread that is common in India.

**chasniyadharth.** A major cooking technique in Indian cuisine that resembles Chinese sweet and sour.

**chopsticks.** Chinese eating utensils.

**congee.** A thick porridge made from rice or barley often served for breakfast in China.

**curry.** A type of Indian stew.

**dynasty.** A chain of rulers with the same ancestry.

**ghee.** Indian clarified butter.

**gohan.** The Japanese word for meal, which means rice.

**kaiseka.** A delicate meal served after the Japanese tea ceremony.

**kasha.** A Russian staple food made of buckwheat or other grains that are fried and then simmered until tender.

**korma.** A major Indian cooking technique in which foods are braised, usually in yogurt.

**kulich.** A tall, cylindrical Russian yeast bread filled with fruits and nuts.

**masala.** A mixture of spices used to make Indian curry.

**nihon-cha.** Japanese term for green teas.

**paskha.** A rich cheesecake that is a popular Russian dessert.

**schi.** Russian cabbage soup.

**soybean.** A legume with seeds that are rich in protein and oil, which is used in many different forms in Japanese and Chinese cooking.

**sukiyaki.** A popular Japanese dish made of thinly sliced meat, bean curd, and vegetables cooked in a sauce.

**tandoori.** A simple Indian cooking technique, which requires a clay oven called a tandoor.

**tofu.** A mild-flavored, custardlike cake made from soybeans.
**tsukemono.** Soaked foods, or lightly pickled pieces of daikon, cucumber, melon, eggplant, and other vegetables, which are a standard part of the main course at Japanese meals.

**vindaloo.** A major Indian cooking technique in which foods have a hot, slightly sour flavor created by combining vinegar with spices.

**wok.** A versatile Chinese cooking utensil, which looks like a metal bowl with sloping sides.

**zakuska.** Russian appetizers.