



# Exploring Food Science – What's On Your Plate?

## Make Sense of Soufflés

### Activity 2.2 Glossary

<b><u>Amino Acids</u></b>	The building blocks or components that make up protein
<b><u>Cream of tartar</u></b>	An acid that makes egg white foams stronger by stabilizing the foam structure
<b><u>Egg albumin</u></b>	The part of an egg commonly known as the egg white; rich in protein
<b><u>Egg white foam</u></b>	Albumin which has undergone physical changes from whipping or beating, which incorporates air into the albumin and coagulates the protein making the albumin stiff. Egg white foams are used in soufflés and puffy omelets. Commonly called “beaten egg whites.”
<b><u>Fold</u></b>	A mixing technique typically used when gently blending egg white foams with other ingredients, maintaining the volume of the foam. Using a broad utensil, ingredients from the bottom of the bowl are brought up and “folded” over the top of the other ingredients. This action is repeated until the ingredients are mixed.
<b><u>Protein coagulation</u></b>	The process in which liquid protein molecules turn into a soft, semisolid, or solid mass or gel. Egg white protein is physically changed from liquid to solid by the mechanical action of beating or whipping.
<b><u>Soufflé</u></b>	A dish formed using egg white foams, egg yolks, flour, and flavoring ingredients such as chocolate, cheese and purees of fruits and vegetables. A soufflé may be a dessert or a main dish.
<b><u>Stabilizing agent</u></b>	An ingredient (such as cream of tartar, an acid or sugar) that protects and maintains a substance, such as an egg white foam.
<b><u>Syneresis</u></b>	The separation of liquid from a gel, such as when beaten or whipped egg whites stand for a period of time, a liquid seeps out of them.
<b><u>Wire whisk</u></b>	A kitchen tool comprised of a handle attached to a series of wire loops, used to blend ingredients smooth or incorporate air into a mixture.

**Source:**

Merriam-Webster Dictionary