

## A

**aamchur** *see* **amchur**

**aash, ash** /rhymes with mosh/ [Persian] soup.

**aash-e reshteh** /ah-she-resh-tay/ [Persian] noodle soup.

**abgousht, ab gousht** /obb-goosht/ [Persian (“water meat”)] a popular stew made with lamb shank or other meat, beans, and vegetables, all mashed together and typically served alongside the broth it was cooked in, with Iranian bread or rice and garnishes.

**abish** /ah-beesh'/ [Ethiopian] fenugreek seed, either whole or ground. *see also* **minchet abish**

**acar** /ah-char'/ [Indonesian] vegetables or fruits preserved with vinegar, for example pickles. *see also* **atjar, achar**

**achar** /ah-char'/ [Indian, other] traditional tangy, spicy pickled raw fruit or vegetable, such as lemon, mango, or tomato, preserved in oil.

**achiote** /ah-chee-oh'-tay/ [Latin American, other] the seeds or paste of a spice that imparts a yellow-orange color to foods. *also* **annatto**

**ackee** /ack'-ee/ [Jamaican (from West African *akye*)] a soft, bland, yellowish fruit resembling scrambled eggs when prepared, served hot, most commonly with salt fish.

*(Note: ackee, which grows in pods, can be poisonous when unripe and must be left in the sun to mature until the pods open.)*

**Adana kebab** /ah'-dah-nah-kuh-bob/ [Turkish, named after a town] spicy, grilled skewered meatballs.