

Zoodles and more Noodles

Glossary

Ito konnyaku

Konnyaku cut into thin strips from a block of konnyaku or extruded in noodle form. See Konnyaku.

Kelp noodles

Noodles made from the jelly-like extract left after steaming varieties of kelp. Aka tangle noodles. Low fat, low carbohydrates, low calories. Contains sodium and iodine.

Konjac yam

Amorphophallus konjac. Native to East and Southeast Asia. The edible root structure, or corm, is processed into konnyaku. See *konnyaku*.

Konnyaku

The Japanese term for foods made from the konjac corm. The two traditional types of gelatinous cakes are white and mottled brown in color, the brown version containing seaweed powder. Low carbohydrates, low fat, and low calories.

Mochi

A Japanese term for rice cakes made from sweet rice or glutinous rice, pounded into a sticky paste and formed into desired shapes.

Sashimi konnyaku

A relatively newer, value added product made from konnyaku and in the form of sashimi. Sashimi is a Japanese term that refers to slices of raw fish. Sashimi konnyaku is often flavored with shiso or yuzu.

Sev

India fried noodle made from chickpea flour. It is available in various sizes from 1-4 mm in diameter and 1-3 cm in length. Sev is often flavored with spices such as turmeric, black pepper, cloves, cayenne and/or ajwain. Sev is consumed as a garnish on foods or as a snack item by itself.



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Shirataki

Konnyaku extruded in noodle form or cut from a block. Available in plain white or in mottled brown with seaweed powder. See *konnyaku*.

Shiso

Perilla frutescens var. *crispa*. Common in East Asia and Southeast Asian. Shiso is a Japanese term for an herb commonly eaten in salads and as a garnish on many dishes, including raw fish presentation due to its refreshing mint-like characteristics.

Tofu shirataki

Food products, typically in various noodle forms, made from soy beans and konnyaku. These value added products are available in forms that mimic Italian pasta—e.g. macaroni, angel hair, spaghetti, fettuccine—or noodles flavored with carrot, spinach, or pumpkin. Gluten-free and low fat.

Tokoroten

Japanese term for noodles made from liquid set with agar agar. Savory and sweet preparations are consumed.

Yuzu

Citrus junos. Yuzu is a Japanese term for a citrus fruit. The flavor is popular and is used in both savory and sweet applications.



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