COLORS AND GASTRONOMY

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Abstract

The gastronomic terminology is an interdisciplinary domain, the colors being an important part in culinary denomination. Many culinary products have their names based on an explicitly expressed color, included in the name of the dishes. Others are based on a metaphor associated with the colors, thus implicitly indicating a tone. Those metaphors can be easily decoded when the reference is "transparent", but there are a number of names which "hide" the color behind the name or surname of an artistic, historical or political personality.

Key words: *terminology*, *interdisciplinarity*, *gastronomy*, *colors*, *metaphors*

Résumé

La terminologie gastronomique est un domaine interdisciplinaire, les couleurs étant une partie importante dans la dénomination culinaire. De nombreux produits culinaires ont leurs noms basés sur une couleur explicitement exprimé, inclus dans le nom des plats. D'autres sont basés sur une métaphore associée aux couleurs, donc ils indiquent implicitement une tonalité. Ces métaphores peuvent être facilement décodées lorsque la référence est «transparente», mais il y a un certain nombre de noms qui «cachent» la couleur derrière du nom ou du surnom d'une personnalité artistique, historique ou politique.

Mots-clés: *terminologie*, *interdisciplinarité*, *gastronomie*, *couleurs*, *métaphores*

Gastronomy appears nowadays as a fascinating domain, an interesting mixture of tastes, colors and flavors. Moreover, current gastronomic terminology includes terms with ancient history together with entirely new terms. This domain raises an increasing interest of the linguists who are able to find here a great variety of topics worth studying.

The current study proposes an interdisciplinary approach of this domain: gastronomy and colors. We can easily notice today that many older or newer colors were named based on their resemblance to the tones of certain gastronomic products: *ciocolatiu* (chocolate), *cafeniu* (brown), *somon* (salmon), *piersică* (peach), *prună* (plum), *vişiniu* (cherry-colored), etc.

The reverse process, from colors to gastronomy, seems to be very productive as well. Many culinary products have their names based on an explicitly expressed color or on a metaphor associated with the colors, thus implicitly indicating a tone. Without claiming exhaustiveness, the current research tries to offer pertinent examples for the previously expressed hypothesis.

Therefore, this study aims to bring into discussion names, belonging to the gastronomic terminology, based on colors. On one hand we have names with clear reference to a certain color and on the other hand names based on a metaphor.

We will discuss aspects concerning the etymology of the terms and the degree of adaptation to the Romanian language. Although some of these terms appeared in

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previous SCOL[1] articles, they were subjects of other analyses, and now we will refer to them in terms of the proposed topic: colors.

1. In the first category we will include those products whose name is identical or very similar to its referred color, classifying them on this basis. We have chosen the colors with the highest number of occurrences in product names. We will also discuss some widely known names of drinks and teas, even though their inclusion in the gastronomic terminology is debatable.

1.1. Alb (white)

- *sos alb* (*white sauce*) is synonymous in many contexts with *Béchamel* sauce. It is generally prepared with flour, butter and milk, which gives its specific color.

"Dacă vreți să pregătiți un sos special pentru cină şi vreți să fie unul elegant, încercați această rețetă simplă de *sos alb* care nu vă reține mult timp."/ If you want to prepare a special sauce for dinner and you want it to be ellegant, try this simple recipe of *white sauce* which won't take long. (www.retete-on-line.ro/20.03.2013, *Sosuri*)

"Se ştie că dacă vrei să asortezi o mâncare cu *sos alb* atunci sigur te gândeşti la cel mai popular sos: *sos alb Béchamel*. Preparând sos alb Béchamel dai un gust deosebit multor preparate din legume şi carne..."/ It is known that if you want to match a dish with *white sauce* then you are surely thinking of the most popular sauce: *Béchamel white sauce*. By preparing Béchamel white sauce you give a special flavor to many vegetable and meat products... (www.gastronomie.ele.ro/15.03.2013, *Sos alb/ Béchamel*)

- *cremă albă* (*white cream*) prepared with sugar and milk or sour cream.

"Pentru *crema albă* se fierb 150 ml apă şi 300 g zahăr până se face un sirop gros. Este delicioasă."/ For *white cream* boil 150 ml water and 300 g sugar until it becomes thick syrup. It is delicious. (www.culinar.ro/03.04.2013, *Cremă albă*)

"Rețetă de *Cremă albă*: 1 pahar lapte, 1 lingură fainã, 1 lămâie, 200 g unt, 6-7 linguri zahăr pudră." / *White cream* recipe: 1 glass of milk, 1 spoon of flour, 1 lemon, 200 g butter, 6-7 spoons of powdered sugar. (www.retete-on-line.ro/03.04.2013, *Cremă albă*)

- *vinul alb* (*white wine*), prepared by fermenting white grapes, is characterized by a variety of yellow-goldish tones, far from white, but the name, adopted by many languages, seeks to oppose the red or black wine.

"*Vinul alb*, de obicei, este făcut din struguri albi printr-un mecanism simplu: se lasă coaja strugurilor alături de suc la înmuiat, procedeu prin care vinul îşi obține culoarea."/ *White wine* is usually obtained from white grapes via a simple method: the skin of the grapes is left with the juice to soak, procedure by which the wine obtains its color. (www.mixtopia.ro/03.04.2013, *Vinul alb – tipuri şi arome*)

"*Vinul alb* are efecte benefice asupra inimii, la fel ca şi cel roşu, au arătat cercetătorii americani într-un studiu pe rațe."/ Scientists have shown in a study on ducks that *white wine*, like red wine, is beneficial to the heart. (http://jurnalul.ro/03.04.2013, *Descoperire – vinul alb, bun la inimă*)

- *ceai alb* (*white tea*) is obtained from the same plant as the green and black tea, slightly processed[2]. The tea has a pale yellow color, not quite white, but its name

[1] Cf. Hoțu, 2009, p. 239; Hoțu, 2010 p. 269; Hoțu, 2011, p. 298.

[2] White tea has been grown and used by the Chinese for at least one thousand years. It had taken hundreds of years for the rest of the world to experience its flavour. Grown and harvested almost entirely

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is used in order to distinguish it from the other types: green and black, obtained from the same plant.

"*Ceaiul alb* este ob□inut din muguri albi □i frunze selec□ionate, aburite □i uscate cu aten□ie. Se culeg doar frunzele tinere, care sunt acoperite cu un praf argintiu, care devine alb după uscare, fapt care i-a conferit şi numele ceaiului: ceai alb."/ *White tea* is obtained from white buds and carefully selected, steamed and dried leaves. They pick only the young leaves, covered by a silvery dust, which becomes white after drying, therefore the name: white tea. (http://ro.wikipedia.org/03.04.2013, *Ceai alb*)

"Astfel, dacă în cazul ceaiului verde, de exemplu, vorbim mai ales despre frunzele uscate şi prăjite într-o manieră tradițională, în cazul celui *alb* atenția este îndreptată spre muguri şi frunze tinere care nu sunt procesate aproape deloc, ci doar uscate la soare."/ Therefore, if in the case of green tea we talk mainly about the leaves dried and fried in a traditional way, in the case of *white tea* we focus on the buds and young leaves which aren't processed at all, but only dried in the sun. (www.divahair.ro/03.04.2013**,** *Ceaiul alb, noul tau aliat in lupta cu kilogramele in plus*).

1.2. Roşu (red)

- *sosul roşu* (*red sauce*) is mainly prepared with tomatoes or tomato sauce and condiments and used for different types of meat, especially beef.

"*Sos roşu cu chiftele*: Nu mă dau în vânt după sosuri, dar vreau să probez, pentru tine, rețete diferite. Sper că apreciezi efortul meu. Un like sau un mic comentariu mi-ar fi de folos. Mulțumesc anticipat."/ *Red sauce with meatballs*: I'm not keen on sauces but I want to try different recipes for you. I hope you will appreciate my effort. A like or a small comment would be useful. Thank you in advance. (http://reteteindraznete.blogspot. ro/03.04.2013, *Sos roşu cu chiftele*)

"O rețetă simplă de *sos roşu* pentru chiftele, friptură sau paste. Se prepară uşor cu ingrediente simple din bucătărie şi poate fi folosit pentru a îmbogăți gustul rețetelor Dvs."/ A simple recipe of *red sauce* for meatballs, steak or pasta. It is easy to prepare by using simple ingredients found in the kitchen and can be used to enrich the taste of your recipes. (http://www.retete-mancare.com/09.05.2013, *Sos roşu pentru chiftele, friptură sau paste*)

- *vinul roşu* (*red wine*) is obtained from a sort of vine with small black-blue grapes grown for the production of superior quality red wine[3].

"Se vorbeşte foarte mult, în această perioadă, despre calitățile terapeutice ale *vinului roşu*, despre adevaratele minuni pe care le poate face această licoare pentru sănătate atunci când este folosită cu măsură, ca medicament."/ An emphasis is recently put on the therapeutic qualities of *red wine*, on the true miracles that this liquor can do for health when it is used in small amounts, as medicine. (http://www.ziare.com/ 03.04.2013, *Calitățile terapeutice ale vinului roşu*).

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in the Fujian province from China, white tea comes from the same plant as black or green tea, the tea plant, called Camellia sinensis. The fresh buds and the young leaves are left to dry in natural sun light before being slightly processed in order to prevent their ulterior oxidation. This is a way of keeping not only the delicate flavour of the white tea, but also the highest quantities of the chemical products responsible for the effects on health, because it is the most slightly processed tea. (http://www.ceaiul.ro/03.04.2013, *Beneficiile ceaiului alb*)

[3] Cf. dexonline.ro

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"Cercetătorii au făcut o descoperire surprinzătoare legată de *vinul roşu*. Pe lângă mai multe beneficii pe care le are acesta, el poate contribui esențial la vindecarea unei boli foarte grave."/ Researchers have made a surprising discovery about *red wine*. In addition to its many benefits, it can also contribute significantly to the cure of a serious disease. (http://www.mediafax.ro/03.04.2013, *Ce efecte benefice are vinul roşu. Boala foarte gravă care ar putea fi vindecată cu ajutorul său*)

- *ceaiul roşu* (*red tea*) is a type of tea obtained from the *rooibos* plant originated in Africa. The product is characterized by a specific deep red tone.

"*Ceaiul roşu* sau planta rooibos este adesea prescris în cazurile de tensiune, insuficiență hepatică ori depresie. Planta poate fi utilizată chiar şi de persoanele cu pietre la rinichi, deoarece nu conține acid oxalic."/ *The red tea* or rooibos plant is usually prescribed for hypertension, hepatic impairment or depression. The plant can be used even by the persons with kidney stones, because it does not contain oxalic acid. (www.sanatate. acasa.ro/ 03.04.2013, *Beneficiile ceaiului roşu*).

"Dieta cu *ceai roşu* este foarte populară în lume, iar japonezii au denumit *ceaiul roşu* elixirul vieții îndelungate. Are o culoare roşu aprins, gustul este foarte fin şi plăcut, nu este atât de tare ca ceaiul verde sau negru şi nu conține cafeină."/ The *red tea* diet is extremely popular around the world and the Japonese named the *red tea* the elixir of long life. It has a deep red color, its taste is very delicate and pleasant, it is not as strong as green or black tea and it does not contain caffeine. (www.jurnalul.ro/ 03.04.2013, *Dieta cu ceai roşu sau elixirul longevității*)

1.3. Verde (green):

- *sosul verde* (*green sauce*) is obtained from a mixture of aromatic plants and yogurt or sour cream, which gives it its specific green color.

"Sos *verde* cu usturoi: Un sos care se potrivește la paste făinoase, salate, cartofi natur, etc. Compoziție: 200 gr. smântână, 50 gr. iaurt, 10 căței de usturoi, 2 linguri cu tarhon (sau pătrunjel, mărar, asmățui) tocat, 1 linguriță cu vârf cu muştar, o lingură ulei de măsline, zeamă de lămâie, sare, piper după gust."/ *Green sauce* with garlic: A sauce fit for pasta, salads, boiled potatoes, etc. Composition: 200 gr. sour cream, 50 gr. yogurt, 10 cloves of garlic, 2 spoons of chopped tarragon (or parsley, dill, chervil), 1 full teaspoon of mustard, one spoon of olive oil, lemon juice, salt and pepper according to taste. (http://arta-culinara-romaneasca.blogspot.ro/19.03.2013, *Sos verde cu usturoi*)

- *ceai verde* (*green tea*) is a type of tea obtained from the *Camelia sinensis* plant, by stopping the natural process of fermentation. Immediately after harvest, the leaves are steamed, dried and then rolled, impeding the fermentation process[4] and giving it a special green tone.

"*Ceaiul verde* este consumat în țările asiatice de mii de ani, însă în Europa este folosit doar de curând. Pe lângă gustul foarte bun, ceaiul verde are o serie de proprietăți pentru care se recomandă a fi consumat în mod frecvent."/ The green tea has been consumed in Asian countries for thousands of years, but in Europe it has only been used recently. Besides its great taste, the green tea has a number of properties which recommend it for frequent consumption. (www.mamicamea.ro/19.03.2013,

[4] The green tea is appreciated from ancient times for its beneficial properties. It's becoming incresingly clearer for everyone that green tea has a wide spectrum of disease prevention. (http://www.ceai-verde.com/03.04.2013, *Ceaiul verde – tradiție şi sănătate într-o singură ceaşcă*)

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Ceaiul verde: *proprietăți şi mod de preparare*).

"Pentru a absorbi cât mai bine antioxidan□ii □i alți compu□i cu func□ii vindecătoare ai *ceaiului verde*, se recomandă să se bea o cană de ceai de câteva ori pe zi. Felul în care preparăm □i bem ceaiul verde determină funcția sa terapeutică."/ To absorb as well as possible the antioxidants and other compounds with healing function of *green tea*, a cup of tea is recommended a couple of times a day. The way in which we prepare and drink green tea determines its therapeutic function. (www.drumulceaiului.ro/19.03.2013, *Cum bem ceaiul verde*).

1.4. Negru (black)

- *ceai negru* (*black tea*) is a product obtained from the *Camellia sinesis* plant. The mature leaves and stems are used in order to make this type of tea[5], hence its dark color.

"*Ceaiul negru* este recunoscut în întreaga lume pentru proprietățile sale antioxidante, pentru beneficiile sale în ceea ce priveşte frumusețea şi, de ce nu, pentru gustul său minunat. Recomandat îndeosebi pe perioada iernii, ceaiul negru îmbunătățeşte rezistența la frig şi ajută corpul să îşi păstreze resursele de energie."/ *Black tea* is recognized worldwide for its antioxidant properties, for its benefits regarding beauty and, why not, for its great taste. Recommended especially during the winter, black tea improves the resistance to cold and helps our body to preserve its energy resources. (www.sanatate.acasa.ro/15.03.2013, *Ceaiul negru – sănătate şi frumusețe*)

"*Ceaiul negru*, bogat în antioxidanți şi substanțe active, este esențial pentru un stil de viață sănătos. Protejează organismul împotriva a numeroase afecțiuni, conferă energie şi stimulează activitatea cerebrală."/ *Black tea*, rich in antioxidants and active substances, is essential for a healthy lifestyle. It protects the body against numerous affections, provides energy and stimulates brain activity. (www.ele.ro/15.03.2013, *Ceaiul negru*: *8 beneficii uimitoare pentru sănătate*)

- *prăjitură negresă* (*brownie*) is prepared with flour, milk, eggs and cocoa. The name originated, obviously, from the intense brown tone due to the use of a great quantity of cocoa in its composition[6].

"*Negresa* este o prăjitură foarte gustoasă şi uşor de preparat. Ingrediente**:** 500 gr. zahăr, 200 gr. lapte, 300 gr. margarină, 3 ouă, 12 linguri cu vârf de făină, 1 pliculeț praf de copt, 4 linguri cu vârf de cacao, opțional miezul de la 10 nuci."/ The *brownie* is a very tasty cake and it is easy to prepare. Ingredients: 500 gr. sugar, 200 gr. milk, 300 gr. margarine, 3 eggs, 12 full spoons of flour, 1 sachet of baking powder, 4 full

[5] As the fermentation process used for obtaining black tea converts the epigallocatechin gallate in other compounds, the researchers have concluded that black tea offers less health benefits than green tea. Recent studies have signaled the fact that in black tea we find theaflavin and thearubigin which have a deeper action than that of giving the dark color and distinctive taste of black tea. These offer health benefits initially attributed only to green tea. (www.sfatulmedicului. ro/10.04.2013, *Ceaiul negru*).

[6] The chocolate variety of the cake, the *brownie*, was discovered in the United States of America, somewhere in the late 19th century or early 20th century. It is said that a cook from the Palmer House Hotel in Chicago made a special cake for an official dinner, a dessert smaller than a cake, but with the same characteristics. These first brownies contained glazed apricots and walnuts. Another version says that the *brownie* was invented by accident by a housewife from Maine who was making chocolate cake and forgot to add baking powder. Although the dessert did not rise, the woman served the cake anyway and it was successful. In Romania, the *brownie* is associated with a simple sponge cake, with cocoa. (www.gastropedia.ro/10.04.2013, *Povestea din spatele celor mai gustoase prăjituri*)

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spoons of cocoa, optionally the core of 10 nuts. (www.adevarul.es/10.03.2013, Negresă)

"*Negresele* erau la mare căutare în anii '80, atunci când orice gospodină cunoştea cel puţin o variantă de preparare"./ The brownies were in high demand in the 80s, when every housewife knew at least one method of making them. (www.gastropedia.ro/10.04.2013, *Povestea din spatele celor mai gustoase prăjituri*)

- *sos negru* (*black sauce*) is prepared with red wine, pepper, brown sugar and soya sauce, its color being given by boiling the ingredients at low heat.

"Separat facem la tigaie un *sos negru* din legumele curățate şi date pe răzătoare, cu sare, piper şi ulei. Spre sfârşit adăugăm ½ pahar vin roşu şi mai lăsăm"./ Separately, we make in the pan a *black sauce* from the peeled and grated vegetables, with salt, pepper and oil. Toward the end we add ½ glass of red wine and we leave it some more. (http://www.gustos.ro/25.03.2013, *Friptură de viţel în sos negru*)

"Scoici în *sos negru*. Ingrediente: 20 de scoici, două linguri de fasole neagră fiartă, o lingură de ghimbir ras, un cățel de usturoi, două bucăți de praz, 200 ml supă de pui, două linguriţe de sos de soia, două linguriţe de sos de soia negru, o linguriță de zahăr brun, un sfert de linguriță de pastă de chili cu usturoi, o linguriță de amidon, o jumătate de linguriță de ulei de susan, ulei."/ Scallops in *black sauce*. Ingredients: 20 scallops, two spoons of boiled black beans, a spoon of grated ginger, a clove of garlic, two pieces of leek, 200 ml chicken soup, two teaspoons of soya sauce, two teaspoons of black soya sauce, one teaspoon of brown sugar, a quarter of teaspoon of chili sauce with garlic, a teaspoon of starch, half of teaspoon of sesame oil, oil. (www.restaurantedelux.ro/ 25.03.2013, *Scoici în sos negru*)

- *vinul negru* (*black wine*) is a type of wine produced from dark colored grapes. The wine has a strong dark red tone, very close to black.

"Crapul cu *vin negru* este o mâncare de peşte delicioasă şi sănătoasă ce poate fi servit ca un aperitiv festiv. Se curăță crapul, se spală şi se taie în bucăți."/ The carp with *black wine* is a delicious and healthy fish dish which can be served as a festive appetizer. The carp is cleaned, washed and cut into pieces. (www.culinar.ro/ 25.03.2013, *Crap cu vin negru*)

"Alb, roze, roşu sau *negru*, vinul este o licoare miraculoasă, cu proprietăți terapeutice dovedite. Consumat cu moderație, îți va da putere de muncă şi te va ajuta să te menții în formă."/ White, rosé, red or *black* wine is a miraculous liquor having proven therapeutic properties. Consumed in moderation, it will give you working power and it will help you keep in shape. (www.unica.ro/25.03.2013, *Proprietățile terapeutice ale vinului*).

- *berea neagră* (*black beer*) is an alcoholic drink obtained from hops, malt, yeast and water. It is prepared with roasted hops, hence the dark color, very close to black, and the bittersweet taste.

"*Berea neagră* conține mai mult fier decât cea blondă sau cea fără alcool. La această concluzie a ajuns o echipă de cercetători de la Universitatea Valladolid, din Spania, care au analizat peste 40 de tipuri de bere."/ *Black beer* contains more iron than the blonde or alcohol free beer. This is the conclusion reached by a group of researchers from the Valladolid University in Spain which analyzed over 40 styles of beer. (http://www.clicksanatate.ro/25.03.2013, *Berea neagră conține mai mult fier decât cea blondă*)

"*Berea neagră* este cea care are un nivel mai mare de alcool. Ea mai conține

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glucide nefermentate (4-5%), acizi organici, săruri minerale (1-2%, mai ales potasiu), vitamine (B1, B2, B6, PP, etc.), aducând în organism aproximativ 450 kcal/l, arome."/ *Black beer* is the one with a higher alcohol level. It also contains unfermented sugars (4-5%), organic acids, mineral salts (1-2%, especially potassium), vitamins (B1, B2, B6, PP, etc), bringing into the body approximately 450 kcal/l, flavors. (www.doctor.info.ro, 25.03.2013, Berea)

1.5. Brun (brown)

- *sos brun* (*brown sauce*) is a product specific to the Spanish cuisine, obtained by boiling beef bones for a long time. The resulting soup is thickened with flour and condimented.

"*Sosul brun* Espagnole, fie din roşii, fie în amestec cu supă de oase şi/sau legume."/ Espagnole *brown sauce*, either from tomatoes or in a mixture with bone and/or vegetable soup. (www.coolinaria.ro/25.03.2013, *Care sunt cele 5 categorii de sosuri culinare*)

"Un pic de pasiune iberică n-a stricat nimănui şi aromele acestei peninsule se îmbină într-un sos inedit. Acest *sos brun* spaniol – supranumit şi Espagnole din motive evidente – are un gust puternic, oarecum neplăcut şi nu este folosit niciodată direct pentru mâncare."/ A bit of Iberian passion never hurt anyone and the flavors of this peninsula are combined in a unique sauce. This Spanish *brown sauce* – called Espagnole for obvious reasons – has a strong taste, somewhat unpleasant and it is never used directly for food. (http://www.divahair.ro/25.03.2013, *Răsfață-te cu densele arome iberice dintr-un tradițional sos brun spaniol*!)

- *berea brună* (*brown ale*) is a low-alcohol drink obtained from malt, hops, yeast and water[7]. The specific color of this beer style is due to its fermentation process which is longer than that of the other beer styles.

"*Berea brună*, originală, închisă la culoare datorită fermentației îndelungate, conține fier, de aceea este recomandată persoanelor care suferă de anemie, cât şi celor care donează sânge"./ Genuine *brown ale*, dark colored because of long fermentation, contains iron; therefore it is recommended to people suffering from anemia, as well as to blood donors. (http://www.ziare.com/09.04.2013, *Berea reglează nivelul colesterolului şi nu îngraşă*)

"Pentru femeile mai irascibile, uşor mai nervoase, *berea brună* este cel mai indicat 'dulce' în cazul în care nu se expun prea mult căldurii soarelui sau din bucătărie. Oricum, după cum afirmă specialiştii, berea este cel mai inofensiv 'dulce' pentru femei, având un efect antidepresiv şi antistres"./ For irritable, slightly nervous women, *brown ale* is the most suited 'sweet' if they're not exposed for too long to heat from the sun or from the kitchen. Nevertheless, according to experts, beer is the most harmless 'sweet' for women, having an antidepressant and anti-stress effect. (http://www.taifasuri.ro/09.04.2013, *Sănătate – Berea brună, inofensivă şi antidepresivă*)

We also mention here a product which references the classic combination of black and white. The name of the cake is taken from English and seems to have a

[7] Beer can be found in a wide range of colors from pale yellow to black, going through all the intermediate tones. (http://www.douaberi.ro/09.04.2013, *Tipuri de bere şi arta degustării*)

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close connection with the well-known song of Michael Jackson: "Black and White"[8]. Thus, the *black and white* cake is prepared with successive layers of black and white chocolate.

"*Tortul Black & White* este o combinație de ciocolată neagră şi albă care satisface şi cei mai exigenți clienți. Prăjitura este aşezată pe un blat subțire de patiserie, iar compoziția este facută în întregime din mousse fin de ciocolată"./ The *black and white cake* is a combination of black and white chocolate, satisfying even the most demanding customers. The cake is placed on a thin crust pastry and the composition is made entirely of fine chocolate mousse. (http://cofetariaarmand.ro/12.04.2013, *Tort Black* & *White*)

"*Tort Black* & *White* – Michael Jackson. Ingrediente: 180 gr. unt/margarină la temperatura camerei, 100 ml. lapte, 180 gr. zahăr, 200 gr. făină, 3 ouă, 3 lingurițe praf de copt**…**"/ *Black* & *White* cake – Michael Jackson. Ingredients: 180 gr. butter/margarine at room temperature, 100 ml. milk, 180 gr. sugar, 200 gr. flour, 3 eggs, 3 teaspoons of baking powder. (*retete.flu.ro*/12.04.2013, *Rețeta Tort* '*Black* & *White*' *Michael Jackson*)

2. In the second category, we include those names of dishes that hide a metaphor; the reference to a color is not explicit, but the metaphor is based on a color.

Sos Aurora (*Aurora sauce*) is derived from Velouté sauce [9] "made with butter, flour, fish soup, tomato sauce"[10]. The name of the sauce, originally *aurora* in French, refers to the rising sun[11]; the metaphor comes from the color given to the sauce by the tomatoes mixed with butter. In many contexts written in the Romanian language, the name of the sauce was adapted.

"*Sos Aurora*. Ingrediente: 50 g unt, 50 g făină, 350 ml supă de peşte, 75 g bulion de tomate, sare. Mod de preparare: Untul se înfierbântă, se adaugă făina şi se călește fără a se rumeni. Se stinge cu supă de peşte şi se lasă să fiarbă 15-20 min."/ *Aurora Sauce*. Ingredients: 50 g butter, 50 g flour, 350 ml fish soup, 75 g tomato sauce, salt. Preparation: when the butter melts, add the flour and cook without browning. Quench it with fish soup and cook it for 15-20 minutes.

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[8] In most contexts, the name of the cake is followed by the pop singer's name. Although we have not found a reliable certification of the origin of this name, we believe that there is a link between the song and the culinary product.

[9] Velouté sauce, like Béchamel, is made from roux, but with the addition of white stock made of fish, chicken or veal instead of milk. It is regarded as one of the five mother-sauces of European cuisine. The term "velouté" comes from French, being an adjectival form of the word "velour", which means "velvet". The sauce is named so for its velvety texture. The sauce is served with dishes based on meat, poultry, fish and seafood and rarely with vegetables, veal and lamb. It also serves as basis for many other sauces. (http://www.reteteleluiradu.ro/22.03.2013, *Pe scurt despre Sosul Velouté*).

[10] http://dieta.romedic.ro/22.03.2013, *Sos Aurora*.

[11] AURÓRĂ**,** *aurore*, s. f. **1.** Interval de timp, înainte de răsăritul soarelui, când există o lumină difuză în atmosferă; lumină roşie-portocalie a soarelui din acest interval de timp. ◊ *Aurora boreală* (sau *polară*, *australă*) = lumină difuză, verde sau roșiatică, care apare ca un arc în timpul nopții pe bolta cerească, în regiunile polare. **2.** Început al unei epoci, al unei acțiuni etc. [Pr.: *a-u-*] – Din fr. *aurore*, lat. *aurora*. (DEX '98 1998)/ *Aurora* (pl. *auroras* or *aurorae*) 1. a natural electrical phenomenon characterized by the appearance of streamers of reddish or greenish light in the sky, especially near the northern or southern magnetic pole. The effect is caused by the interaction of charged particles from the sun with atoms in the upper atmosphere. In northern and southern regions it is respectively called *aurora borealis* or *Northern Lights* and *aurora australis* or *Southern Light*s. 2. *literary*: the dawn. (http://oxforddictionaries.com /19.05.2013)

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(http://articole.famouswhy.ro/ 22.03.2013, *Sos Aurora*)

"Cocktail de creveți cu *sos Aurora*. Preparare: Creveții se fierb 2 minute. Apoi trebuie preparată cea mai 'grea' parte a rețetei, mai precis sosul. Se amestecă ketchup, maioneză, sos Worcestershire şi coniac cu o lingură până ce se formează o pastă omogenă"./ Shrimp cocktail with *Aurora sauce*. Preparation: The shrimps are boiled for 2 minutes. Afterward comes the most 'difficult" part of the recipe, namely the sauce. We mix ketchup, mayonese, Worcestershire sauce and brandy with a spoon until we obtain a homogeneous paste. (http://www.yamyam.ro/22.03.2013, *Cocteil de creveți cu sos Aurora*)

Sos Cardinale (*Cardinal sauce*) is derived from Velouté sauce "colored with red butter (thick base obtained from lobster shells), enriched with sour cream and spiced with truffle essence and pepper"[12].

Larousse Gastronomique provides a little explanation for the name of the sauce: the red lobster and crab shells resemble the red clothes of the cardinals. Therefore, the name of the sauce is based on a metaphor[13].

"*Sos Cardinale* – este colorat cu unt roşu (fond concentrat, obținut din carapace de homar), îmbogățit cu crème fraîche şi condimentat cu esență de trufe şi piper de Cayenne"./ *Cardinal sauce* – is colored with red butter (thick base obtained from lobster shells), enriched with crème fraîche and spiced with truffle essence and Cayenne pepper.(http://www.reteteleluiradu.ro/22.03.2013, *Pe scurt despre Sosul Velouté*).

"Sos Cardinal. Se prepară sosul Béchamel conform rețetei de bază. Se dă în fiert cu 125 ml supă de peşte şi 3-4 linguri de frişcă lichidă, apoi se adaugă o lingură de unt"./ *Cardinal sauce*. We prepare Béchamel sauce according to the basic recipe. Bring it to the boiling point with 125 ml fish soup and 3-4 spoons of liquid cream and then add a spoon of butter. (http://www.bunatati.blogspot.ro/22.03.2013, *Sos cardinal cu raci*).

Carpaccio (*carpaccio*), initially a "dish prepared from raw meat or fish (beef, veal, venison, salmon or tuna), thinly sliced and served as an appetizer with mustard sauce". It was named so because of its resemblance with the red tone of Vittore Carpaccio's paintings[14]. *Carpaccio* was invented in Harry's bar in Venice, where it was served, for the first time, to countess Amalia Nani Mocenigo, in 1950, because the doctor recommended her to eat only raw meat (LG: 214).

"*Carpaccio* de vită cu aşchii de caşcaval. Timp de preparare: 2h 20 min. Complexitate: redusă. Ingrediente: 400 gr. muşchi de vită..."/ Beef *carpaccio* with cheese shavings. Preparation time: 2h 20 min. Complexity: reduced. Ingredients: 400 gr beef tenderloin… (www.eculinar.ro/22.03.2013, *Carpaccio* de vită cu aşchii de caşcaval).

The term is now used for naming any kind of meat or fish served raw and thinly sliced. Furthermore, this idea is also used for other food: various fruits and vegetables are served nowadays in restaurants using the term *carpaccio* to name their preparation method: eggplant *carpaccio* (www.delicioasa.com), quince *carpaccio* with cheese (www.jurnalul. ro), mushroom *carpaccio* (www.mondocucina.ro), melon *carpaccio* with wine (comunitate.cevabun.ro), mango *carpaccio* (www.retetedevis.ro), pineapple

[12] http:// www.reteteleluiradu.ro/22.03.2013, *Pe scurt despre Sosul Velouté*.

[13] LG, p. 210.

[14] Vittore Carpaccio (1460-1525), Renaissance painter, disciple of Gentile Bellini, also influenced by Antonello da Messina, has exploited remarcably the texture of the canvas and the oil painting technique. He uses clear colors, applied with rapid brush strokes, thus anticipating the styles of Giorgione and Titian. (http://ro.wikipedia.org)

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carpaccio (restaurantginger.ro).

Indiană (*chocolate glazed cream cake*) is a "cake filled with cream and covered with chocolate glazing". The word comes from the germ. *Indianer*, also named *Krapfen*, meaning 'Indian, from India'. The name comes from the fact that the appearance and the color of the cake (brown and white) remind of a turbaned Indian.

"Am tot căutat în acest timp în cofetării de tot felul, prăjitura aceasta sau măcar una să semene cu *Indiana* copilăriei mele"./ In the meantine, I have kept looking in all sorts of confectionaries for this cake or at least for one resembling the *chocolate glazed cream cake* of my childhood. (www.culinar.ro/22.03.2013, Prăjituri din copilăria mea)

"Pentru *prăjitura Indiană*, se bat albuşurile spumă cu zahăr, apoi se adaugă gălbenuşurile pe rând, iar la urmă făina..."/ For the *chocolate glazed cream cake*, you beat the egg whites with sugar, then add the egg yolks one by one, and lastly the flour… (www.culinar.ro/22.03.2013, Prăjitura indiană)

Tortul Arlechin (*Harlequin birthday cake*) is prepared from layers of dough and jam of different colors. Although it does not refer to a particular color, this cake was created by resemblance to the bright colored patches of the famous comic character's costume[15]. The word originates from the Fr. *arlequin*, It. *arlechino* and names "the comic character of the old Italian folk comedies, who wore a mask and a spotted costume".

"*Tortul Arlechin* l-am făcut special pentru fetița mea care s-a bucurat enorm să pape din tortul colorat. A fost prima oara când am încercat această rețetă. V-o recomand cu căldură, fiind uşor de făcut şi foarte gustos"./ I've made this *Harlequin birthday cake* for my little girl who enjoyed very much eating this colored cake. It was the first time I attempted this recipe. I highly recommend it because it is easy to prepare and very tasty. (http://torturi-marinaemy.blogspot.ro/22.03.2013, *Tort Arlechin*).

"Imediat după Paşte, când meniul meu a fost premiat de gustos.ro ca fiind cel mai reuşit din cele înscrise în concursul de atunci, am facut promisiunea de a posta rețeta *tortului Arlechin* pe care l-am pregătit cu acea ocazie. Prima dată am făcut acest tort cu nuci caramelizate cu gust sublim dintr-o joacă, dintr-un rest de chec"./ Immediately after Easter, when my menu won a prize on gustos.ro as the most successful one in the competition, I've promised to post the recipe of the *Harlequin birthday cake* that I prepared on that occasion. I prepared this sublime taste cake with caramelized walnuts for the first time just for fun, from the remains of a cake. (http://www.retetecalamama. ro/22.03.2013, *Tort Arlechin*)

Prăjitura Kardinal (*Cardinal cake*) (from German, *Kardinal Schnitte*, literally "slices of the cardinal") is a cake prepared in Banat, under Austrian influence, but also known to the British (*Vatican cake*) and to the French (*Tranches cardinal*). Unlike the name of the *Cardinal sauce*, which referred to the deep red tone of the product, comparing it to the clothes of the cardinals, this cake is white. The resemblance to the different colored layers of clothing of The Pope (white and yellow) is easily distinguished in the original German name[16].

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[15] cf. proper name *Hernequin*, count of Boulogne, from which the name Herlequin derived, which refers to the buffoon-devil. The buffoon character had a coat made of multicolored rhomboid shaped patches (red, yellow, green, blue), imitating the idea of spots of the ancient character's costume. (Cf. Radu Mușat, 2006, p. 31).

[16] It's actually quite a common cake in Vienna. And it means Cardinal's slices. And what gives this cake its unique name, is that the slices (when cut) resemble the robe of the pope which is white

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"*Prăjitura Kardinal Schnitte* este o prăjitură pe care am descoperit-o acum ceva timp pe un blog (mai exact *Rețete ca la mama*) şi îmi doream tare mult să o încerc!"/ *Kardinal Schnitte* is a cake which I discovered a while ago on a blog (*Recipes like my mother's*) and I really wanted to try it! (http://amaliagoleanu.blogspot.ro/10.03.2013, Prăjitură Kardinal Schnitte)

"*Prăjitura Kardinal* e o prăjitură aspectuoasă, gustoasă, dar care trebuie servită în ziua în care se umple, se pot coace foile cu mai mult timp înainte, dar odată umplută, bezeaua se moaie până a doua zi"./ *Kardinal cake* is a good looking and tasty cake, but it has to be served on the day it is filled; you may however bake the sheets of dough far in advance, but once filled, the meringue softens overnight. (www.culinar.ro/retete, 10,04,2013, Prăjitura Kardinal)

"*Prăjitura Cardinal*. Această prăjitura este… specială! Deoarece după 3 rețete probate şi care au ajuns în coşul cu resturi 'bio', am zis ca mă las păgubaşă. Zis şi făcut. Cred că sunt cam 3-4 ani de când am preparat prăjitura cu rezultate dezastruase"./ *Cardinal cake*. This cake is… special! Because after 3 tested recipes that have ended up in the basket with 'bio' scraps, I said I would give up. And so I did. I think it has been 3 or 4 years since I prepared this cake with disastrous results. (http://leckereien.blogspot. ro/10.04.2013, *Prajitura* "*Cardinal*")

Prăjitura cathedral windows (*cathedral windows cake*) is prepared with multicolored doughs. In fact, the cake is made of different colored marshmallows, cocoa and butter. The name refers to the appearance of stained glass specific to cathedral windows, imitated by the appearance of this dessert.

"*Cathedral windows*: 113 g unt sau margarină, 336 g ciocolată semi dulce, o cană de 250 ml nuci mărunțite, 336 g mini marshmallows, 196 g cocos ras, îndulcit (se presară pe foliile care înfăşoară rulourile)"./ *Cathedral windows*: 113 g butter or margarine, 336 g semisweet chocolate, a 250 ml cup of chopped nuts, 336 g mini marshmallows, 196 g grated and sweetened coconut (sprinkled on the sheets of dough which wrap the rolls). (http://www.culinar.ro/10.04.2013, *Cathedral windows*)

Prăjitura Day and night (*Day and night cake*) is made from layers of cocoa and cream. The term originates in the English phrase 'night and day' and is equivalent to the colors black and white. In Romanian, the name of the cake appears in two forms, both the original and the translated one.

"*Day and night*. Ingrediente: 12 ouă, circa 350 g făină, 7 linguri cu cacao, 300 g zahăr, 3 linguri cu rom..."/ *Day and night*. Ingredients: 12 eggs, approximately 350 g flour, 7 spoons of cocoa, 300 g sugar, 3 spoons of rum... (http://www.bucataras.ro/ 10.04.2013, Day and Night)

"*Prăjitura Zi şi noapte*. Mod de preparare: Se freacă untul spumă, apoi se adaugă zahărul, ouăle, coaja rasă de lămâie, laptele şi făina cu praful de copt. Se amestecă bine, apoi jumătate din compoziție se amestecă cu cacao. Se unge forma cu unt, apoi se toarnă alternativ câte o lingură din compoziția albă şi câte o lingură din cea brună"./ *Day and night* cake. Preparation: Cream the butter then add sugar, eggs, lemon zest, milk and flour mixed with baking powder. Mix well and then add cocoa to half of the composition. Grease the shape with butter then alternately pour a tablespoon of white composition and one of brown composition. (http://dragameaprietena.kanald.ro/

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striped with yellow, with its white meringue striped with yellow genoise sponge. (www.supperdupperyummy. blogspot.ro/10.04,2013, *Kardinal Schnitte*)

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10.04.2013, *Prăjitura Zi şi noapte*)

Bellini is a cocktail originating in Venice, a mixture of sparkling wine and peach pureé, often served at celebrations. *Bellini* was invented sometime between 1934 and 1948 by Giuseppe Cipriani. Its special pink tone, the result of mixing the ingredients, reminded its creator of the toga of a saint in a Giovanni Bellini's painting[17] (15th century), therefore calling it *Bellini*[18]. Thus the name comes from the color used by the painter in his works, color which resembles that of the cocktail.

"O rețetă simplă de *cocktail Bellini* din: suc de piersici, apricot brandy şi champagne. Ingrediente: 5 cl suc de piersici, o picătură de Apricot Brandy, champagne"./ A simple *Bellini cocktail* recipe: peach juice, apricot brandy and champagne. Ingredients: 5 cl peach juice, a drop of Apricot Brandy, champagne. (http://www.egustos. com/12.04.2013, *Cocktail Bellini*).

"*Cocktailul Bellini* a fost invenția italianului Giuseppe Cipriani în anul 1934. Acesta lucra la Harry's Bar în Veneția. Cocktailul a fost preparat în onoarea pictorului Giovanni Bellini. Ernest Hemingway, Sinclair Lewis, Orson Welles beau cu plăcere Bellini in Veneția"./ The *Bellini cocktail* was invented by the Italian Giuseppe Cipriani in 1934. He was working at Harry's Bar in Venice. The cocktail was prepared to honor the painter Giovanni Bellini. Ernest Hemingway, Sinclair Lewis, Orson Welles used to enjoy Bellini in Venice. (http://www.gradinamea.ro/12.04.2013, Cocktail Bellini)

Bloody Mary is a cocktail made with vodka, tomato juice and pepper. The name of this cocktail comes from English and the Romanian language preserved its form. Its origin is controversial, being linked to a number of personalities. The most likely association is with Mary Tudor, queen of England and Ireland between 1553 and 1558[19]. She is primarily known for the brief restauration of Catholicism in England. Until the end of her reign, Mary I executed approximately three hundred religious opposants, thus the surname Bloody Mary. There is also a legend in the folklore of the Western nations about a ghost with the same name. The ghost appears in a mirror when its name is invoked and it can hurt or kill[20]. The metaphor behind the name of this well-known cocktail is based on its deep red color reminding of blood while its spicy taste makes it even more spectacular.

"O rețetă simplă şi delicioasă de cocktail *Bloody Mary* din: sos Worcester, vodcă, suc de roşii, suc de lămâie, sare, piper şi Tabasco"./ A simple and delicious Bloody Mary recipe: Worcester sauce, vodka, tomato juice, lemon juice, salt, pepper and Tabasco. (www.restaurantedelux.ro/12.04.2013, *Cocktail Bloody Mary*)

"Îți place atunci când ajungi într-un bar să bei un *Bloody Mary*, dar câteodată ai poftă de el şi acasă. Din păcate, nu ştii cum să-l prepari sau rezultatul e complet diferit atunci când ți-l prepari tu"./ As much as you enjoy having a Bloody Mary in a bar, sometimes you would like one at home. Unfortunately, you don't know how to prepare it or it tastes completely different when you are making it yourself.

[17] Giovanni Bellini (c. 1430 – 26 November 1516) was an Italian Renaissance painter, probably the best known of the Bellini family of Venetian painters. He is considered to have revolutionized Venetian painting, moving it towards a more sensuous and colouristic style. Through the use of clear, slow-drying oil paints, Giovanni created deep, rich tints and detailed shadings. Cf. http://en.wikipedia.org /wiki/ Giovanni_Bellini

[18] Cf. *Cocteiluri*, Larousse, 2008, p. 71.

[19] Cf. en.wikipedia.org.

[20] Anthony Dias Blue, 2004, p. 50.

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(http://www.ziare.com / 12.04.2013, *Cum să faci un Bloody Mary perfect*)

Bloody Caesar is a cocktail made with vodka, clamato, Tabasco sauce and served with ice, celery, salt and lemon. The drink was named so in honor of Gaius Julius Caesar, the well known Roman emperor. The appellative *bloody* (< Engl. *blood* "sânge", *bloody* „sângeros") refers to the bloody behavior and actions of the great Roman leader and it is used metaphorically to describe the deep red tone of the drink. The pattern can be easily recognized in the more famous *Bloody Mary* cocktail.

"*Bloody Caesar* este un cocktail pentru oamenii care ştiu ce vor. Nu este Bloody Mary clasic, ci o opțiune rafinată pentru noii bărbați macho"./ *Bloody Caesar* is a cocktail for people who know what they want. It is not the classic Bloody Mary, but a sophisticated option for the new macho men. (www.avantaje.ro/12.04.2013, *Absolut Bloody Caesar*)

"Apoi, odată ce ai savurat caracterul băuturii, poți să ai întotdeauna la îndemână o farfurioară cu feliuțe de lime şi sare… sau să bei un pahar de Sangrita, o băutură tradițională non-alcoolică şi condimentată, făcută din suc de portocale şi de roşii, care seamană puțin la gust cu Bloody Caesar"./ Then, once you have enjoyed the character of the drink, you can always have at hand a saucer with lime slices and salt… or you can drink a glass of Sangrita, a traditional non-alcoholic spicy drink, made with orange and tomato juice, whose taste is similar to that of Bloody Caesar. (www.tuktuk.ro/ 12.04.2013, *Totul despre tequila*)

Galliano is a "yellow-golden sweet herbal liqueur". This drink was named so in honor of Giuseppe Galliano, a hero of the First Italo-Ethiopian War of the late nineteenth century. Its yellow-golden color symbolizes the gold rush of the 1890s.

"*Galliano* – prezentare. Acest lichior dulce preparat din ierburi, a fost creat în anul 1896 de Arturo Vaccari, distiler de origine italiană, care a dedicat creația sa eroului Giuseppe Galliano, de aici şi numele băuturii"./ *Galliano* – presentation. This sweet herbal liqueur was created in 1896 by Arturo Vaccari, an Italian distiller who dedicated his creation to the hero Giuseppe Galliano, hence the name of this drink. (http://www.beicevrei.ro/12.04.2013, *Galliano*)

"Lichiorul se obține prin adăugare sau fermentare şi infuzare de arome într-un alcool neutru. Poate fi de 2 feluri: special (Southern Comfort, Kahlua, *Galiano*, Benedictine) şi cu arome (de căpşuni, de banane s.a.)"./ The liqueur is obtained by addition or fermentation and infusion of flavors in neutral alcohol. It can be of two kinds: special (Southern Comfort, Kahlua, *Galiano*, Benedictine) and flavored (strawberry, banana, etc.) (http://cocktailsolutions.wordpress.com/12.04.2013, *Glosar băuturi*).

Conclusions

The common characteristic of the products, teas and wines included in the first category is that the color is explicitly expressed in their names. Generally, these names are composed of the name of the product (sauce, cake, tea, wine) and the characteristic color (white, red, black, brown).

We were able to observe that sometimes the color included in the name indicates exactly the tone of the product; the tone is a result of combining the different ingredients (*white sauce*, *white cream*, *red sauce*, *brown sauce*). Other times, the colors are used to differentiate between types: *white tea*, *green tea*, *black tea*; *white wine*, *red wine*, *black wine*, although the tones are far from the color mentioned in the name. The colors of these products come, mainly, from the ingredients used or from

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their preparation method.

The terms of the first category were easily adapted to the Romanian language, even if the product comes from other countries (*white sauce* from France, *brown sauce* from Spain) its name was translated.

In the second category we included those culinary products whose names were based on a color, without it being explicitly expressed, like for the first category. We noticed that some names can be understood more easily than others, the metaphors are more "transparent": *Aurora sauce* (the red tone specific to aurora borealis), *Harlequin birthday cake* (the mixture of colors specific to the comic character's costume), *Cathedral Windows cake* (refers to the appearance of stained glass specific to cathedral windows), *Day and Night cake* (the combination of white and black).

However, there are some names that "hide" much better the reference to a color. Some products are named after painters (*Carpaccio*, *Bellini cocktail*) or historical personalities (*Galliano cocktail*), but their creators have named them so, based on a color: the first two remind of the tones used by the painters in their works, and the last, by its yellow-gold tone, reminds of the gold rush.

The appellative *bloody*, placed in front of the name of some historical figures (Mary, Caesar), famous for their bloody deeds, is meant to describe the color of the drink and increase its attractiveness.

The names of the products chosen for this second category have difficulties adapting to the Romanian language. Some of them, which entered the language a while ago, occur adapted in most of the contexts (*sos Aurora*, *tort Arlechin*, *Indiană*). Others keep their form from the original language (from Italian: *Carpaccio*, *Bellini*; from German: *Kardinal*; from English: *Cathedral Windows*, *Bloody Mary*; from French: *sos Cardinale*). Where there are tendencies of adaptation to the Romanian language we provided a context for each case.

Through this study, we could demonstrate the interdisciplinary nature of gastronomic terminology closely related to colors.

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