

## • turnovers

are of the need to preserve Turkey's diverse sweets and desserts, many of which are unknown elsewhere, such as *güllaç*, *tavukgöğüsü*, *peynir helvası*, *ya tatlısı* (quince halves stewed in clove-flavored syrup), *su muhallebisi* (unsweetened starch jelly mixed with rosewater and powdered sugar), *kandibi*, and *ekmek kadayıf* (a kind of bread pudding in syrup served with clotted cream).

See also FUNERALS; ISTANBUL; PERSIA; and RAMADAN.

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agriculturalist William Ellis, in his *The Modern Husbandman* (1742), mentions "two-cornered turnover pasties" filled with a type of pear, and particularly relished by harvest-workers.

Published recipes routinely postdate the actual use of a dish, often by a very long period of time, especially in the case of common, rustic foods. The first recipe found to date for what is clearly a turnover is for "Apple Pasties to Fry," in *The Whole Duty of a Woman* (London, 1737):

Pare and quarter Apples, and boil them in Sugar and Water, and a stick of Cinnamon, and when tender, put in a little White Wine, the Juice of a Lemon, a piece of fresh Butter, and a little Amber-grease or Orange-Flower-Water; stir all together, and when cold, put it in a Puff-past and fry them.

In America, dried apples were a nineteenth-century staple, so it is not surprising that they commonly found their way into turnovers. In the second half of the nineteenth century, these handy pies formed part of the regular fare offered to railroad passengers, and in 1917 dried apple turnover pies were referred to as "an old fashioned favorite" in the *Bulletin of the Agricultural and Mechanical College of Texas*.

Turnovers were also a popular nineteenth-century method of using up and eking out leftover cold meat in both Britain and America. Catherine Beecher's *Domestic Receipt Book* (New York, 1848) gives the following recipe:

Roll out wheat dough very thin, and put in it, like a turnover, cold meat chopped fine, and seasoned with pepper, salt, catsup, and sweet herbs. Make small ones, and fry them in lard till the dough is well cooked.

Historically, in most times and regions, in spite of the great adaptability of the basic concept, the most common and iconic form is the apple turnover. That these small pies remain enormously popular in the United States is evidenced by the annual National Apple Turnover Day on 5 July, a holiday that, like all special observance days, required Presidential approval.

See also FILO and PASTRY, PUFF.

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**tutti frutti** (also tutti-frutti), a term in popular use in a wide number of languages and countries around the world, designates a variety of confections that involve mixtures of fruits or fruit flavors. The term is derived from the Italian words for "all fruits." In Italy itself "tutti frutti" is not a traditional, fixed culinary term, though the combination of words, especially with the definite article—*tutti i frutti*—naturally occurs with its literal meaning.

A likely place where "tutti frutti" was first coined as a culinary term is New York, whence the earliest attestation (1834) in connection with ice cream. See ICE CREAM. Given the central role played by Italians in the development of ice cream and its subsequent spread into and around English-speaking lands, it is possible that the term was actually coined by an Italian. Italians were prominent ice cream makers in New York, London, and elsewhere as early as the latter part of the eighteenth century.

Early on, tutti frutti was primarily used to designate mixtures of fruit pieces that had been candied or macerated with sugar in alcoholic beverages, in particular brandy—an Anglo-American adaptation of the Italian use of candied or macerated fruits, especially citrus peels, in the making of ices and ice creams to mixtures that included other fruits already used in traditional English confections, such as fruitcakes and fruit puddings. See FRUITCAKE. Also noteworthy is the resemblance of Anglo-American tutti frutti to German *Rumtopf* and Danish *romkrukke*, a fruit mixture macerated in rum with sugar that is enjoyed in northern Europe with ice cream, as well as in other applications. The *Rumtopf* became widely known in the United States from its use in the once numerous German-owned confectioneries. Secondary to this use of the term "tutti frutti" to designate mixtures of fruits is its meaning as a multi-fruit flavoring, attested in the United States as early as 1885 as a brand name of chewing gum. See CHEWING GUM.

The resemblance of tutti frutti as an element in frozen desserts to the fruit mixtures employed in making English-style fruitcakes lies behind the name of the "tutti frutti cake" popular in India, which is made with a mix of candied fruit pieces. See CANDIED FRUIT. In the Netherlands, the term "tuttifrutti" (attested in Dutch since the late nineteenth century) is applied to a mixture of dried fruits (apricots, pears, apples, plums, etc.) and also to a dish made from those fruits, in which the mixture is

soaked or cooked in water or apple juice, sweetened, and spiced (e.g., with cinnamon). Elsewhere, this sort of dish is called compote.

See also PUDDING.

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**Twelfth Night cakes** celebrate Epiphany, the bringing of gifts by the Magi to the Christ child, twelve days after his birth. These cakes are most popular in Roman Catholic countries, especially France and Spain, although England, Germany, Switzerland, and Greece all have their own versions.

To mark the winter solstice, pagans named a king for a single day. Ancient Romans baked a bean into pastry to celebrate their version of 21 December, Saturnalia. Both traditions eventually merged with the Christian holiday, featuring a special cake whose hidden bean designates a king for a day. The medieval French called this cake *gastel a feve orroriz* (now the *galette* or *gâteau des rois*). The Spanish call it *roscón de reyes*; the Portuguese, *bolo rei*; the southern Germans and Swiss, *Dreikönigskuchen*; the Greeks, *vasilopita*; and the English, King Cake. Whoever finds the hidden token in their slice is named king for the day, a figure representing the Magi who is granted specific rights and responsibilities and sometimes gets to wear a paper crown—although, in the aftermath of the French Revolution, the cake was briefly called a *galette de l'égalité*.

In Paris and northern France, *frangipane*—an almond-paste-filled puff pastry—is the preferred Twelfth Night cake, while southern France favors a brioche-like cake containing dried fruit. See FRANGIPANE. The Spanish and Latin American versions are topped with candied fruit to imitate the jewels of a crown. In New Orleans—where Creoles adapted the French tradition of marking the end of the period after Epiphany—a round, twisted brioche King Cake