



# Food for Thought – Food

“Aah! Think of playing 7-letter bingos about **FOOD**, Yum!”– See also **Food for Thought – Drink**  
compiled by Jacob Cohen, Asheville Scrabble Club

## A 7s

ABALONE	AABELNO	edible shellfish [n -S]
ABROSIA	AABIORS	fasting from food [n -S]
ACERBER	ABCEERR	ACERB, sour (sharp or biting to taste) [adj]
ACERBIC	ABCCEIR	acerb (sour (sharp or biting to taste)) [adj]
ACETIFY	ACEFITY	to convert into vinegar [v -FIED, -ING, -FIES]
ACETOSE	ACEEOST	acetous (tasting like vinegar) [adj]
ACETOUS	ACEOSTU	tasting like vinegar [adj]
ACHENES	ACEEHNS	ACHENE, type of fruit [n]
ACRIDER	ACDEIRR	ACRID, sharp and harsh to taste or smell [adj]
ACRIDLY	ACDILRY	in acrid (sharp and harsh to taste or smell) manner [adv]
ADSUKIS	ADIKSSU	ADSUKI, adzuki (edible seed of Asian plant) [n]
ADZUKIS	ADIKSUZ	ADZUKI, edible seed of Asian plant [n]
AGAPEIC	AACEGIP	AGAPE, communal meal of fellowship [adj]
AGOROTH	AGHOORT	AGORA, marketplace in ancient Greece [n]
AJOWANS	AAJNOSW	AJOWAN, fruit of Egyptian plant [n]
ALBUMEN	ABELMNU	white of egg [n -S]
ALFREDO	ADEFLOA	served with white cheese sauce [adj]
ALIMENT	AEILMNT	to nourish (to sustain with food) [v -ED, -ING, -S]
ALLIUMS	AILLMSU	ALLIUM, bulbous herb [n]
ALMONDS	ADLMNOS	ALMOND, edible nut of small tree [n]
ALMONDY	ADLMNOY	ALMOND, edible nut of small tree [adj]
ANCHOVY	ACHNOVY	small food fish [n -VIES]
ANISEED	ADEEINS	seed of anise used as flavoring [n -S]
ANOREXY	AENORXY	anorexia (loss of appetite) [n -XIES]
APRICOT	ACIOPRT	edible fruit [n -S]
ARROCES	ACEORRS	ARROZ, rice [n]
ARROZES	AEORRSZ	ARROZ, rice [n]
ARUGOLA	AAGLORU	arugula (European annual herb) [n -S]
ARUGULA	AAGLRUU	European annual herb [n -S]
ASARUMS	AAMRSSU	ASARUM, perennial herb [n]
ASHCAKE	AACEHKS	cornmeal cake [n -S]
ASIAGOS	AAGIOSS	ASIAGO, Italian cheese [n]
ATEMOYA	AAEMOTY	fruit of hybrid tropical tree [n -S]
AUTOMAT	AAMOTTU	type of cafeteria [n -S]
AVOCADO	AACDOOV	edible fruit of tropical tree [n -S or -ES]

## B 7s

BACALAO	AAABCLO	baccala (codfish (marine food fish)) [n -S]
BACCALA	AAABCCL	codfish (marine food fish) [n -S]
BACCATE	AABCCET	pulpy like berry [adj]
BAGASSE	AABEGSS	crushed sugar cane [n -S]
BAKINGS	ABGIKNS	BAKING, quantity baked [n]
BAKLAVA	AAABKLV	Turkish pastry [n -S]
BAKLAWA	AAABKLW	baklava (Turkish pastry) [n -S]
BALONEY	ABELNOY	bologna (seasoned sausage) [n -S]
BANANAS	AAABNNS	BANANA, edible fruit [n]
BANGERS	ABEGNRS	BANGER, sausage (finely chopped and seasoned meat stuffed into casing) [n]



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BANNOCK	ABCKNNO	type of cake [n -S]
BANQUET	ABENQTU	to feast (to eat sumptuously) [v -ED, -ING, -S]
BARBIES	ABBEIRS	BARBIE, portable fireplace for cooking [n]
BARLEYS	ABELRSY	BARLEY, cereal grass [n]
BASMATI	AABIMST	long-grain rice [n -S]
BATATAS	AAABSTT	BATATA, sweet potato [n]
BAZAARS	AAABRSZ	BAZAAR, marketplace [n]
BEANERY	ABEENRY	cheap restaurant [n -RIES]
BECRUST	BCERSTU	to cover with crust [v -ED, -ING, -S]
BEEFALO	ABEEFLO	offspring of American buffalo and domestic cattle [n -S]
BEERNUT	BEENRTU	peanut with sweet coating [n -S]
BEIGNES	BEEGINS	BEIGNE, beignet (type of fritter or doughnut) [n]
BEIGNET	BEEGINT	type of fritter or doughnut [n -S]
BERRIED	BDEEIRR	BERRY, to produce berries (fleshy fruits) [v]
BERRIES	BEEIRRS	BERRY, to produce berries (fleshy fruits) [v]
BIALIES	ABEILS	BIALY, onion roll [n]
BICARBS	ABBCIRS	BICARB, sodium bicarbonate [n]
BIFFINS	BFFIINS	BIFFIN, cooking apple [n]
BIFIDUM	BDFIIMU	bacterium often added to yogurt [n -S]
BILTONG	BGILNOT	dried and cured meat [n -S]
BINGERS	BEGINRS	BINGER, one that binges (to indulge in something to excess) [n]
BINGING	BGGIINN	bingeing (act of indulging in something to excess) [n -S] BINGE [v]
BIRIANI	ABIIIINR	biryani (Indian dish of meat, fish, or vegetables and rice) [n -S]
BIRYANI	ABIINRY	Indian dish of meat, fish, or vegetables and rice [n -S]
BISCUIT	BCIISTU	small cake of shortened bread [n -S]
BISQUES	BEIQSSU	BISQUE, thick soup [n]
BLEWITS	BEILSTW	BLEWIT, blewits [n] / edible mushroom [n -S, -ES]
BLINTZE	BEILNTZ	thin pancake [n -S]
BLOATER	ABELORT	smoked herring [n -S]
BLUEFIN	BEFILNU	large tuna (marine food fish) [n -S]
BOARDED	ABDDEOR	BOARD, to take meals for fixed price [v]
BOARDER	ABDEORR	one that boards (to take meals for fixed price) [n -S]
BOILERS	BEILORS	BOILER, vessel for boiling [n]
BOLOGNA	ABGLNOO	seasoned sausage [n -S]
BOLONEY	BELNOOY	bologna (seasoned sausage) [n -S]
BONACIS	ABCINOS	BONACI, edible fish [n]
BONBONS	BBNNOOS	BONBON, sugared candy [n]
BONIATO	ABINOOT	sweet potato [n -TOS]
BONITAS	ABINOST	BONITA, bonito (marine food fish) [n]
BONITOS	BINOOST	BONITO, marine food fish [n]
BONNOCK	BCKNNOO	bannock (type of cake) [n -S]
BORSCHT	BCHORST	beet soup [n-S]
BORSHTS	BHORSST	BORSHT, borscht (beet soup) [n -S]
BOUCHEE	BCEEHOU	small patty shell [n -S]
BOUDINS	BDINOSU	BOUDIN, spicy Cajun sausage [n]
BRAISED	ABDEIRS	BRAISE, to cook in fat [v]
BRAISES	ABEIRSS	BRAISE, to cook in fat [v]



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BRAMBLE	ABBELMR	to gather berries [v -D, -LING, -S]
BRANNED	ABDENNR	BRAN, to soak in water mixed with bran (outer coat of cereals) [v]
BRANNER	ABENRRR	one that brans (to soak in water mixed with bran (outer coat of cereals)) [n -S]
BREADED	ABDDEER	BREAD, to cover with crumbs of bread (baked foodstuff made from flour) [v]
BREKKIE	BEEIKKR	breakfast [n -S]
BRICKLE	BCEIKLR	brittle candy [n -S]
BRIDIES	BDEIIRS	BRIDIE, pastry filled with meat and onions [n]
BRINERS	BEINRRS	BRINER, one that brines (to treat with brine (salted water)) [n]
BRINIER	BEIINRR	BRINY, salty (tasting of or containing salt) [adj]
BRINING	BGIINNR	BRINE, to treat with brine (salted water) [v]
BRINISH	BHIINRS	resembling brine (salted water) [adj]
BRIOCHE	BCEHIOR	rich roll [n -S]
BRIQUET	BEIQRTU	to mold into small bricks [v -TTED, -TTING, -S]
BRISKET	BEIKRST	breast of animal [n -S]
BROASTS	ABORSST	BROAST, to broil and roast food [v]
BROCOLI	BCILOOR	broccoli (vegetable related to cabbage) [n -S]
BROILED	BDEILOR	BROIL, to cook by direct heat [v]
BROILER	BEILORR	device for broiling [n -S]
BUCKEYE	BCEEKUY	nut-bearing tree [n -S]
BULGARS	ABGLRSU	bulgur (crushed wheat) [n]
BULGHUR	BGHLRUU	bulgur (crushed wheat) [n -S]
BULGURS	BGLRSUU	BULGUR, crushed wheat [n]
BULIMIA	ABIILMU	insatiable appetite [n -S]
BURGERS	BEGRRSU	BURGER, hamburger [n]
BURGOOS	BGOORSU	BURGOO, thick oatmeal [n]
BURGOUT	BGORTUU	burgoo (thick oatmeal) [n -S]
BURNETS	BENRSTU	BURNET, perennial herb [n]
BURRITO	BIORRTU	tortilla rolled around filling [n -S]
BUSBOYS	BBOSSUY	BUSBOY, boy or man who is server's assistant in restaurant [n]
BUSGIRL	BGILRSU	girl or woman who is server's assistant in restaurant [n -S]
BUTCHER	BCEHRTU	to slaughter [v -ED, -ING, -S]
BUTLERS	BELRSTU	BUTLER, male servant [n]
BUTTERS	BERSTTU	BUTTER, to spread with butter (milk product) [v]
BUTTERY	BERTTUY	containing butter [adj -RIER, -RIEST] / wine cellar [n -RIES]
BUTTLED	BDELTTU	BUTTLE, to serve as butler [v]
BUTTLES	BELSTTU	BUTTLE, to serve as butler [v]
BUTYRIC	BCIRTUY	derived from butter [adj]

## C 7s

CABBAGY	AABBCGY	cabbagey (resembling cabbage (leafy vegetable)) [adj]
CABEZON	ABCENoz	large, edible fish [n -S]
CAKEBOX	ABCEKox	container for cake (sweet baked food) [n -ES]
CAKIEST	ACEIKST	CAKEY, tending to form lumps [adj] / CAKY, cakey [adj]
CALDRON	ACDLNOR	large kettle or boiler [n -S]
CALIPEE	ACEEILP	edible part of turtle [n -S]
CALZONE	ACELNOZ	turnover with savory filling [n -S or -NI]
CANAPES	AACENPS	CANAPE, food served before meal [n]
CANDIED	ACDDEIN	CANDY, to coat with sugar [v]



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CANDIES	ACDEINS	CANDY, to coat with sugar [v]
CANNERS	ACENNRS	CANNER, one that cans food [n]
CANNERY	ACENNRY	place where food is canned [n -RIES]
CANNING	ACGINNN	business of preserving food in airtight containers [n -S]
CANNOLI	ACILNNO	tube of pastry with sweet filling [n -S]
CANOLAS	AACLNOS	CANOLA, oil from seeds of kind of herb [n]
CANTALS	AACLNST	CANTAL, hard cheese of France [n]
CAPELAN	AACELNP	capelin (small, edible fish) [n -S]
CAPELIN	ACEILNP	small, edible fish [n -S]
CAPLINS	ACILNPS	CAPLIN, capelin (small, edible fish) [n]
CAPRESE	ACEEPRS	salad containing mozzarella, tomatoes, basil, and olive oil [n -S]
CARAMEL	AACELMR	chewy candy [n -S]
CARAWAY	AAACRWY	herb used in cooking [n -S]
CARHOPS	ACHOPRS	CARHOP, to serve customers at drive-in restaurant [v]
CARROTS	ACORRST	CARROT, edible orange root [n]
CARVERY	ACERRVY	buffet restaurant serving roast beef [n -RIES]
CASABAS	AAABCSS	CASABA, variety of melon [n]
CASEATE	AACEEST	to become cheesy [v -D, -TING, -S]
CASEOUS	ACEOSSU	cheesy (resembling cheese (food made from milk curds)) [adj]
CASHAWS	AACHSSW	CASHAW, cushaw (variety of squash) [n]
CASHEWS	ACEHSSW	CASHEW, nut-bearing tree [n]
CASSABA	AAABCSS	casaba (variety of melon) [n -S]
CASSATA	AAACSST	Italian ice cream [n -S]
CASSIAS	AACISSS	CASSIA, variety of cinnamon [n]
CATAWBA	AAABCTW	variety of fox grape [n -S]
CATCHUP	ACCHPTU	ketchup (spicy tomato sauce) [n -S]
CATERED	ACDEERT	CATER, to provide food and service for [v]
CATERER	ACEERRT	one that caters (to provide food and service for) [n -S]
CATFACE	AACCEFT	deformity of fruit [n -S]
CATSUPS	ACPSSTU	CATSUP, ketchup (spicy tomato sauce) [n]
CAVALLA	AAACLIV	large food fish [n -S]
CAVALLY	AACLLVY	cavalla (large food fish) [n -LIES]
CAVIARE	AACEIRV	caviar (roe of sturgeon) [n -S]
CAVIARS	AACIRSV	CAVIAR, roe of sturgeon [n]
CAYENNE	ACEENNY	hot seasoning [n -S]
CELIACS	ACCEILS	CELIAC, one that has chronic nutritional disturbance [n]
CEREALS	ACEELRS	CEREAL, food made from grain [n]
CEVICHE	CCEEHIV	seviche (dish of raw fish) [n -S]
CHABLIS	ABCHILS	dry white wine [n CHABLIS]
CHALAHS	AACHHLS	CHALAH, challah (kind of bread) [n]
CHALEHS	ACEHHLS	CHALEH, challah (kind of bread) [n]
CHALLAH	AACHHLL	kind of bread [n -S or -LOTH or -LOT]
CHALLAS	AACHLLS	CHALLA, challah (kind of bread) [n]
CHALUPA	AACHLPU	fried corn tortilla spread with savory mixture [n -S]
CHALUTZ	ACHLTUZ	halutz (Israeli farmer) [n -IM]
CHAMPED	ACDEHMP	CHAMP, to chew noisily [v]
CHAMPER	ACEHMPR	one that champs (to chew noisily) [n -S]



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CHAPATI	AACHIPT	unleavened bread of India [n -S]
CHARQUI	ACHIQRU	type of meat (animal flesh used as food) [n -S]
CHAWERS	ACEHRSW	CHAWER, one that chaws (to chew (to crush or grind with teeth)) [n]
CHAWING	ACGHINW	CHAW, to chew (to crush or grind with teeth) [v]
CHEDDAR	ACDDEHR	type of cheese [n -S]
CHEFDOM	CDEFHMO	status of chef [n -S]
CHEFFED	CDEEFFH	CHEF, to work as chef (chief cook) [v]
CHEFING	CEFGHIN	CHEF, to work as chef (chief cook) [v]
CHERVIL	CEHILRV	aromatic herb [n -S]
CHEVRES	CEEHRVS	CHEVRE, cheese made from goat's milk [n]
CHEVRET	CEEHRTV	chevre (cheese made from goat's milk) [n -S]
CHEWERS	CEEHRSW	CHEWER, one that chews (to crush or grind with teeth) [n]
CHEWIER	CEEHIRW	CHEWY, not easily chewed [adj]
CHEWING	CEGHINW	CHEW, to crush or grind with teeth [v]
CHILIES	CEHIILS	CHILI, hot pepper [n]
CHILLIS	CHIILLS	CHILLI, chili (hot pepper) [n]
CHOMPED	CDEHMOP	CHOMP, to champ (to chew noisily) [v]
CHOMPER	CEHMOPR	one that chomps (to champ (to chew noisily)) [n -S]
CHORIZO	CHIOORZ	highly seasoned sausage [n -S]
CHOWDER	CDEHORW	to make thick soup of [v -ED, -ING, -S]
CHOWING	CGHINOW	CHOW, to eat (to consume food) [v]
CHUMPED	CDEHMPU	CHUMP, to munch (to chew with crackling sound) [v]
CHURNED	CDEHNRU	CHURN, to stir briskly in order to make butter [v]
CHURNER	CEHNRRU	one that churns (to stir briskly in order to make butter) [n -S]
CHURROS	CHORRSU	CHURRO, Spanish and Mexican pastry [n]
CHUTNEE	CEEHNTU	chutney (sweet and sour sauce) [n -S]
CHUTNEY	CEHNTUY	sweet and sour sauce [n -S]
CHYLOUS	CHLOSUY	CHYLE, digestive fluid [adj]
CHYMOUS	CHMOSUY	pertaining to chyme (semi-digested food) [adj]
CIBOULE	BCEILOU	cibol (variety of onion) [n -S]
CITRALS	ACILRST	CITRAL, lemon flavoring [n]
CITRONS	CINORST	CITRON, lemonlike fruit [n]
CITRUSY	CIRSTUY	CITRUS, any of genus of tropical, fruit-bearing trees [adj]
CLAMMED	ACDELMM	CLAM, to dig for clams (bivalve mollusks) [v]
CLAMMER	ACELMMR	one that clams (to dig for clams (bivalve mollusks)) [n -S]
CLARIES	ACEILRS	CLARY, aromatic herb [n]
CLOTBUR	BCLORTU	type of plant with prickly seeds [n -S]
CLUCKER	CCEKLRU	chicken [n -S]
COADIES	ACDEIOS	COADY, sauce made from molasses [n]
COBNUTS	BCNOSTU	COBNUT, edible nut [n]
COCHINS	CCHINOS	COCHIN, large domestic chicken [n]
COCONUT	CCNOOTU	fruit of coco [n -S]
COCOYAM	ACCMOYU	tropical plant having edible rootstocks [n -S]
CODFISH	CDFHIOS	marine food fish [n -ES]
CODLING	CDGILNO	unripe apple [n -S]
CODLINS	CDILNOS	CODLIN, codling (unripe apple) [n]
COELIAC	ACCEILO	celiac (one that has chronic nutritional disturbance) [n -S]



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COLBIES	BCEILOS	COLBY, mild cheese [n]
COLLARD	ACDLLOR	variety of kale [n -S]
COLLOPS	CLLOOPS	COLLOP, small portion of meat [n]
COMFITS	CFIMOST	COMFIT, candy [n]
COMFREY	CEFMORY	coarse herb [n -S]
COMPOTE	CEMOOPT	fruit stewed in syrup [n -S]
CONCOCT	CCCNOOT	to prepare by combining ingredients [v -ED, -ING, -S]
CONFECT	CCEFNOT	to prepare from various ingredients [v -ED, -ING, -S]
CONFITS	CFINOST	CONFIT, meat cooked and preserved in its own fat [n]
COOKERS	CEKOORS	COOKER, one that cooks (to prepare food by heating) [n]
COOKERY	CEKOORY	art of cooking [n -RIES]
COOKEYS	CEKOOSY	COOKEY, cookie (small, flat cake) [n]
COOKIES	CEIKOOS	COOKIE, small, flat cake [n] / COOKY, cookie (small, flat cake) [n]
COOKING	CGIKNOO	act of one that cooks [n -S] / COOK, to prepare food by heating [v]
COOKOFF	CFFKOOO	cooking contest [n -S]
COOKOUT	CKOOOTU	meal eaten and prepared outdoors [n -S]
COOKTOP	CKOOOPT	counter-top cooking apparatus [n -S]
COPPRAS	ACOPPRS	COPPRA, copra (dried coconut meat) [n]
COPRAHS	ACHOPRS	COPRAH, copra (dried coconut meat) [n]
CORBEIL	BCEILOR	sculptured fruit basket [n -S]
CORBINA	ABCINOR	food and game fish [n -S]
CORNFED	CDEFNOR	fed on corn [adj]
CORNING	CGINNOR	CORN, to preserve with salt [v]
CORRODY	CDOORRY	corody (allowance of food or clothes) [n -DIES]
CORVINA	ACINORV	corbina (food and game fish) [n -S]
COSTARD	ACDORST	large cooking apple [n -S]
COSTERS	CEORSST	COSTER, hawker of fruit or vegetables [n]
COTTARS	ACORSTT	COTTAR, tenant farmer [n]
COTTIER	CEIORTT	cottar (tenant farmer) [n -S]
CRAMBES	ABCEMRS	CRAMBE, annual herb [n]
CRAPPIE	ACEIPPR	edible fish [n -S]
CRAUNCH	ACCHNRU	to crunch (to chew with crackling sound) [v -ED, -ING, -ES]
CRAWDAD	AACDDRW	crayfish (crustacean) [n -S]
CREAMED	ACDEEMR	CREAM, to form cream (part of milk) [v]
CRESSSES	CEERSSS	CRESS, plant used in salads [n]
CRETONS	CENORST	spread of shredded pork and onions [n]
CROFTED	CDEFORT	CROFT, to farm on small tenant farm [v]
CROFTER	CEFORRT	tenant farmer [n -S]
CROPIE	CEIOPPR	crappie (edible fish) [n -S]
CROUTES	CEORSTU	CROUTE, pastry case [n]
CROUTON	CNOORTU	small cube of toasted bread [n -S]
CROWDIE	CDEIORW	crowdy (porridge (soft food)) [n-S]
CRUDED	CDDDERU	CRUD, to curd (to curdle (to congeal (to change from fluid to solid))) [v]
CRULLER	CELLRRU	small sweet cake [n -S]
CRUMBED	BCDEMUR	CRUMB, to break into crumbs (small pieces) [v]
CRUMBER	BCEMRRU	one that crumbs (to break into crumbs (small pieces)) [n -S]
CRUMBLE	BCELMRU	to break into small pieces [v -D, -LING, -S]



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CRUMBLY	BCLMRUY	easily crumbled (to break into small pieces) [adj]
CRUMPED	CDEMPRU	CRUMP, to crunch (to chew with crackling sound) [v]
CRUMPET	CEMPRTU	small cake cooked on griddle [n -S]
CRUNCHY	CCHNRUY	crisp [adj -HIER, -HIEST]
CRUSETS	CERSSTU	CRUSET, melting pot [n]
CRUSTED	CDERSTU	CRUST, to form crust (hardened outer surface) [v]
CUISINE	CEIINSU	style of cooking [n -S]
CULCHES	CCEHLSU	CULCH, oyster bed [n]
CUMMINS	CIMMNSU	CUMMIN, cumin (plant used in cooking) [n]
CUMQUAT	ACMQTUU	kumquat (citrus fruit) [n -S]
CUPCAKE	ACCEKPU	small cake [n -S]
CURDIER	CDEIRRU	CURDY, curdled [adj]
CURDING	CDGINRU	CURD, to curdle (to congeal (to change from fluid to solid)) [v]
CURDLED	CDDELRU	CURDLE, to congeal (to change from fluid to solid)) [v]
CURDLER	CDELRRU	one that curdles (to congeal (to change from fluid to solid)) [n -S]
CURDLES	CDELRSU	CURDLE, to congeal (to change from fluid to solid)) [v]
CURRANS	ACNRRSU	CURRAN, curn (grain) [n]
CURRENT	ACNRRTU	edible berry [n -S]
CURRIED	CDEIRRU	CURRIE, to prepare food certain way [v]
CURRIES	CEIRRSU	CURRY, to prepare leather for use or sale [v]
CUSHAWS	ACHSSUW	CUSHAW, variety of squash [n]
CUSTARD	ACDRSTU	thick, soft dessert [n -S]
CUTLETS	CELSTTU	CUTLET, slice of meat [n]
CYMLING	CGILMNY	variety of squash [n -S]
CYMLINS	CILMNSY	CYMLIN, cymling (variety of squash) [n]

## D 7s

DAGWOOD	ADDGOOW	large sandwich [n -S]
DAIKONS	ADIKNOS	DAIKON, Japanese radish [n]
DAIRIES	ADEIIRS	DAIRY, establishment dealing in milk products [n]
DAMSONS	ADMNOSS	DAMSON, small purple plum [n]
DANSAKS	AADKNSS	DANSAK, dhansak (casserole of meats and vegetables) [n]
DARIOLE	ADEILOR	type of pastry filled with cream, custard, or jelly [n -S]
DECKERS	CDEEKRS	DECKER, something having designated number of levels, floors, or layers [n]
DECOCTS	CCDEOST	DECOCT, to extract flavor of by boiling [v]
DEFROST	DEFORST	to remove frost from [v -ED, -ING, -S]
DEGUSTS	DEGSSTU	DEGUST, to taste with pleasure [v]
DELLIES	DEEILLS	DELLY, deli (delicatessen) [n]
DESEEDS	DDEEESS	DESEED, to remove seeds from [v]
DESSERT	DEERSST	something served as last course of meal [n -S]
DESUGAR	ADEGRSU	to remove sugar from [v -ED, -ING, -S]
DEVEINS	DEEINSV	DEVEIN, to remove dorsal vein from [v]
DEVEILD	DDEEILV	DEVIL, to prepare food with pungent seasoning [v]
DEVOURS	DEORSUV	DEVOUR, to eat up voraciously [v]
DHANSAK	AADHKNS	casserole of meats and vegetables [n -S]
DHOORAS	ADHOORS	DHOORA, durra (cereal grain) [n]
DHOURRA	ADHORRU	durra (cereal grain) [n -S]
DHURRAS	ADHRRSU	DHURRA, durra (cereal grain) [n]



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compiled by Jacob Cohen, Asheville Scrabble Club

DIETARY	ADEIRTY	system of dieting (to regulate one’s daily sustenance) [n -RIES]
DIETERS	DEEIRST	DIETER, one that diets ((to regulate one’s daily sustenance) [n]
DIETING	DEGIINT	DIET, to regulate one’s daily sustenance [v]
DIGESTS	DEGISST	DIGEST, to render food usable for body [v]
DINETTE	DEEINTT	small dining room [n -S]
DININGS	DGIINNS	DINING, activity of eating dinner [n]
DINNERS	DEINNRS	DINNER, main meal of day [n]
DISHFUL	DFHILSU	as much as dish can hold [n -S]
DISHING	DGHIINS	DISH, to put into dish (concave vessel) [v]
DISKERS	DEIKRSS	DISKER, one that disks (to break up land with type of farm implement) [n -S]
DISKING	DGIIKNS	DISK, to break up land with type of farm implement [v]
DISTILL	DIIILLST	to extract by vaporization and condensation [v -ED, -ING, -S]
DONAIRS	ADINORS	DONAIR, sliced lamb rolled in pita bread [n]
DOURAH	ADHORSU	DOURAH, durra (cereal grain) [n]
DRAGEES	ADEEGRS	DRAGEE, sugarcoated candy [n]
DRUPELS	DELPRSU	DRUPEL, drupelet (small drupe (fleshy fruit)) [n]
DUMPING	DGIMNPU	selling of large quantities of goods at below market price [n -S]

## E 7s

EATABLE	AABEELT	edible (something fit to be eaten) [n -S]
EATINGS	AEGINST	EATING, act of consuming food [n]
ECLAIRS	ACEILRS	ECLAIR, type of pastry (sweet baked food) [n]
EDACITY	ACDEITY	gluttony (excessive eating) [n -TIES]
EDAMAME	AADEEMM	green soybeans in pod [n -S]
EDIBLES	BDEEILS	EDIBLE, something fit to be eaten [n]
EGGCUPS	CEGGPSU	EGGCUP, cup from which egg is eaten [n]
EGGIEST	EEGGIST	EGGY, tasting or smelling of egg [adj]
EGGLESS	EEGLSS	lacking eggs [adj]
EINKORN	EIKNNOR	variety of wheat [n -S]
ENCRUST	CENRSTU	to cover with crust [v -ED, -ING, -S]
ENDIVES	DEEINSV	ENDIVE, herb cultivated as salad plant [n]
ENTREES	EEENRST	ENTREE, principal dish of meal [n]
EPAZOTE	AEEOPTZ	herb of goosefoot family [n -S]
EPICUR	CEEIPRU	gourmet (connoisseur of fine food and drink) [n -S]
ESCALOP	ACELOPS	to escallop (to scallop (to bake in sauce topped with bread crumbs)) [v -ED, -ING, -S]
ESCOLAR	ACELORS	food fish [n -S]
EULOGIA	AEGILOU	holy bread [n -E or -S]
EUPEPSY	EEPPSUY	eupepsia (good digestion) [n -SIES]

## F 7s

FAJITAS	AAFIJST	FAJITA, marinated and grilled beef, chicken, or shrimp served with flour tortilla [n]
FAMINES	AEFIMNS	FAMINE, widespread scarcity of food [n]
FARFALS	AAFFLRS	FARFAL, farfel (noodles in form of small pellets or granules) [n]
FARFELS	AEFFLRS	FARFEL, noodles in form of small pellets or granules [n]
FARINAS	AAFINRS	FARINA, fine meal made from cereal grain [n]
FARINHA	AAFHINR	meal made from root of cassava [n -S]
FARMERS	AEFMRRS	FARMER, one that farms (to manage and cultivate as farm (tract of land devoted to agriculture)) [n]
FARMING	AFGIMNR	business of operating farm [n -S] / FARM, to manage and cultivate as farm (tract of land devoted to agriculture) [v]
FASTING	AFGINST	abstention from eating [n -S]





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FATLING	AFGILNT	young animal fattened for slaughter [n -S]
FEASTED	ADEEFST	FEAST, to eat sumptuously [v]
FEASTER	AEEFRST	one that feasts (to eat sumptuously) [n -S]
FEEDERS	DEEEFRS	FEEDER, one that feeds (to give food to) [n]
FEEDING	DEEFGIN	act of giving food to person or animal [n -S] / FEED, to give food to [v]
FEEDLOT	DEEFLOT	plot of land on which livestock is fattened [n -S]
FEIJOAS	AEFIJOS	FEIJOA, green edible fruit [n]
FENNELS	EEFLNNS	FENNEL, perennial herb [n]
FERMENT	EEFMNRT	to undergo type of chemical reaction [v -ED, -ING, -S]
FIGTREE	EEFGIRT	tree that bears figs (soft, sweet dark fruits) [n -S]
FILBERT	BEFILRT	edible nut of European shrub [n -S]
FINNANS	AFINNNS	FINNAN, smoked haddock [n]
FIXINGS	FGIINSX	accompaniments to main dish of meal [n]
FLAMBES	ABEFLMS	FLAMBE, to douse with liqueur and ignite [v]
FLANKEN	AEFKLNN	beef cut from sides that is boiled with vegetables [n]
FLAUTAS	AAFLSTU	FLAUTA, tortilla rolled around filling and fried [n]
FLAVORS	AFLORSV	FLAVOR, to give flavor (distinctive taste) to [v]
FLAVORY	AFLORVY	full of flavor [adj]
FLAVOUR	AFLORUV	to flavor (to give flavor (distinctive taste) to) [v -ED, -ING, -S]
FLOURED	DEFLORU	FLOUR, to cover with flour (finely ground meal of grain) [v]
FONDANT	ADFNNOT	soft, creamy candy [n -S]
FONDUED	DDEFNOU	FONDUE, to cook in pot of melted cheese [v]
FONDUES	DEFNOSU	FONDUE, to cook in pot of melted cheese [v]
FONTINA	AFINNOT	Italian cheese [n -S]
FOODERY	DEFOORY	restaurant [n -RIES]
FOODIES	DEFIOOS	FOODIE, enthusiast of foods and their preparation [n]
FREGAN	AEEFGNR	activist who scavenges for free food to reduce consumption of resources [n -S]
FREEZER	EEEFRRZ	apparatus for freezing food [n -S]
FRICOTS	CFIORST	FRICOT, stew with potatoes and meat or fish [n]
FRIJOLE	EFIJLOR	frijol (bean used as food) [n -S]
FROMAGE	AIEFGMOR	cheese [n -S]
FROSTED	DEFORST	type of milk shake [n -S]
FRUITED	DEFIRTU	FRUIT, to bear fruit (usually edible reproductive bodies of seed plant) [v]
FRUITER	EFIRRTU	one that grows or sells fruit [n -S]
FRYABLE	ABEFLRY	FRY, to cook over direct heat in hot fat or oil [adj]
FRYPANS	AFNPRSY	FRYPAN, pan for frying food [n]
FUDGIER	DEFGIRU	FUDGY, resembling fudge (soft, sweet candy) [adj]
FUMETTE	EEFMTTU	fumet (odor of meat while cooking) [n -S]
FURMETY	EFMRTUY	frumenty (dish of wheat boiled in milk and sweetened with sugar) [n -TIES]
FURMITY	FIMRTUY	frumenty (dish of wheat boiled in milk and sweetened with sugar) [n -TIES]
FUSILLI	FIILLSU	spiral-shaped pasta [n -S]

## G 7s

GALETTE	AEEGLTT	flat round cake [n -S]
GARBAGE	AABEGGR	food waste [n -S]
GARBAGY	AABGGRY	GARBAGE, food waste [adj]
GARCONS	ACGNORS	GARCON, waiter [n]
GARLICS	ACGILRS	GARLIC, to season with garlic (herb used in cooking) [v]



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GATEAUS	AAEGSTU	GATEAU, fancy cake [n]
GATEAUX	AAEGTUX	GATEAU, fancy cake [n]
GENOISE	EEGINOS	rich sponge cake [n -S]
GEODUCK	CDEGKOU	large, edible clam [n -S]
GEORGIC	CEGGIOR	poem about farming [n -S]
GHERKIN	EGHIKNR	small cucumber [n -S]
GIBLETS	BEGILST	GIBLET, edible part of fowl [n]
GINGELI	EGGIILN	gingelly (sesame seed or its oil) [n -S]
GINGELY	EGGILNY	gingelly (sesame seed or its oil) [n -LIES]
GINGERS	EGGINRS	GINGER, to flavor with ginger (pungent spice) [v]
GINGILI	GGIILN	gingelly (sesame seed or its oil) [n -S]
GIROLLE	EGILLOR	edible mushroom [n -S]
GJETOST	EGJOSTT	hard brown cheese [n -S]
GLAIRED	ADEGILR	GLAIR, to coat with egg white [v] / GLAIRE, to glair [v]
GLAIRES	AEGILRS	GLAIRE, to glair (to coat with egg white) [v]
GLUTENS	EGLNSTU	GLUTEN, sticky component of grain flours that contains glutenin [n]
GLUTTED	DEGLTTU	GLUT, to feed or fill to excess [v]
GLUTTON	GLNOTTU	person who eats to excess [n -S]
GNOCCHI	CCGHINO	dumplings made of pasta [n]
GOBBETS	BBEGOST	GOBBET, piece of raw meat [n]
GOOBERS	BEGOORS	GOOBER, peanut (nutlike seed or pod of annual vine) [n]
GOODIES	DEGIOOS	GOODY, desirable food [n] / GOODIE, goody (desirable food) [n]
GORDITA	ADGIORT	stuffed and fried pocket of cornmeal dough [n -S]
GORGERS	EGGORRS	GORGER, one that gorges (to stuff with food) [n]
GORGING	GGGINOR	GORGE, to stuff with food [v]
GORMAND	ADGMNOR	gourmand (one who loves to eat) [n -S]
GOULASH	AGHLOSU	beef stew [n -ES]
GOURAMI	AGIMORU	food fish [n -S or -ES]
GOURMET	EGMORTU	connoisseur of fine food and drink [n -S]
GRAHAMS	AAGHMRS	GRAHAM, whole-wheat flour [n]
GRANARY	AAGNRRY	storehouse for grain [n -RIES]
GRANGER	AEGGNRR	farmer (one that farms (to manage and cultivate as farm (tract of land devoted to agriculture))) [n -S]
GRANGES	AEGGNRS	GRANGE, farm [n]
GRANITA	AAGINRT	iced dessert [n -S]
GRANOLA	AAGLNOR	breakfast cereal [n -S]
GRAPIER	AEGIPRR	GRAPY, resembling grapes (edible berry) [adj] / GRAPEY, grapy [adj]
GRATINE	AEGINRT	covered with crust [adj]
GRATINS	AGINRST	GRATIN, type of food crust [n]
GRAVIES	AEGIRSV	GRAVY, sauce of fat and juices from cooked meat [n]
GRAVLAX	AAGLRVX	cured salmon [n GRAVLAX or -ES]
GRAZERS	AEGRRSZ	GRAZER, one that grazes (to feed on growing grass) [n]
GRAZING	AGGINRZ	land used for feeding of animals [n -S] / GRAZE, to feed on growing grass [v]
GRIDDLE	DDEGILR	to cook on flat pan [v -D, -LING, -S]
GRILLED	DEGILLR	GRILL, to broil on gridiron [v]
GRILLER	EGILLRR	one that grills (to broil on gridiron) [n -S]
GRISKIN	GIIKNRS	lean part of loin of pork [n -S]
GRISTER	EGIRRST	one that grinds grain [n -S]



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GRISTLE	EGILRST	tough part of meat [n -S]
GROCERS	CEGORRS	GROCER, dealer in foodstuffs and household supplies [n]
GROCERY	CEGORRY	grocer's store [n -RIES]
GROUPER	EGOPRRU	food fish [n -S]
GRUNION	GINNORU	small food fish [n -S]
GRUYERE	EEGRRUY	Swiss cheese [n -S]
GUMBALL	ABGLLMU	small ball of chewing gum [n -S]
GUMDROP	DGMOPRU	chewy candy [n -S]
GWEDUCK	CDEGKUW	geoduck (large, edible clam) [n -S]
GWEDUCS	CDEGSUW	GWEDUC, geoduck (large, edible clam) [n]

## H 7s

HADDOCK	ACDDHKO	food fish [n -S]
HALLAHS	AAHHLLS	HALLAH, challah (kind of bread) [n]
HALLOTH	AHLLLOT	HALLAH, challah (kind of bread) [n]
HAMBURG	ABGHMRU	patty of ground beef [n -S]
HARICOT	ACHIORT	seed of various string beans [n -S]
HARISSA	AAHIRSS	spicy North African sauce [n -S]
HARSLET	AEHLRST	haslet (edible viscera of animal) [n -S]
HASHING	AGHHINS	HASH, to mince (to cut into very small pieces) [v]
HASLETS	AEHLSST	HASLET, edible viscera of animal [n]
HATCHED	ACDEHHT	HATCH, to bring forth young from egg [v]
HATCHER	ACEHHRT	one that hatches (to bring forth young from egg) [n -S]
HATCHES	ACEHHST	HATCH, to bring forth young from egg [v]
HAVARTI	AAHIRTV	Danish cheese [n -S]
HEADERS	ADEEHRS	HEADER, grain harvester [n]
HEGARIS	AEGHIRS	HEGARI, grain [n]
HELPING	EGHILNP	portion of food [n -S]
HENLIKE	EEHIKLN	resembling hen (female chicken) [adj]
HENNERY	EEHNNRY	poultry farm [n -RIES]
HENNISH	EHHINNS	resembling hen (female chicken) [adj]
HERBAGE	ABEEGHR	nonwoody plant life [n -S]
HERBALS	ABEHLRS	HERBAL, book about herbs and plants [n]
HERBIER	BEEHIRR	HERBY, abounding in herbs [adj]
HERRING	EGHINRR	food fish [n -S]
HIBACHI	ABCHHII	cooking device [n -S]
HOECAKE	ACEEHKO	cornmeal cake [n -S]
HOGNUTS	GHNOSTU	HOGNUT, hickory nut [n]
HOISINS	HIINOSS	HOISIN, spicy brown sauce [n]
HOPPIER	EHIOPPR	HOPPY, having taste of hops (catkins of particular vine) [adj]
HORKING	GHIKNOR	HORK, to spit (to impale on spit (pointed rod on which meat is turned)) [v]
HOTCAKE	ACEHKOT	pancake [n -S]
HOTPOTS	HOOPSTT	HOTPOT, casserole of meat and vegetables [n]
HULLERS	EHLRSU	HULLER, one that hulls (to remove shell from seed) [n]
HULLING	GHILLNU	HULL, to remove shell from seed [v]
HUNGERS	EGHNRSU	HUNGER, to crave (to desire greatly) [v]
HUNTERS	EHNRSU	HUNTER, one that hunts (to pursue for food or sport) [n]
HUNTING	GHINNTU	HUNT, to pursue for food or sport [v]



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## I 7s

INCONNU	CINNNOU	large food fish [n -S]
INCRUST	CINRSTU	to encrust (to cover with crust) [v -ED, -ING, -S]
INJERAS	AEIJNRS	INJERA, type of Ethiopian bread [n]
IRONISE	EIINORS	to ironize (to mix with nutritional iron) [v -D, -SING, -S]
IRONIZE	EIINORZ	to mix with nutritional iron [v -D, -ZING, -S]

## J 7s

JAEGERS	AEEGJRS	JAEGER, hunter (one that hunts (to pursue for food or sport)) [n]
JAGGARY	AAGGJRY	jaggery (coarse, dark sugar) [n -RIES]
JAGGERY	AEGGJRY	coarse, dark sugar [n -RIES]
JAMMIER	AEIJMMR	JAMMY, sticky with jam (boiled fruit and sugar) [adj]
JERKIES	EEIJKRS	JERKY, dried meat [n]
JICAMAS	AACIJMS	JICAMA, tropical plant with edible roots [n]
JIMMIES	EIIJMMS	JIMMIE, tiny bit of candy for decorating ice cream [n]
JUJUBES	BEJJSUU	JUJUBE, fruit-flavored candy [n]
JUMBALS	ABJLMSU	JUMBAL, ring-shaped cookie [n]
JUNKETS	EJKNSTU	JUNKET, to banquet (to feast (to eat sumptuously)) [v]

## K 7s

KAFFIRS	AFFIKRS	KAFFIR, kafir (cereal grass) [n]
KARAHIS	AAHIKRS	KARAH, small frying pan used in India [n]
KEBBOCK	BBCEKKO	kebbuck (whole cheese) [n -S]
KEBBUCK	BBCEKKU	whole cheese [n -S]
KERNELS	EEKLNRS	KERNEL, to envelop as kernel (inner part of nut) [v]
KETCHUP	CEHKPTU	spicy tomato sauce [n -S]
KETTLES	EEKLSTT	KETTLE, vessel for boiling liquids [n]
KIBBEHS	BBEHIKS	KIBBEH, kibbe (Near Eastern dish of ground lamb and bulgur) [n]
KIBBUTZ	BBIKTUZ	collective farm in Israel [n -IM]
KIMCHEE	CEEHIKM	kimchi (spicy Korean dish of pickled cabbage) [n -S]
KIMCHIS	CHIIKMS	KIMCHI, spicy Korean dish of pickled cabbage [n]
KIRNING	GIKNNR	KIRN, to churn (to stir briskly in order to make butter) [v]
KISHKAS	AHIKKSS	KISHKA, kishke (sausage (finely chopped and seasoned meat stuffed into casing)) [n]
KISHKES	EHIKKSS	KISHKE, sausage (finely chopped and seasoned meat stuffed into casing) [n]
KITCHEN	CEHIKNT	room where food is cooked [n -S]
KNAIDEL	ADEIKLN	type of dumpling (ball of dough cooked with stew or soup) [n -DLACH or -S]
KNEIDEL	DEEIKLN	knaidel (type of dumpling (ball of dough cooked with stew or soup)) [n -DLACH or -S]
KNISHES	EHIKNSS	KNISH, dough stuffed with filling and fried [n]
KOKANEE	AEEKKNO	food fish [n -S]
KOLACKY	ACKKLOY	kind of pastry [n KOLACKY]
KOLBASI	ABIKLOS	kielbasa (smoked sausage) [n -S]
KOLHOZY	HKLOOYZ	KOLHOZ, kolkhoz (collective farm in Russia) [n]
KOLKHOS	HKKLOOS	kolkhoz (collective farm in Russia) [n -ES or -Y]
KOLKHOZ	HKKLOOZ	collective farm in Russia [n -ES or -Y]
KOLKOZY	KKLOOYZ	KOLKOZ, kolkhoz (collective farm in Russia) [n]
KRULLER	EKLLRRU	cruller (small sweet cake) [n -S]
KUBASAS	AABKSSU	KUBASA, Ukrainian sausage [n]
KUCHENS	CEHKNSU	KUCHEN, coffee cake [n]
KUMQUAT	AKMQTUU	citrus fruit [n -S]



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## L 7s

LAIRAGE	AAEGILR	place where cattle are housed at markets [n -S]
LAMBIER	ABEILMR	LAMBY, resembling lamb [adj]
LAMBIES	ABEILMS	LAMBIE, lambkin (small lamb) [n]
LAMBING	ABGILMN	birth of lambs on farm [n -S] / LAMB, to give birth to lamb (young sheep) [v]
LAMBKIN	ABIKLMN	small lamb [n -S]
LARDERS	ADELRRS	LARDER, place where food is stored [n]
LARDONS	ADLNORS	LARDON, thin slice of bacon or pork [n]
LARDOON	ADLNOOR	lardon (thin slice of bacon or pork) [n -S]
LASAGNA	AAAGLNS	Italian baked dish [n -S]
LASAGNE	AAEGLNS	lasagna (Italian baked dish) [n -S]
LASSIES	AEILSSS	LASSY, molasses (thick syrup) [n]
LAWINGS	AGILNSW	LAWING, bill for food or drink in tavern [n]
LEHAYIM	AEHILMY	traditional Jewish toast [n -S]
LEKVAR	AEKLRV	LEKVAR, prune butter [n]
LETTUCE	CEELTTU	herb cultivated as salad plant [n -S]
LICHEES	CEEHILS	LICHEE, litchi (edible fruit of Chinese tree) [n]
LINGCOD	CDGILNO	marine food fish [n -S]
LITCHIS	CHIILST	LITCHI, edible fruit of Chinese tree [n]
LOBSTER	BELORST	to fish for lobsters (marine crustaceans) [v -ED, -ING, -S]
LOLLIES	EILLLOS	LOLLY, lollipop (piece of candy on end of stick) [n]
LOMEINS	EILMNOS	LOMEIN, Chinese dish of noodles, meat, and vegetables [n]
LONGANS	AGLNNOS	LONGAN, edible fruit of Chinese tree [n]
LOQUATS	ALQSTU	LOQUAT, small yellow fruit [n]
LOVAGES	AEGLOSV	LOVAGE, perennial herb [n]
LOWBUSH	BHLOSUW	bush with sweet blueberries [n -ES]
LUNCHED	CDEHLNU	LUNCH, to eat noonday meal [v]
LUNCHER	CEHLNRU	one that lunches (to eat noonday meal) [n -S]
LUNCHES	CEHLNSU	LUNCH, to eat noonday meal [v]
LUNGANS	AGLNNSU	LUNGAN, longan (edible fruit of Chinese tree) [n]
LYCHEES	CEEHLSY	LYCHEE, litchi (edible fruit of Chinese tree) [n]

## M 7s

MACARON	AACMNOR	type of cookie (small, flat cake) [n -S]
MACHACA	AAACCHM	Mexican dish featuring shredded meat fried with vegetables [n -S]
MADZOOM	ADMNOOZ	matzoon (food made from milk) [n -S]
MAILING	AGIILMN	rented farm [n -S]
MALTASE	AAELMST	enzyme [n -S]
MALTEDS	ADELMST	MALTED, sweet beverage [n]
MALTING	AGILMNT	process of preparing grain for brewing [n -S] / MALT, to treat or combine with malt (germinated grain) [v]
MALTOSE	AELMOST	type of sugar [n -S]
MANCHET	ACEHMNT	small loaf of fine white bread [n -S]
MANGELS	AEGLMNS	MANGEL, variety of beet [n]
MANGOES	AEGMNOS	MANGO, edible tropical fruit [n]
MANGOLD	ADGLMNO	mangel (variety of beet) [n -S]
MARENGO	AEGMNOR	served with sauce of mushrooms, tomatoes, oil, and wine [adj]
MARMITE	AEIMMRT	large soup kettle [n -S]
MARRONS	AMNORRS	MARRON, variety of chestnut [n]



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MASALAS	AAALMSS	MASALA, blend of spices used in Indian cooking [n]
MATSAHS	AAHMSST	MATSAH, matzo (unleavened bread) [n]
MATZAHS	AAHMSTZ	MATZAH, matzo (unleavened bread) [n]
MATZOHS	AHMOSTZ	MATZOH, matzo (unleavened bread) [n]
MATZOOM	AMNOOTZ	food made from milk [n -S]
MATZOTH	AHMOTTZ	MATZO, unleavened bread [n]
MEALIES	AEEILMS	MEALIE, ear of corn [n]
MEATIER	AEEIMRT	MEATY, full of meat [adj]
MEATILY	AEILMTY	in meaty manner [adv]
MEATMAN	AAEMMNT	vendor of meat [n -MEN]
MECHOU	CEHIMOU	meal of meat roasted on spit [n -S]
MELDERS	DEELMRS	MELDER, amount of grain ground at one time [n]
MENUDOS	DEMNOSU	MENUDO, tripe stew with chili peppers [n]
MERCADO	ACDEMOR	market [n -S]
MERGUEZ	EEGMRUZ	spicy beef and lamb sausage [n MERGUEZ]
MESCLUN	CELMNSU	mixture of young tender green herbs [n -S]
METATES	AEEMSTT	METATE, stone used for grinding grains [n]
MIGNONS	GIMNNOS	MIGNON, cut of beef [n]
MILCHIG	CGHIILM	made of or derived from milk [adj]
MILKERS	EIKLMRS	MILKER, one that milks (to draw milk (whitish, nutritious liquid) from udder of) [n]
MILLETS	EILLMST	MILLET, cereal grass [n]
MINCERS	CEIMNRS	MINCER, one that minces (to cut into very small pieces) [n]
MINCING	CGIIMNN	MINCE, to cut into very small pieces [v]
MINTIER	EIIMNRT	MINTY, having flavor of mint (aromatic herb) [adj]
MISCOOK	CIKMOOS	to cook badly [v -ED, -ING, -S]
MISFEED	DEEFIMS	to feed wrongly [v -FED, -ING, -S]
MORELLO	ELLMOOR	variety of sour cherry [n -S]
MORNAYS	AMNORSY	MORNAY, cheese-flavored white sauce [n]
MOUSAKA	AAKMOSU	moussaka (Middle Eastern dish of meat and eggplant) [n -S]
MUESLIS	EILMSSU	MUESLI, breakfast cereal [n]
MUFFINS	FFIMNSU	MUFFIN, small, round bread [n]
MUKTUKS	KKMSTUU	MUKTUK, whale skin used for food [n]
MULLETS	ELLMSTU	MULLET, edible fish [n]
MULTURE	ELMRTUU	fee paid to miller for grinding grain [n -S]
MUNCHED	CDEHMNU	MUNCH, to chew with crackling sound [v]
MUNCHER	CEHMNRU	one that munches (to chew with crackling sound) [n -S]
MUNCHES	CEHMNSU	MUNCH, to chew with crackling sound [v]
MUNCHIE	CEHIMNU	small amount of food eaten between meals [n -S]
MUNSTER	EMNRSTU	muenster (mild cheese) [n -S]
MUSTARD	ADMRSTU	pungent seasoning [n -S]
MUTTONS	MNOSTTU	MUTTON, flesh of sheep used as food [n]
MUTTONY	MNOTTUY	MUTTON, flesh of sheep used as food [adj]
MYSOSTS	MOSSSTY	MYSOST, mild cheese [n]

## N 7s

NAVARIN	AAINNRV	lamb stew with vegetables [n -S]
NIBBLED	BBDEILN	NIBBLE, to eat with small bites [v]
NIBBLER	BBEILNR	one that nibbles (to eat with small bites) [n -S]



# Food for Thought – Food

“Aah! Think of playing 7-letter bingos about **FOOD**, Yum!”– See also **Food for Thought – Drink**  
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NIBBLES	BBEILNS	NIBBLE, to eat with small bites [v]
NIBLETS	BEILNST	NIBLET, small piece of food [n]
NICOISE	CEIINOS	served with black olives, tomatoes, olive oil, and often anchovies [adj]
NIMRODS	DIMNORS	NIMROD, hunter (one that hunts (to pursue for food or sport)) [n]
NONFARM	AFMNNOR	not pertaining to farm [adj]
NONFOOD	DFNNOOO	pertaining to something other than food [adj]
NONGAME	AEGMNNO	not hunted for food, sport, or fur [adj]
NONMEAT	AEMNNOT	not containing meat [adj]
NOONING	GINNNOO	meal eaten at noon [n -S]
NOSHERS	EHNORSS	NOSHER, one that noshes (to eat snacks between meals) [n]
NOSHING	GHINNOS	NOSH, to eat snacks between meals [v]
NOUGATS	AGNOSTU	NOUGAT, chewy candy [n]
NOURISH	HINORSU	to sustain with food [v -ED, -ING, -ES]
NUBBINS	BBINNSU	NUBBIN, undeveloped fruit [n]
NURTURE	ENRRTUU	to nourish (to sustain with food) [v -D, -RING, -S]
NUTBARS	ABNRSTU	NUTBAR, bar made from chopped nuts [n]
NUTLETS	ELNSTTU	NUTLET, small nut [n]
NUTLIKE	EIKLNTU	resembling nut [adj]
NUTMEAT	AEMNTTU	edible kernel of nut [n -S]
NUTMEGS	EGMNSTU	NUTMEG, aromatic seed used as spice [n]
NUTPICK	CIKNPTU	device for extracting kernels from nuts [n -S]
NUTTERS	ENRSTTU	NUTTER, one that gathers nuts [n]
NUTTING	GINNTTU	act of gathering nuts [n -S] / NUT, to gather nuts (hard-shelled dry fruits) [v]
NUTWOOD	DNOOTUW	nut-bearing tree [n -S]

## O 7s

OAKIEST	AEIKOST	OAKY, tasting of oak sap [adj]
OATCAKE	AACEKOT	cake made of oatmeal [n -S]
OATIEST	AEIOSTT	OATY, tasting or smelling of oats [adj]
OATLIKE	AEIKLOT	resembling oats (cereal grass) [adj]
OATMEAL	AAELMOT	meal made from oats [n -S]
OBENTOS	BENOOST	OBENTO, Japanese meal packed in box [n]
OILSEED	DEEILOS	seed from which oil is pressed out [n -S]
OLICOOK	CIKLOOO	doughnut (ring-shaped cake) [n -S]
OLIVARY	AILORVY	shaped like olive [adj]
OMELETS	EELMOST	OMELET, dish of beaten eggs cooked and folded around filling [n]
ORANGES	AEGNORS	ORANGE, citrus fruit [n]
ORCHARD	ACDHORR	area for cultivation of fruit trees [n -S]
ORECTIC	CCEIORT	pertaining to appetites or desires [adj]
OREGANO	AEGNOOR	aromatic herb used as seasoning [n -S]
ORGEATS	AEGORST	ORGEAT, almond-flavored syrup [n]
ORIGANS	AGINORS	ORIGAN, marjoram (fragrant herb) [n]
OUTBAKE	ABEKOTU	to surpass in baking [v -D, -KING, -S]
OUTCOOK	CKOOOTU	to surpass in cooking [v -ED, -ING, -S]
OUTFAST	AFOSTTU	to surpass in fasting [v -ED, -ING, -S]
OVEREAT	AEEORTV	to eat to excess [v -ATE, -N, -ING, -S]
OVERSUP	EOPRSUV	to sup to excess [v -PPED, -PPING, -S]
OXHEART	AEHORTX	variety of sweet cherry [n -S]



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OYSTERS	EORSSTY	OYSTER, to gather oysters (edible mollusks) [v]
<b>P 7s</b>		
PABULAR	AABLPRU	PABULUM, food (substance taken into body to maintain life and growth) [adj]
PABULUM	ABLMPUU	food (substance taken into body to maintain life and growth) [n -S]
PACZKIS	ACIKPSZ	PACZKI, round doughnut with filling [n]
PADDIES	ADDEIPS	PADDY, rice field [n]
PAELLAS	AAELLPS	PAELLA, saffron-flavored stew [n]
PAKORAS	AAKOPRS	PAKORA, small spicy cake of fried batter with vegetables or meat [n]
PALMIER	AEILMPR	pastry shaped like palm leaf [n -S]
PANADAS	AAADNPS	PANADA, thick sauce [n]
PANEERS	AEENPRS	PANEER, milk curd cheese [n]
PANFISH	AFHINPS	to fish for any small fish that can be fried whole [v -ED, -ING, -ES]
PANINIS	AIINNPS	PANINO, sandwich made with small bread roll [n]
PANLIKE	AEIKLNP	resembling pan (container used for cooking) [adj]
PAPADAM	AAADMPP	papadum (thin, crisp bread of India) [n -S]
PAPADOM	AADMOPP	papadum (thin, crisp bread of India) [n -S]
PAPADUM	AADMPPU	thin, crisp bread of India [n -S]
PAPAYAN	AAANPPY	PAPAYA, melon-like fruit [adj]
PAPAYAS	AAAPPSY	PAPAYA, melon-like fruit [n]
PAPPIER	AEIPPPR	PAPPY, resembling pap (soft food for infants) [adj]
PAPRICA	AACIPPR	paprika (seasoning made from red peppers) [n -S]
PAPRIKA	AAIKPPR	seasoning made from red peppers [n -S]
PARATHA	AAAHPRT	piece of unleavened bread fried on griddle [n -S]
PARBAKE	AABEKPR	to bake partially [v -D, -KING, -S]
PARBOIL	ABILOPR	to cook partially by boiling for short time [v -ED, -ING, -S]
PARFAIT	AAFIPRT	frozen dessert [n -S]
PARKINS	AIKNPRS	PARKIN, kind of bread made with molasses and oatmeal [n]
PARSLEY	AELPRSY	cultivated herb [n -S]
PARSNIP	AINPPRS	European herb [n -S]
PARTANS	AANPRST	PARTAN, edible crab [n]
PASHKAS	AAHKPSS	PASHKA, paskha (Russian dessert eaten at Easter) [n]
PASTIES	AEIPSST	PASTY, meat pie [n] / PASTIE, pasty (meat pie) [n]
PASTILLE	AEILLPST	lozenge (small, often medicated candy) [n -S]
PASTILS	AILPSST	PASTIL, pastille (lozenge (small, often medicated candy)) [n]
PASTINA	AAINPST	type of macaroni (tubular pasta) [n -S]
PATTIES	AEIPSTT	PATTIE, patty (small, flat cake of chopped food) [n] / PATTY [n]
PAVLOVA	AALOPVV	meringue dessert [n -S]
PAWPAWS	AAPPSWW	PAWPAW, papaw (fleshy fruit) [n]
PEALIKE	AEEIKLP	resembling pea (edible seed of annual herb) [adj]
PEANUTS	AENPSTU	PEANUT, nutlike seed or pod of annual vine [n]
PEMBINA	ABEIMNP	variety of cranberry [n -S]
PEMICAN	ACEIMNP	pemmican (food prepared by Native Americans) [n -S]
PENOCHÉ	CEEHNOP	penuche (fudge-like candy) [n -S]
PENUCHE	CEEHNPU	fudge-like candy [n -S]
PENUCHI	CEHINPU	penuche (fudge-like candy) [n -S]
PEPINOS	EINOPPS	PEPINO, bushy perennial plant with edible fruit [n]
PEPITAS	AEIPPST	PEPITA, edible dried seed of pumpkin or squash [n]





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PEPPERS	EPPPRS	PEPPER, to season with pepper (pungent condiment) [v]
PEPPERY	EPPPRY	resembling pepper [adj]
PEPSINE	EEINPPS	pepsin (digestive enzyme of stomach) [n -S]
PEPSINS	EINPPSS	PEPSIN, digestive enzyme of stomach [n]
PEPTICS	CEIPPST	PEPTIC, substance that promotes digestion [n]
PERILLA	AEILLPR	Asian herb [n -S]
PEROGIE	EEGIOPR	pierogi (small dumpling with filling) [n -S]
PEROGIS	EGIOPRS	PEROGI, pierogi (small dumpling with filling) [n]
PETRALE	AEELPRT	food fish [n -S]
PHARYNX	AHNPRXY	section of digestive tract [n -ES or -NGES]
PHYLLOS	HLLOPSY	PHYLLO, very thin pastry dough [n]
PICANTE	ACEINPT	prepared with spicy sauce [adj]
PICCATA	AACCIPT	dish of veal cutlets with sauce of lemon, white wine, and butter [n -S]
PICKLED	CDEIKLP	PICKLE, to preserve or flavor in solution of brine or vinegar [v]
PICKLER	CEIKLPR	vegetable or fruit suitable for pickling [n -S]
PICKLES	CEIKLPS	PICKLE, to preserve or flavor in solution of brine or vinegar [v]
PICNICS	CCIINPS	PICNIC, to go on picnic (outdoor excursion with food) [v]
PIEROGI	EGIIOPR	small dumpling with filling [n -S]
PIGNOLI	GIILNOP	pignolia (edible seed of nut pines) [n -S]
PIGOUTS	GIO PSTU	PIGOUT, instance of eating to excess [n]
PILAFFS	AFFILPS	PILAFF, pilaf (dish made of seasoned rice and often meat) [n]
PIMENTO	EIMNOPT	pimiento (sweet pepper) [n -S]
PINOLES	EILNOPS	PINOLE, finely ground flour [n]
PINTADA	AADINPT	pintado (large food fish) [n -S]
PINTADO	ADINOPT	large food fish [n -S or -ES]
PIQUANT	AINPQTU	agreeably sharp in taste [adj]
PIROGEN	EGINOPR	PIROG, large Russian pastry [n]
PIROGHI	GHIIO PR	PIROG, large Russian pastry [n]
PIROJKI	IIJKOPR	PIROZHOK, small Russian pastry [n]
PISTOUS	IOPSSTU	PISTOU, sauce made of olive oil, garlic, basil, and often cheese [n]
PLATTER	AELPRTT	large, shallow dish [n -S]
PLOUGHS	GHLOPSU	PLOUGH, to plow (to turn up land with plow (farm implement)) [v]
PLOWERS	ELOPRSW	PLOWER, one that plows (to turn up land with plow (farm implement)) [n]
PLOWING	GILNOPW	PLOW, to turn up land with plow (farm implement) [v]
POBLANO	ABLNOOP	mild, dark-green chili pepper [n -S]
POLENTA	AELNOPT	thick mush of cornmeal [n -S]
POLLACK	ACKLLOP	marine food fish [n -S]
POLLOCK	CKLLOOP	pollack (marine food fish) [n -S]
POMACES	ACEMOPS	POMACE, pulpy residue of crushed fruits [n]
POMELOS	ELMOOPS	POMELO, grapefruit [n]
POMPANO	AMNOOPP	marine food fish [n -S]
PONGALS	AGLNOPS	PONGAL, dish of cooked rice in Tamil-speaking India [n]
POPCORN	CNOOPPR	variety of corn [n -S]
POPOVER	EOOPPRV	very light egg muffin [n -S]
PORCINI	CIINOPR	edible mushroom [n -S]
PORCINO	CINOOPR	porcini (edible mushroom) [n -NI]
PORGIES	EGIOPRS	PORGY, marine food fish [n]



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PORKERS	EKOPRRS	PORKER, pig [n]
PORKIER	EIKOPRR	PORKY, resembling pork [adj]
PORKING	GIKNOPR	PORK, to eat ravenously [v]
POSOLES	ELOOPSS	POSOLE, thick soup made of pork, corn, garlic, and chili [n]
POTAGES	AEGOPST	POTAGE, thick soup [n]
POTHERB	BEHOPRT	any herb used as food or seasoning [n -S]
POTLACH	ACHLOPT	ceremonial feast [n -ES]
POTLUCK	CKLOPTU	food which is incidentally available [n -S]
POTPIES	EIOPPST	POTPIE, deep-dish pie containing meat and vegetables [n]
POTTAGE	AEGOPTT	thick soup [n -S]
POULTRY	LOPRTUY	domestic fowls kept for eggs or meat [n -RIES]
POUTINE	EINOPTU	dish of french fries and cheese curds topped with gravy [n -S]
POZOLES	ELOOPSZ	POZOLE, posole (thick soup made of pork, corn, garlic, and chili) [n]
PRALINE	AEILNPR	confection made of nuts cooked in sugar [n -S]
PRATIES	AEIPRST	PRATIE, potato (edible tuber of cultivated plant) [n]
PRAWNED	ADENPRW	PRAWN, to fish for prawns (edible shellfish) [v]
PRAWNER	AENPRRW	one that prawns (to fish for prawns (edible shellfish)) [n -S]
PREBAKE	ABEEKPR	to bake beforehand [v -D, -KING, -S]
PREBOIL	BEILOPR	to boil beforehand [v -ED, -ING, -S]
PRECOOK	CEKOOPR	to cook beforehand [v -ED, -ING, -S]
PRECURE	CEEPRRU	to cure beforehand [v -D, -RING, -S]
PREEING	EEGINPR	PREE, to test by tasting [v]
PREMEAL	AEELMPR	preceding meal [adj]
PRETZEL	EELPRTZ	glazed, salted cracker [n -S] / [v -LLED, -LLING, -S]
PREYERS	EEPRRSY	PREYER, one that preys (to seize and devour animals for food) [n]
PREYING	EGINPRY	PREY, to seize and devour animals for food [v]
PROGGED	DEGGOPR	PROG, to prowl about for food or plunder [v]
PROGGER	EGGOPRR	one that progs (to prowl about for food or plunder) [n -S]
PTISANS	AINPSSST	PTISAN, tea of herbs or barley [n]
PUDDING	DDGINPU	thick, soft dessert [n -S]
PUMELOS	ELMOPSU	PUMELO, pomelo (grapefruit) [n]
PUMMELO	ELMMOPU	shaddock (citrus fruit) [n -S]
PUMPKIN	IKMNPPU	large, edible fruit [n -S]
PUNGENT	EGNNPTU	sharply affecting organs of taste or smell [adj]
PUNKINS	IKNNPSU	PUNKIN, pumpkin (large, edible fruit) [n]
PUSLEYS	ELPSSUY	PUSLEY, pussley (purslane (common garden herb)) [n]
PUSSLEY	ELPSSUY	purslane (common garden herb) [n -S]

## Q 7s

QUAHAUG	AAGHQUU	quahog (edible clam) [n -S]
QUAHOGS	AGHOQSU	QUAHOG, edible clam [n]
QUAMASH	AAHMQSU	camass (perennial herb) [n -ES]
QUICHES	CEHIQSU	QUICHE, custard-filled pastry [n]
QUINCES	CEINQSU	QUINCE, apple-like fruit [n]
QUINNAT	AINNQTU	food fish [n -S]
QUOHOGS	GHOQSU	QUOHOG, quahog (edible clam) [n]

## R 7s

RAGGEES	AEEGGRS	RAGGEE, ragi (East Indian cereal grass) [n]
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RAGGIES	AEGGIRS	RAGGY, ragi (East Indian cereal grass) [n]
RAMEKIN	AEIKMNR	cheese dish [n -S]
RAMSONS	AMNORSS	RAMSON, broad-leaved garlic [n]
RANKEST	AEKNRST	RANK, strong and disagreeable in odor or taste [adj]
RASHERS	AEHRRSS	RASHER, thin slice of meat [n]
RAVIOLI	AIILORV	Italian pasta dish [n -S]
RAWNESS	AENRSSW	state of being raw (uncooked (to prepare food by heating)) [n -ES]
REBOARD	ABDEORR	BOARD, to take meals for fixed price [v -ED, -ING, -S]
REBOILS	BEILORS	REBOIL, BOIL, to vaporize liquid [v]
RECHEWS	CEEHRSW	RECHEW, CHEW, to crush or grind with teeth [v]
RECOOKS	CEKOORS	RECOOK, COOK, to prepare food by heating [v]
REDFISH	DEFHIRS	edible rockfish [n -ES]
REDSKIN	DEIKNRS	variety of peanut [n -S]
REDWARE	ADEERRW	edible seaweed [n -S]
REFECTS	CEEFRST	REFECT, to refresh with food and drink [v]
REFEEDS	DEEEFRS	REFEED, FEED, to give food to [v]
REFRIED	DEEFIRR	REFRY, FRY, to cook over direct heat in hot fat or oil [v]
REFRIES	EEFIRRS	REFRY, FRY, to cook over direct heat in hot fat or oil [v]
REGMATA	AAEGMRT	REGMA, type of fruit [n]
RELLENO	EELLNOR	Mexican dish of stuffed and fried green chile [n -S]
REPASTS	AEPRSST	REPAST, to eat or feast [v]
REPERKS	EEKPRRS	REPERK, PERK, to prepare (coffee) in percolator [v]
REPLOWS	ELOPRSW	REPLow, PLOW, to turn up land with plow (farm implement) [v]
RESEEDS	DEEERSS	RESEED, SEED, to plant seeds (propagative plant structures) in [v]
RESOWED	DEEORSW	RESOW, SOW, to scatter over land for growth, as seed [v]
RETASTE	AEERSTT	TASTE, to perceive flavor of by taking into mouth [v -D, -TING, -S]
RHUBARB	ABBHRRU	perennial herb [n -S]
RIALTOS	AILORST	RIALTO, marketplace [n]
RIBEYES	BEEIRSY	RIBEYE, cut of beef [n]
RIBIERS	BEIIRRS	RIBIER, large, black grape [n]
RIBLETS	BEILRST	RIBLET, rib end in breast of lamb or veal [n]
RICOTTA	ACIORST	Italian cheese [n -S]
RIPENED	DEEINPR	RIPEN, to become ripe [v]
RIPENER	EEINPRR	one that ripens (to become ripe) [n -S]
RISOTTO	IOORSTT	rice dish [n -S]
RISSOLE	EILORSS	small roll filled with meat or fish [n -S]
RISTRAS	AIRRSST	RISTRA, string on which foodstuffs are tied for storage [n]
ROASTED	ADEORST	ROAST, to cook with dry heat [v]
ROASTER	AEORRST	one that roasts (to cook with dry heat) [n -S]
ROBALOS	ABLOORS	ROBALO, marine food fish [n]
ROBATAS	AABORST	ROBATA, grill used for Japanese cooking [n]
ROMAINE	AEIMNOR	variety of lettuce [n -S]
ROMANOS	AMNOORS	ROMANO, Italian cheese [n]
ROOSTER	EOORRST	male chicken [n -S]
ROSEHIP	EHIOPRS	aggregate fruit of rose plant [n -S]
ROTINIS	IINORST	ROTINI, pasta in small spirals [n]
ROUILLE	EILLORU	peppery garlic sauce [n -S]



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RUBABOO	ABBOORU	type of soup [n -S]
RUCOLAS	ACLORSU	RUCOLA, arugula (European annual herb) [n]
RUGOLAS	AGLORSU	RUGOLA, arugula (European annual herb) [n]
RUMAKIS	AIKMRSU	RUMAKI, chicken liver wrapped together with water chestnuts in bacon slice [n]

## S 7s

SABAYON	AABNOSY	sauce of whipped egg yolks, sugar, and wine [n -S]
SAGIEST	AEGISST	SAGY, flavored with sage [adj]
SAIMINS	AIIMNSS	SAIMIN, Hawaiian noodle soup [n]
SALAMIS	AAILMSS	SALAMI, seasoned sausage [n]
SALMONS	ALMNOSS	SALMON, food fish [n]
SALMONY	ALMNOSY	resembling salmon (food fish) [adj]
SALSIFY	AFILSSY	European herb [n -FIES]
SALTERS	AELRSST	SALTER, one that salts (to treat with salt (crystalline compound used as seasoning and preservative)) [n]
SALTERY	AELRSTY	factory where fish is salted for storage [n -RIES]
SALTEST	AELSSTT	SALT, salty (tasting of or containing salt) [adj]
SALTIER	AEILRST	SALTY, tasting of or containing salt [adj]
SALTILY	AILLSTY	in salty manner [adv]
SALTINE	AEILNST	salted cracker [n -S]
SALTING	AGILNST	SALT, to treat with salt (crystalline compound used as seasoning and preservative) [v]
SALTISH	AHILSST	somewhat salty [adj]
SANTOKU	AKNOSTU	Japanese kitchen knife [n -S]
SAPOURS	AOPRSSU	SAPOUR, sapor (flavor) [n]
SAPSAGO	AAGOPSS	hard green cheese [n -S]
SASHIMI	AHIIMSS	Japanese dish of sliced raw fish [n -S]
SATSUMA	AAMSSTU	variety of orange [n -S]
SAUCERS	ACERSSU	SAUCER, small, shallow dish [n]
SAUCIER	ACEIRSU	chef who specializes in sauces [n -S] / SAUCY, impudent (offensively bold or disrespectful) [adj]
SAUCING	ACGINSU	SAUCE, to season with sauce (flavorful liquid dressing) [v]
SAUSAGE	AAEGSSU	finely chopped and seasoned meat stuffed into casing [n -S]
SAVARIN	AAINRSV	yeast cake baked in ring mold [n -S]
SAVELOY	AELOSVY	highly seasoned sausage [n -S]
SAVORED	ADEORSV	SAVOR, to taste or smell with pleasure [v]
SAVORER	AEORRSV	one that savors (to taste or smell with pleasure) [n -S]
SAVOURS	AORSSUV	SAVOUR, to savor (to taste or smell with pleasure) [v]
SAVOURY	AORSUVY	savory (pleasant to taste or smell) [adj -RIER, -RIEST] / savory (savory dish served before or after meal) [n -RIES]
SCALLOP	ACLLOPS	to bake in sauce topped with bread crumbs [v -ED, -ING, -S]
SCARFER	ACEFRRS	one that eats or drinks voraciously [n -S]
SCOLLOP	CLLOOPS	to scallop (to bake in sauce topped with bread crumbs) [v -ED, -ING, -S]
SCOUSES	CEOSSSU	SCOUSE, type of meat stew [n]
SCOWDER	CDEORSW	to scouter (to scorch (to burn slightly so as to alter color or taste)) [v -ED, -ING, -S]
SEAFOOD	ADEFOOS	edible fish or shellfish from sea [n -S]
SEAKALE	AAEEKLS	coastal plant with edible shoots [n -S]
SEASONS	AENOSSS	SEASON, to heighten or improve flavor of by adding savory ingredients [v]
SEDARIM	ADEIMRS	SEDER, Jewish ceremonial dinner [n]
SEEDBED	BDDEEES	land prepared for seeding [n -S]
SEEDERS	DEEERSS	SEEDER, one that seeds (to plant seeds (propagative plant structures) in) [n]
SEEDING	DEEGINS	SEED, to plant seeds (propagative plant structures) in [v]



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SEEDMAN	ADEEMNS	seedsman (dealer in seeds) [n -MEN]
SEGETAL	AEEGLST	growing in fields of grain [adj]
SEITANS	AEINSST	SEITAN, food made from wheat gluten [n]
SERRANO	AENORRS	small hot pepper [n -S]
SERVERY	EERRSVY	counter or room from which meals are served [n -RIES]
SERVING	EGINRSV	portion of food [n -S]
SEVICHE	CEEHISV	dish of raw fish [n -S]
SHALLOT	AHLLOST	plant resembling onion [n -S]
SHAMBAS	AABHMSS	SHAMBA, farm in East Africa [n]
SHASLIK	AHIKLLS	shashlik (kabob (cubes of meat cooked on skewer)) [n -S]
SHERBET	BEEHRST	frozen fruit-flavored mixture [n -S]
SHIKARS	AHIKRSS	SHIKAR, to hunt (to pursue for food or sport) [v]
SHOCHET	CEHHOST	person who slaughters animals and fowl according to Jewish law [n -IM]
SIMLINS	IILMNSS	SIMLIN, cymling (variety of squash) [n]
SIMMERS	EIMMRSS	SIMMER, to cook below or just at boiling point [v]
SIMNELS	EILMNSS	SIMNEL, crisp bread [n]
SIPPETS	EIPPSST	SIPPET, small piece of bread soaked in gravy [n]
SIRLOIN	IILNORS	cut of beef [n -S]
SKEWERS	EEKRSSW	SKEWER, to pierce with long pin, as meat [v]
SKIRRET	EIKRRST	Asian herb [n -S]
SLURPED	DELPRSU	SLURP, to eat or drink noisily [v]
SMEDDUM	DDEMMSU	ground malt powder [n -S]
SMOKIES	EIKMOSS	SMOKIE, sausage or hot dog [n]
SNACKED	ACDEKNS	SNACK, to eat light meal [v]
SNACKER	ACEKNRS	one that snacks (to eat light meal) [n -S]
SNARFED	ADEFNRS	SNARF, to eat or drink greedily [v]
SNARFLE	AEFLNRS	to snarf (to eat or drink greedily) [v -D, -LING, -S]
SOCKEYE	CEEKOSY	food fish [n -S]
SOLANUM	ALMNOSU	any of genus of herbs and shrubs [n -S]
SORBETS	BEORSST	SORBET, sherbet (frozen fruit-flavored mixture) [n]
SORGHOS	GHOORSS	SORGHO, sorgho (variety of sorghum) [n]
SORGHUM	GHMORSU	cereal grass [n -S]
SORNERS	ENORRSS	SORNER, one that sorns (to force oneself on others for food and lodging) [n]
SORNING	GINNORS	SORN, to force oneself on others for food and lodging [v]
SOUBISE	BEIOSSU	sauce of onions and butter [n -S]
SOUFFLE	EFFLOSU	light, baked dish [n -S]
SOUREST	EORSSTU	SOUR, sharp or biting to taste [adj]
SOVKHOZ	HKOOSVZ	state-owned farm in former Soviet Union [n -ES or -Y]
SOWABLE	ABELOSU	SOW, to scatter over land for growth, as seed [adj]
SOWINGS	GINOSSU	SOWING, act of scattering seeds [n]
SOYBEAN	ABENOSY	seed of cultivated Asian herb [n -S]
SOYMEAL	AELMOSY	residue from extraction of oil from soybean seeds [n -S]
SPENCES	CEENPSS	SPENCE, pantry (closet or room for storing kitchen utensils) [n]
SPENSES	EENPSSS	SPENSE, spence (pantry (closet or room for storing kitchen utensils)) [n]
SPICATE	ACEIPST	SPICA, ear of grain [adj]
SPINACH	ACHINPS	cultivated herb [n -ES]
SPINAGE	AEGINPS	spinach (cultivated herb) [n -S]



# Food for Thought – Food

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SPITTED	DEIPSTT	SPIT, to impale on spit (pointed rod on which meat is turned) [v]
SPURTLE	ELPRSTU	stick for stirring porridge [n -S]
STACTES	ACESSTT	STACTE, spice used by ancient Jews in making incense [n]
STARVED	ADERSTV	STARVE, to die from lack of food [v]
STARVER	AERRSTV	one that starves (to die from lack of food) [n -S]
STARVES	AERSSTV	STARVE, to die from lack of food [v]
STERLET	EELRSTT	small sturgeon (edible fish) [n -S]
STEVIAS	AEISSTV	STEVIA, South American herb with sweet-tasting leaves [n]
STEWING	EGINSTW	STEW, to cook by boiling slowly [v]
STEWPOW	EOPSTTW	large pot for stewing [n -S]
STOCKER	CEKORST	young animal suitable for being fattened for market [n -S]
STODGED	DDEGOST	STODGE, to stuff full with food [v]
STODGES	DEGOSST	STODGE, to stuff full with food [v]
STOLLEN	ELLNOST	sweet bread [n -S]
STOOKED	DEKOOST	STOOK, to stack (as bundles of grain) upright in field for drying [v]
STOOKER	EKOORST	one that stooks (to stack (as bundles of grain) upright in field for drying) [n -S]
STRATAS	AARSSTT	STRATA, dish of alternating layers of food [n]
STRIPER	EIPRRST	food and game fish [n -S]
STRUDEL	DELRSTU	type of pastry (sweet baked food) [n -S]
SUBGUMS	BGMSSUU	SUBGUM, Chinese dish of mixed vegetables [n]
SUCCAHS	ACCHSSU	SUCCA, sukkah (temporary shelter in which meals are eaten during Jewish festival) [n]
SUCCORY	CCORSUY	chicory (perennial herb) [n -RIES]
SUCCOTH	CCHOSTU	SUCCA, sukkah (temporary shelter in which meals are eaten during Jewish festival) [n]
SUKKAHS	AHKKSSU	SUKKAH, temporary shelter in which meals are eaten during Jewish festival [n]
SUKKOTH	HKKOSTU	SUKKAH, temporary shelter in which meals are eaten during Jewish festival [n]
SUNDAES	ADENSSU	SUNDAE, dish of ice cream served with topping [n]
SUNKETS	EKNSSTU	SUNKET, tidbit (choice bit of food) [n]
SUPPERS	EPPRSSU	SUPPER, evening meal [n]
SUPREME	EEMPRSU	smooth white sauce made with chicken stock [n -S]
SUSTAIN	AINSSTU	to maintain by providing with food and drink [v -ED, -ING, -S]
SWEETER	EEERSTW	SWEET, pleasing to taste [adj]
SWEETLY	EELSTWY	in sweet (pleasing to taste) manner [adv]
SYNCARP	ACNPRSY	fleshy multiple fruit [n -S]

## T 7s

TABOULI	ABILOTU	Lebanese salad containing bulgur wheat, tomatoes, parsley, onions, and mint [n -S]
TABULIS	ABILSTU	TABULI, tabouli (Lebanese salad containing bulgur wheat, tomatoes, parsley, onions, and mint) [n]
TAFFIAS	AAFFIST	TAFFIA, tafia (inferior rum) [n]
TAFFIES	AEFFIST	TAFFY, chewy candy [n]
TAGINES	AEGINST	TAGINE, tajine (earthenware Moroccan cooking pot) [n]
TAHINAS	AAHINST	TAHINA, tahini (paste of sesame seeds) [n]
TAHINIS	AHIINST	TAHINI, paste of sesame seeds [n]
TAJINES	AEIJNST	TAJINE, earthenware Moroccan cooking pot [n]
TAMALES	AAELMST	TAMALE, Mexican dish [n]
TAMARIS	AAIMRST	TAMARI, Japanese soy sauce [n]
TANGELO	AEGLNOT	citrus fruit [n -S]
TANGIER	AEGINRT	TANGY, pungent (sharply affecting organs of taste or smell) [adj]
TANGING	AGGINNT	TANG, to provide with pungent flavor [v]



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TAPIOCA	AACIOPT	starchy food [n -S]
TARAMAS	AAAMRST	TARAMA, Greek paste of fish roe, garlic, lemon juice, and olive oil [n]
TARTEST	AERSTTT	TART, having sharp, sour taste [adj]
TARTLET	AELRTTT	small pie [n -S]
TARTUFO	AFORTTU	Italian ice-cream dessert [n -FI or -S]
TASTERS	AERSSTT	TASTER, one that tastes (to perceive flavor of by taking into mouth) [n]
TASTIER	AEIRSTT	TASTY, pleasant to taste [adj]
TASTILY	AILSTTY	TASTY, pleasant to taste [adv]
TASTING	AGINSTT	gathering for sampling wines or foods [n -S] / TASTE, to perceive flavor of by taking into mouth [v]
TATTIES	AEISTTT	TATTIE, potato (edible tuber of cultivated plant) [n]
TEACAKE	AACEEKT	small cake served with tea [n -S]
TEMPEHS	EEHMPST	TEMPEH, Asian food [n]
TEMPURA	AEMPRTU	Japanese dish [n -S]
THRAVES	AEHRSTV	THRAVE, unit of measure for grain [n]
TIDBITS	BDIISTT	TIDBIT, choice bit of food [n]
TIFFINS	FFIINST	TIFFIN, to lunch (to eat noonday meal) [v]
TILLING	GIILLNT	TILL, to prepare land for crops by plowing [v]
TIMBALE	ABEILMT	pastry shell shaped like drum [n -S]
TITBITS	BIISTTT	TITBIT, tidbit (choice bit of food) [n]
TOASTER	AEORSTT	device for toasting [n -S]
TOFFEES	EEFFOST	TOFFEE, chewy candy [n]
TOFFIES	EFFIOST	TOFFY, toffee (chewy candy) [n]
TOMMIES	EIMMOST	TOMMY, loaf of bread [n]
TOSTADA	AADOSTT	tortilla fried in deep fat [n -S]
TOSTADO	ADOOSTT	tostada (tortilla fried in deep fat) [n -S]
TOSTONE	ENOOSTT	Mexican dish of fried plantains [n -S]
TOUPIES	EIOPSTU	TOUPIE, round boneless smoked ham [n]
TOUTONS	NOOSTTU	TOUTON, deep-fried round of bread dough [n]
TREHALA	AAEHLRT	sweet, edible substance forming pupal case of certain weevils [n -S]
TROPHIC	CHIOPRT	pertaining to nutrition [adj]
TRUFFES	EFFRSTU	TRUFFE, truffle (edible fungus) [n]
TRUFFLE	EFFLRTU	edible fungus [n -S]
TRYMATA	AAMRTTY	TRYMA, type of nut [n]
TUNNIES	EINNSTU	TUNNY, tuna (marine food fish) [n]
TURNIPS	INPRSTU	TURNIP, edible plant root [n]
TURNIPY	INPRTUY	TURNIP, edible plant root [adj -PIER, -PIEST]

## U 7s

UNBAKED	ABDEKNU	BAKE, to prepare food in oven [adj]
UNEATEN	AEENNTU	EAT, to consume food [adj]
UNRIPER	EINPRRU	UNRIPE, not ripe [adj]
UPBOILS	BILOPSU	UPBOIL, to boil up [v]

## V 7s

VANILLA	AAILLNV	flavoring extract [n -S]
VEALERS	AEELRSV	VEALER, calf raised for food [n]
VEALING	AEGILNV	VEAL, to kill and prepare calf for food [v]
VEGGIES	EEGGISV	VEGGIE, vegetable [n]
VELOUTE	EELOTUV	type of sauce [n -S]



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VENISON	EINNOSV	edible flesh of deer [n -S]
VICTUAL	ACILTUV	to provide with food [v -ED, -ING, S or -LLED, -LLING, -S]
VIDALIA	AADIILV	sweet onion of southern U.S. [n -S]
VITAMIN	AIIMNTV	any of various organic substances essential to proper nutrition [n -S]
VITTLED	DEILTTV	VITTLE, to victual (to provide with food) [v]
VITTLES	EILSTTV	VITTLE, to victual (to provide with food) [v]

## W 7s

WAITERS	AEIRSTW	WAITER, to work as male server in restaurant [v]
WAITRON	AINORTW	server in restaurant [n -S]
WALNUTS	ALNSTUW	WALNUT, edible nut [n]
WASABIS	AABISSW	WASABI, pungent herb [n]
WATERED	ADEERTW	WATER, to sprinkle with water (transparent, odorless, tasteless liquid) [v]
WATERER	AEERTTW	one that waters (to sprinkle with water (transparent, odorless, tasteless liquid)) [n -S]
WEARISH	AEHIRSW	tasteless [adj]
WHITING	GHIINTW	marine food fish [n -S]
WHORTLE	EHLORTW	whort (edible berry) [n -S]
WINDROW	DINORWW	to arrange as hay or grain in long rows [v -ED, -ING, -S]
WINESAP	AEINPSW	red apple with somewhat tart flesh [n -S]
WINESOP	EINOPSW	food sopped in wine [n -S]
WINIEST	EIINSTW	WINEY, winy [adj] / WINY, having taste or qualities of wine [adj]
WINNERS	EINNRSW	WINNER, one that wins (to winnow (to free grain from impurities)) [n]
WINNING	GIINNNTW	WIN, to winnow (to free grain from impurities) [v]
WINNINGS	INNOSWW	WINNOW, to free grain from impurities [v]
WITLOOF	FILOOTW	chicory (perennial herb) [n -S]
WONTONS	NNOOSTW	WONTON, pork-filled dumpling used in Chinese cooking [n]
WOOLHAT	AHLOOTW	one who works small farm [n -S]
WORKTOP	KOOPRTW	work surface especially in kitchen [n -S]
WURZELS	ELRSUWZ	WURZEL, variety of beet [n]

## X 7s

## Y 7s

YOGHURT	GHORTUY	yogurt (food made from milk) [n -S]
YOGOURT	GOORTUY	yogurt (food made from milk) [n -S]
YOGURTS	GORSTUY	YOGURT, food made from milk [n]
YOLKIER	EIKLORY	YOLKY, resembling yolk (yellow portion of egg) [adj]

## Z 7s

ZEPPOLE	EELOPPZ	deep-fried pastry [n -S or -LI]
ZYMURGY	GMRUYYZ	branch of chemistry dealing with fermentation [n -GIES]