**Cooking/Baking Terminology**

**Mixing terms**

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| **Beat** | To make a mixture smooth either by using a brisk over-and-over motion with a spoon or wire whisk or by using a rotary motion in an electric mixer. |
| **Blend** | To combine two or more ingredients until they are soft and smooth. |
| **Cream** | To soften fat with a spoon or mixer, either before or while mixing it with another food, usually sugar. |
| **Cut In** | To distribute solid fat in small pieces evenly through dry ingredients, using two knives and a fork or pastry blender in a cutting motion. |
| **Fold** | To blend delicate ingredients by using two motions, one cut vertically through the mixture and the other turn the mixture over by sliding it across the bottom of the bowl. |
| **Knead** | To work dough with the hands, using first a pressing motion and then a folding and stretching.  |
| **Mix** | To combine ingredients with a circular motion in order to blend them and make a uniform consistency.  |
| **Whip** | To beat rapidly in order to incorporate air and increase volume. (egg whites, cream, gelatin dishes) |
| **Stir** | To mix ingredients in any way that causes distribution. |

**Cutting Terms**

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| **Chop** | To cut with up and down motion into small pieces, fine or course, with a sharp knife or other tool. |
| **Cube** | To cut into 1 cm solid pieces with six equal sides |
| **Dice** | To cut into very small cubes of less than 1 centimeter.  |
| **Grate** | To make into small particles by rubbing over a rough surface, like a grater. |
| **Julienne** | To cut into large slivers or strips. |
| **Mince** | To cut into very fine pieces. |
| **Peel** | To strip off the outside covering. Peeling may be done with fingers. |
| **Puree** | To force cooked food through a sieve or strainer to make pulp. This can be done carefully in a blender or food processer.  |
| **Score** | To mark with lines by cutting the surface lightly. |
| **Shred** | To cut or tear into thin strips or pieces.  |
| **Slice** | To cut into thin, flat pieces, as a slice of bread. |
| **Mash** | To make food soft and smooth by crushing or beating. |
| **Pare** | To cut off the outside covering, like potatoes or apples |
| **Wedge** | To cut into a triangle shape |

**Other Techniques**

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| **Bread** | 1. To coat with fine, dry bread or cracker crumbs.
2. To coat with flour, then with milk or diluted, slightly beaten egg, and again with flour.
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| **Brush** | To cover lightly with another food, such as fat or egg white, usually with a pastry brush. |
| **Caramelize** | To heat sugars or foods containing sugar until brown color and characteristic flavor develop. |
| **Chill** | To place in a refrigerator or other cold place until cold but not frozen.  |
| **Coat** | 1. To cover a food with another ingredient, such as flour or corn meal.
2. To form a film on a surface, as on a spoon.
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| **Dissolve** | To make a dry substance pass into solution. |
| **Dot** | To scatter small bits of an ingredient, such as butter, over the surface of a food. |
| **Dredge** | To sprinkle or coat with flour or fine crumbs. |
| **Dust** | To sprinkle lightly, usually with flour or sugar. |
| **Drain** | To pour off a liquid from a food. |
| **Flour** | To dust the surface of a food lightly with flour. |
| **Garnish** | To add a small amount of one food to another food for decoration |
| **Grease** | To rub lightly with a fat, such as butter or shortening |
| **Season** | To add seasoning to a food to improve the flavor |
| **Sift** | To put dry ingredients through a flour sifter or fine sift |
| **Skim** | To remove film from the surface of a liquid, such as gravy |
| **Strain** | To separate a liquid from a food by using a sieve or strainer |
| **Truss** | To prepare a bird (chicken, turkey or duck) by binding (tying) closed the wings or legs |

**Cooking with Liquids**

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| **Blanch** | To preheat in boiling water or steam. (Blanching is done to loosen the skin of fruit, nuts or some vegetables or to inactivate enzymes and shrink food for freezing) |
| **Boil** | To bring liquid to the point where bubbles rise and break the surface |
| **Rolling boil** | To bring liquid to the point where you cannot stir it down |
| **Braise** | To cook meat or poultry slowly in a covered utensil in a small amount of liquid. The meat may or may not have been browned |
| **Parboil** | To boil until partially cooked. The cooking is usually finished by another method |
| **Poach** | To cook gently in hot liquid, being careful to keep the food’s shape |
| **Scald** | To heat a liquid, such as milk, to just below boiling |
| **Simmer** | To cook in a liquid just below the boiling point. At that point, bubbles from slowly and collapse below the surface |
| **Steam** | To cook in a steam that rises from boiling water with or without pressure |
| **Steep** | To let food stand in a liquid that is just below the boiling pint |
| **Stew** | To simmer food in a small amount of water |

**Cooking with Fats**

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| **Brown** | To make the surface of a food brown by frying as well as by basting, baking or broiling |
| **Deep fat frying** | To cook food in enough hot fat to cover the food. The food is cooked until a brown crust forms and the center is done |
| **Fry** | To cook in hot fat – using a little bit of oil is called **Pan frying** |
| **Panfry** | To brown or cook uncovered in a small amount of fat in a frying pan or skillet |
| **Sauté** | To brown or cook in a small amount of fat (French for Fry) |
| **Sear** | To brown the surface of a meat quickly with very high heat |

**Oven Cooking**

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| **Bake** | To cook by dry heat in an oven (covered or uncovered) |
| **Baste** | To moisten meat or other foods while cooking (adds flavor or moisture) |
| **Batter** | A mixture of flour and liquids, usually combined with other ingredients that can be beaten |
| **Dough** | A mixture of flour and liquid, stiff enough to be kneaded |
| **Preheat** | To heat an oven to a desired cooking temperature before putting in the food |
| **Roast** | To cook uncovered in hot air. Meat can be roasted in an oven or on an outdoor grill (BBQ) |
| **Soufflé** | A light, puffy egg mixture baked and served as a main dish |

 **Broiling and Grilling**

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| **Barbecue** | To cook food slowly over coals or under an open flame (usually basting it with highly seasoned sauce) |
| **Broil** | To cook directly under or under intense heat |
| **Grill** | To cook by direct heat (refers to cooking outdoors – same terminology as broil) |
| **Marinade** | An acid-oil mixture |
| **Marinate** | To let food stand in marinade for a certain length of time in order to tenderize it and to develop its flavor |