

Cooking Terms Dictionary

BAKE	TO COOK BY DRY HEAT, LIKELY IN AN OVEN
BARBECUE	COOKING OVER AN OPEN FLAME, BASTING IF NEEDED
BASTE	TO BRUSH OR POUR A LIQUID OVER SOMETHING AS IT COOKS
BEAT	TO MIX SMOOTHLY, USING RAPID, REGULAR STROKES WITH A SPOON, WHISK, BEATER, OR MIXER
BLANCH	TO POUR BOILING WATER OVER FOOD TO LOOSEN ITS SKIN
BLEND	TO MIX TOGETHER UNTIL SMOOTH
BOIL	TO COOK IN LIQUID THAT IS BUBBLING
BRAISE	TO BROWN AND THEN COOK THE FOOD, COVERED, IN A SMALL AMOUNT OF LIQUID AT A LOW TEMPERATURE UNTIL TENDER
BROIL	TO COOK CLOSE TO A FLAME OR OTHER HEAT SOURCE
BROWN	TO COOK, UNCOVERED, IN FAT
CHOP	TO CUT INTO SMALL PIECES
COMBINE	TO MIX TWO OR MORE INGREDIENTS TOGETHER
CORE	TO REMOVE THE CENTRE OF FRUIT I.E. THE APPLE CORE
CREAM	TO MAKE SOFT, SMOOTH, AND CREAMY BY BEATING WITH A SPOON OR WITH A MIXER (CREAMING FAT AND SUGAR)
CUBE	TO CUT FOOD INTO SMALL CUBES (½" OR 1 CM)
CUT IN	TO MIX SOLID FAT (I.E. SHORTENING) WITH DRY INGREDIENTS BY CUTTING IT INTO VERY SMALL PIECES WITH TWO KNIVES, A PASTRY BLENDER, OR A FORK
DEEP FAT FRYING	TO COOK IN A DEEP CONTAINER IN ENOUGH HOT FAT TO COVER THE FOOD
DICE	TO CUT FOOD INTO VERY SMALL CUBES (¼" OR ½ CM)
DILUTE	TO ADD WATER TO ANOTHER LIQUID
DISSOLVE	TO MIX UNTIL IT IS A LIQUID
FOLD	TO MIX TOGETHER BY CUTTING INTO A MIXTURE USING A GENTLE, LIFTING, CIRCULAR MOTION WITH A SPATULA (USUALLY INVOLVES MIXING OF WHIPPED CREAM OR WHIPPED EGG WHITES)
FRY	TO COOK IN HOT FAT OVER DIRECT HEAT, USING A SKILLET
GARNISH	TO ADD COLOUR TO A PREPARED DISH

GRATE	TO REDUCE TO FINE PIECES BY RUBBING AGAINST A GRATER
GREASE	TO RUB WITH FAT OR OIL (E.G. CRISCO SHORTENING)
KNEAD	TO MIX AND WORK INTO A UNIFORM MASS BY PRESSING AND PULLING WITH THE HANDS (PUSH WITH PALMS OF HANDS, FOLD IN HALF, TURN ¼ TURN, REPEAT)
MARINATE	TO SOAK IN A FLAVOURFUL OR SEASONED LIQUID BEFORE COOKING
MELT	TO USE HEAT TO TURN SOLID INTO LIQUID
MINCE	TO CUT AND CHOP INTO SMALL BITS (THE SMALLER, THE BETTER)
MIX	TO BLEND FOODS TOGETHER BY STIRRING WITH A SPOON USING A CIRCULAR MOTION
PANBAKE	THE COOKING OF THIN BATTERS, SUCH AS PANCAKES OR WAFFLES ON A GRIDDLE OR IN A WAFFLE MAKER OR CREPE PAN
PANBROIL	TO COOK ON A HOT SURFACE, UNCOVERED, POURING OFF FAT AS IT ACCUMULATES
PANFRY	TO COOK, UNCOVERED, IN A SMALL AMOUNT OF FAT
PARBOIL	TO PRECOOK UNTIL PARTLY DONE IN BOILING WATER
PARE	TO CUT A VERY THIN LAYER OF PEEL FROM VEGETABLES OR FRUITS
PEEL	TO REMOVE THE OUTER COVERING, SKIN, OR RIND OF VEGETABLES OR FRUITS
POACH	TO COOK IN (OR OVER) HOT WATER, MAKING SURE THE FOOD KEEPS ITS SHAPE
PUREE	TO BLEND INTO A PASTE-LIKE CONSISTENCY IN A BLENDER OR FOOD PROCESSOR
QUARTER	TO CUT INTO QUARTERS (FOUR EQUAL PARTS)
RECONSTITUTE	TO ADD WATER TO A CONCENTRATED FOOD
REDUCE	TO COOK UNTIL SOME LIQUID EVAPORATES
ROAST	TO COOK MEAT BY DRY HEAT IN THE OVEN
ROLL OUT	TO FLATTEN A BALL OF DOUGH FOR PASTRY, COOKIES, BREAD, OR BISCUITS
ROTISS	TO ROAST ON A SPIT WHICH CONTINUALLY TURNS THROUGH THE ROASTING PERIOD
SAUTE	TO COOK IN A SMALL AMOUNT OF HOT FAT
SCALD	TO HEAT A FOOD TO JUST BELOW THE BOILING POINT
SCORE	TO CUT A GROOVE INTO FOOD
SEAR	TO USE HIGH HEAT TO BROWN MEAT FAST
SHRED	TO TEAR OR CUT INTO SHREDS

SIFT	TO PASS THROUGH A SIEVE IN ORDER TO SEPARATE FINE PARTICLES FROM THE REST OF THE INGREDIENT (E.G. LUMPS FROM ICING SUGAR)
SIMMER	TO COOK SLOWLY IN LIQUID OVER LOW HEAT (SMALL BUBBLES)
SKILLET	ANOTHER TERM FOR FRYING PAN
SLICE	TO CUT INTO THIN, BROAD PIECES
STEAM	TO COOK WITH VAPOR GIVEN OFF BY BOILING WATER
STEEP	TO SOAK IN A HOT LIQUID TO GET OUT THE COLOUR OR FLAVOUR (E.G. TEA)
STEW	TO SIMMER SLOWLY FOR A LONG TIME
STIR	TO BLEND FOODS TOGETHER BY STIRRING WITH A SPOON USING A CIRCULAR MOTION
STIRFRY	TO CUT FOOD INTO SMALL PIECES AND COOK IN A SMALL AMOUNT OF HOT OIL USING A WOK OR PAN STIRRING VIGOROUSLY UNTIL DONE. FOOD IS THEN PUSHED UP THE SIDES OF THE WOK OR REMOVED FROM THE PAN AND ANOTHER FOOD IS COOKED, AND SO ON, UNTIL ALL FOODS ARE READY
TOSS	TO MIX BY USING A FORK AND A SPOON, LIFTING THE SALAD UP TO MIX
WHIP	TO BEAT RAPIDLY WITH A MIXER, WIRE WHISK OR HAND BEATER, TO INCORPORATE AIR AND INCREASE VOLUME