

## Cooking Terms Dictionary

<b>BAKE</b>	TO COOK BY DRY HEAT, LIKELY IN AN OVEN
<b>BARBECUE</b>	COOKING OVER AN OPEN FLAME, BASTING IF NEEDED
<b>BASTE</b>	TO BRUSH OR POUR A LIQUID OVER SOMETHING AS IT COOKS
<b>BEAT</b>	TO MIX SMOOTHLY, USING RAPID, REGULAR STROKES WITH A SPOON, WHISK, BEATER, OR MIXER
<b>BLANCH</b>	TO POUR BOILING WATER OVER FOOD TO LOOSEN ITS SKIN
<b>BLEND</b>	TO MIX TOGETHER UNTIL SMOOTH
<b>BOIL</b>	TO COOK IN LIQUID THAT IS BUBBLING
<b>BRAISE</b>	TO BROWN AND THEN COOK THE FOOD, COVERED, IN A SMALL AMOUNT OF LIQUID AT A LOW TEMPERATURE UNTIL TENDER
<b>BROIL</b>	TO COOK CLOSE TO A FLAME OR OTHER HEAT SOURCE
<b>BROWN</b>	TO COOK, UNCOVERED, IN FAT
<b>CHOP</b>	TO CUT INTO SMALL PIECES
<b>COMBINE</b>	TO MIX TWO OR MORE INGREDIENTS TOGETHER
<b>CORE</b>	TO REMOVE THE CENTRE OF FRUIT I.E. THE APPLE CORE
<b>CREAM</b>	TO MAKE SOFT, SMOOTH, AND CREAMY BY BEATING WITH A SPOON OR WITH A MIXER (CREAMING FAT AND SUGAR)
<b>CUBE</b>	TO CUT FOOD INTO SMALL CUBES (1/2" OR 1 CM)
<b>CUT IN</b>	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
<b>DEEP FAT FRYING</b>	TO COOK IN A DEEP CONTAINER IN ENOUGH HOT FAT TO COVER THE FOOD
<b>DICE</b>	TO CUT FOOD INTO VERY SMALL CUBES (1/4" OR 1/2 CM)
<b>DILUTE</b>	TO ADD WATER TO ANOTHER LIQUID
<b>DISSOLVE</b>	TO MIX UNTIL IT IS A LIQUID
<b>FOLD</b>	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)
<b>FRY</b>	TO COOK IN HOT FAT OVER DIRECT HEAT, USING A SKILLET
<b>GARNISH</b>	TO ADD COLOUR TO A PREPARED DISH

<b>GRATE</b>	TO REDUCE TO FINE PIECES BY RUBBING AGAINST A GRATER
<b>GREASE</b>	TO RUB WITH FAT OR OIL (E.G. CRISCO SHORTENING)
<b>KNEAD</b>	TO MIX AND WORK INTO A UNIFORM MASS BY PRESSING AND PULLING WITH THE HANDS (PUSH WITH PALMS OF HANDS, FOLD IN HALF, TURN 1/4 TURN, REPEAT)
<b>MARINATE</b>	TO SOAK IN A FLAVOURFUL OR SEASONED LIQUID BEFORE COOKING
<b>MELT</b>	TO USE HEAT TO TURN SOLID INTO LIQUID
<b>MINCE</b>	TO CUT AND CHOP INTO SMALL BITS (THE SMALLER, THE BETTER)
<b>MIX</b>	TO BLEND FOODS TOGETHER BY STIRRING WITH A SPOON USING A CIRCULAR MOTION
<b>PANBAKE</b>	THE COOKING OF THIN BATTERS, SUCH AS PANCAKES OR WAFFLES ON A GRIDDLE OR IN A WAFFLE MAKER OR CREPE PAN
<b>PANBROIL</b>	TO COOK ON A HOT SURFACE, UNCOVERED, POURING OFF FAT AS IT ACCUMULATES
<b>PANFRY</b>	TO COOK, UNCOVERED, IN A SMALL AMOUNT OF FAT
<b>PARBOIL</b>	TO PRECOOK UNTIL PARTLY DONE IN BOILING WATER
<b>PARE</b>	TO CUT A VERY THIN LAYER OF PEEL FROM VEGETABLES OR FRUITS
<b>PEEL</b>	TO REMOVE THE OUTER COVERING, SKIN, OR RIND OF VEGETABLES OR FRUITS
<b>POACH</b>	TO COOK IN (OR OVER) HOT WATER, MAKING SURE THE FOOD KEEPS ITS SHAPE
<b>PUREE</b>	TO BLEND INTO A PASTE-LIKE CONSISTENCY IN A BLENDER OR FOOD PROCESSOR
<b>QUARTER</b>	TO CUT INTO QUARTERS (FOUR EQUAL PARTS)
<b>RECONSTITUTE</b>	TO ADD WATER TO A CONCENTRATED FOOD
<b>REDUCE</b>	TO COOK UNTIL SOME LIQUID EVAPORATES
<b>ROAST</b>	TO COOK MEAT BY DRY HEAT IN THE OVEN
<b>ROLL OUT</b>	TO FLATTEN A BALL OF DOUGH FOR PASTRY, COOKIES, BREAD, OR BISCUITS
<b>ROTISS</b>	TO ROAST ON A SPIT WHICH CONTINUALLY TURNS THROUGH THE ROASTING PERIOD
<b>SAUTE</b>	TO COOK IN A SMALL AMOUNT OF HOT FAT
<b>SCALD</b>	TO HEAT A FOOD TO JUST BELOW THE BOILING POINT
<b>SCORE</b>	TO CUT A GROOVE INTO FOOD
<b>SEAR</b>	TO USE HIGH HEAT TO BROWN MEAT FAST
<b>SHRED</b>	TO TEAR OR CUT INTO SHREDS

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