A DICTIONARY OF COOKING TERMS

FOLLOWING A RECIPE will be easy for you if you know the meanings of all the terms used.

BAKE: To cook by dry heat, usually in an oven.

BARBECUE: To roast meat slowly on a spit or rack over heat - basting frequently with a highly seasoned sauce.

BASTE: To spoon liquid or fat over food while cooking.

BEAT: To make a mixture smooth by lifting the mixture over and over quickly with big beating strokes or to incorporate air through a mixture.

BLEND: To mix two or more ingredients until they are well combined.

BOIL: To cook in boiling water, or a liquid, in which bubbles rise continually and break on the surface.

BRAISE: To brown meat or vegetables in a small amount of hot fat then to add liquid and cook slowly in a covered utensil.

BREAD: To cover a food with fine bread or cracker crumbs before cooking.

BROIL: To cook over or under, or in front of a fire of live coals or a gas or electric burner, or other direct heat. To drill.

BRUSH: To spread food with butter, margarine or egg - using a small brush.

CARAMelize: To melt sugar over medium heat in a skillet, stirring constantly, until it is a pale brown syrup.

COAT: To roll foods in flour, crumbs, sugar, crushed nuts, etc., until all sides are evenly covered.

COOK: To prepare food by applying heat in any form.

CUT IN: To cut the fat into the flour with two knives, or a pastry blender, until it is distributed in small particles throughout the mixture.

DICE: To cut in very small cubes.

DOT: To place small amounts of butter, nuts, etc., over the surface of the
DREDGE: To coat lightly with a dry substance such as flour or sugar.

FOLD: To turn mixture over and over very slowly - turning spoon in hand each time.

FRICASSEE: To cook by braising; usually applied to chicken.

FRY: To cook in hot fat. Deep Fry - to cook in fat deep enough to cover the food.

GARNISH: To ornament food before serving.

GRILL: See broil.

GRIND: To put food through a food chopper.

JULIENNE: To cut vegetables into thin, lengthwise strips.

KNEAD: To fold dough or mixture over on itself. To work with a pressing motion accompanied by folding and stretching.

MINCE: To cut or chop food as finely as possible.

MIX: To blend into one mass by stirring together.

PAN-BROIL: To cook uncovered in a hot skillet without fat, pouring off fat as it accumulates.

PARBOIL: To boil until partially cooked. Another cooking process usually follows.

PARE: To remove outer covering by cutting with a knife, as with apples.

PEEL: To pull off outer covering, as with bananas and oranges.

POACH: To cook in a hot liquid, below the boiling point, for a short time, being careful that food holds shape.

PUREE: To work fruit or vegetables through a sieve or food mill until the food is pulpy. Baby foods, soups and sauces are often pureed.

ROAST: To bake in hot air (usually oven) without water or cover. Originally, it meant cooking before an open fire.

ROUX: A mixture of melted fat and flour.

SAUTE: To cook in a small amount of hot fat in a skillet.
SCALD: To heat a liquid just to the simmering point. Milk is scalded when bubbles gather at sides and a thin skin forms over the surface.

SCALLOP: To bake food in a casserole in layers. The food is usually cut in pieces and mixed with a sauce or other liquid.

SCORE: To make shallow slits or gashes in food with knife or fork.

SEAR: To brown surface quickly with high heat, as in a hot skillet.

SIFT: To remove lumps, and blend dry ingredients by putting them through a fine sieve.

SIMMER: To cook in a liquid below the boiling point. Bubbles form slowly and break below the surface.

SINGE: To hold poultry over flame to burn off all hairs.

SKEWER: A long pin of wood or metal on which food is placed and held in shape while cooking.

STEAM: To cook in the steam generated by boiling water.

STEAK: To extract flavor, colors, or other qualities from a substance by allowing it to stand in liquid just below the boiling point. Tea is always steeped.

STERILIZE: To destroy microorganisms by boiling in water, by dry heat, or by steam.

STEW: To cook in a small amount of liquid. The water may boil or simmer, as indicated for the food that is to be cooked.

STIR: To mix by using a circular motion - going around and around until the ingredients are blended together.

STOCK: The liquid in which meat, poultry, fish, or vegetables have been cooked. Meat stock is used for soup.

TOAST: To brown by direct heat.

TOSS: To lightly mix ingredients with 2 forks or a fork and spoon.

TUTTI-FRUTTI: Mixed fruit.

WHIP: To beat rapidly to introduce air bubbles into the food whipped. Applied to cream, eggs, and gelatin dishes.
VEGETABLE COOKING TERMS

BOILING: Cooking in a small amount of water until tender.

STEAMING: To cook food by steam in a covered steamer (a double boiler with perforated top). The steam from the boiling water below rises through the holes in a steamer to cook the food.

PANNING: Cooking in a small amount of fat in a tightly covered saucepan.

DEEP FRIED: Cooking in a large amount of fat.

PAN FRIED: Cooked in a small amount of fat.

BAKED: To cook in the oven, either whole or in pieces, with or without aluminum foil.

STUFFED: Remove centre portion and fill with meat, bread crumbs, another vegetable or in combination of these foods.

SCALLOPED: Cut in thin slices and arranged in alternate layers of medium white sauce.

AU GRATIN: Are scalloped vegetables with bread crumbs or grated cheese sprinkled over the top.

BROILED: To cook by direct heat under a broiler.

PRESSURE - COOKED: Cooked by steam in a pressure saucepan according to directions.

STEWED: To cook food a long time in a small amount of liquid to simmering temperature.

HOW TO TEST WHEN FOOD IS DONE

BAKED CUSTARD: Insert a silver knife into the custard near the center. Knife should come out clean.

BOILED CUSTARD: When mixture coats the spoon, the custard is ready to be poured from the pan.

BAKED POTATO: Using a hot pad, press potato between the fingers. If it feels soft, it is done.
CAKE: Insert toothpick in the center of the cake. If it comes out clean, it is done. Cake also will shrink from sides of pan, and will spring back when pressed lightly with the finger.

CHEESE: When it melts - it is done.

GRIDDLE CAKES: They are ready to be turned when bubbles burst, and bottom of pancakes are brown.

MACARONI and SPAGHETTI: Pinch piece of macaroni or spaghetti between thumb and forefinger. When no hard core remains, it is done. El Dente.

MERINGUE: Rub a little meringue between thumb and forefinger. If it is not grainy, it is done.

RICE: Pinch grain of rice between thumb and forefinger. When no hard core remains, it is done.

STIFFLY BEATEN EGG WHITES: Beaten egg whites should stand up in moist peaks - and when bowl is inverted, they should remain in place.

**FLOUR MIXTURES CONTAIN:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Description</th>
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<tbody>
<tr>
<td>FLOUR</td>
<td>The flour can be bread flour, all purpose flour or cake flour</td>
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<tr>
<td>SHORTENING</td>
<td>Fats commonly used are butter, margarine, lard, vegetable fats and vegetable oils.</td>
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<tr>
<td>LEAVENS</td>
<td>Leavens are lifters. They are baking powder, baking soda, yeast, air and steam.</td>
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<tr>
<td>LIQUIDS</td>
<td>Milk and water are the two liquids most generally used. Can also use juice.</td>
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<tr>
<td>SWEETENERS</td>
<td>Granulated and brown sugar, corn syrup, molasses and honey.</td>
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<tr>
<td>EGGS</td>
<td>Eggs add colour, flavour, moistness and nutritive value.</td>
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<tr>
<td>FLAVOURINGS</td>
<td>To add interest to product</td>
</tr>
<tr>
<td>SALT</td>
<td>To bring out flavour of the other ingredients and controls yeast growth.</td>
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Hints: Have ingredients at room temperature for shortening will blend more easily. Eggs will expend and hold more air.

Lightly grease cup or spoon before measuring molasses, honey or syrup.

**LEAVENERS**

Why used? To make a flour mixture light. To make a product rise.

**TYPES:**

a) **Air** - air is beaten into the egg whites. Air expands when heated. Used by itself in a recipe (ex. Angel food cake) or in conjunction with another leavener.

b) **Steam** - liquid turns to steam (ex. Popovers) Usually a second leaven.

c) **Yeast** - when added to sugar and liquid forms carbon dioxide gas.

d) **Baking Soda** + acid (sour milk or vinegar) = CO₂ gas.

e) **Baking Powder** - 2 types Made of bisoda and an acid and starch

   i) Single-action or phosphate baking powder. (ex. Magic Baking Powder) The action begins as soon as the liquid is added to the dry ingredients.

   ii) Double-action or combination baking powder. The action works in a cold mix but the major action is during baking. (ex. Blue Ribbon Double Action)

Baking powder + Liquid = CO₂ gas.