

Cooking Ingredients, What the Words Mean and How To Do It.

Bake: To cook food covered or uncovered in the oven. Often used to cook cakes, cookies, muffins, and many desserts, casseroles and breads.

Baste: To moisten meat or other food during cooking by pouring some liquid over it. This adds flavor and prevents dryness.

Beat: To make a mixture smooth by stirring quickly with a spoon, fork, wire whisk, rotary beater or electric mixer.



Blanch: To cook a small amount in boiling water or steam. Most often used for fruits or vegetables. It will set color and flavor and help loosen skins of things like tomatoes or peaches.

Blend: To mix two or more ingredients by hand, or with an electric mixer or blender, until smooth.

Boil: To cook food in liquid at a temperature that causes bubbles to form in the liquid.



Bouillon: A bouillon cube is a compressed cube of dehydrated beef, chicken, fish or vegetable stock. Bouillon granules are small particles of the same substance. Both can be added to hot liquid to make broth.

Braise: To cook a slight amount, just to brown slightly. Used before baking and stewing.

Broil: To cook food just below a source of heat.

Broth or Stock: The liquid in which meat, poultry, fish or vegetable has been simmered.

Brown: To cook food in a skillet, broiler or oven until it is lightly brown on the outside.



Carve: To cut or slice cooked meat into serving size pieces.

Chill: To cool foods to below room temperature - best done in the refrigerator.

Chop: To cut food into small pieces. (See Slicing, Dicing and More on Page 30.)



Coat: To evenly cover food with crumbs, flour, or a batter.

Cooking Oil: Liquid at room temperature, made from vegetables, nuts or seeds. Common types are canola, sunflower, peanut, and olive. For baking, do not substitute oil for solid fat.

Cream: To beat one or more foods until soft and creamy.



Curry Paste: A blend of herbs, spices and hot chilies that is often used in Indian and Thai cooking.

Cut In: To work a solid fat, such as shortening, butter or margarine, into dry ingredients. This can be done with a pastry blender or food processor, but the easiest way is with your fingertips.

Dash: Is a very small amount of seasoning added to food. It is often used for liquid like hot pepper sauce.



Dissolve: To stir a solid food and liquid food together to form a mixture in which none of the solid remains. It often involves heating the liquid.

Dot: To scatter small pieces of fat, on top of foods before cooking.

Dredge: To sprinkle or coat a food evenly to completely cover. Often flour is used to dredge meat before cooking.

Fillet: A piece of meat or fish that has no bones.

Flake: To gently break food into small, flat pieces.

Fold: To combine ingredients such as beaten egg whites and sugar, with a gentle cutting motion.

Grate: To rub food such as hard cheese or vegetables across a grated surface to make very fine pieces.



Grease: To coat a utensil, such as a baking pan or skillet with a thin layer of fat or oil. You may also use an oil spray like 'PAM.'

Knead: To work dough with the heels of your hands in a pressing and folding motion until it becomes smooth and elastic. This is often done when making bread.



Lard: A product made from pork fat that is sometimes used for baking, especially making pastries.

Legumes: Dried beans, peas and lentils.

Make A Well: Create a hollow space in the centre of dry ingredients before pouring in the wet ingredients.

Marble: To gently swirl one food into another. This is often done with light and dark batter for cakes or desserts.

Marinate: To soak a food in a liquid, usually an oil and acid like wine or vinegar, with seasonings. This adds flavor and makes food tender.



Mash: To press or beat a food to remove lumps and make smooth. This can be done with a fork, potato masher or electric mixer.

Mince: To cut very finely. (See Dicing Page 30.)

Parboil: To partially cook a food by boiling.

Pare: To cut off the skin or outer covering of a fruit or vegetable, using a small knife or vegetable peeler.



Peel: (See **Pare**). Peel also refers to the outer covering of a vegetable or fruit. For citrus fruits it is called a rind.

Pit: To remove the seed from fruit such as cherries and peaches.

Poach: To cook a food by completely submerging it in a simmering liquid.

Powdered Sugar: Also called confectioner's sugar or icing sugar.

Preheat: To heat an oven to a specific temperature before using.

Puree: To process or mash food until it is very smooth. This can be done using a blender, food processor or sieve.



Reduce: To thicken and improve flavor by boiling so that some of the liquid evaporates.

Sauté: To cook in a small amount of fat on top of the stove.

Scald: To heat a liquid, usually milk, to a point just below boiling.

Sear: To cook at very high heat for a very short time.

Season to taste: To add salt, pepper, herbs or spices to a dish so that it tastes the way you like it.



Shortening: A vegetable oil that has been processed into a solid form. It is most often used for baking or frying. Shortening should be stored in a cool dry place.

Shred: To push food across a shredding surface like a grater to make long narrow strips. Lettuce and cabbage can be shredded by thinly slicing them with a knife.

Shuck: To remove the shells from seafood, such as oysters and clams or the husks from corn.

Sift: To put dry ingredients through a sieve/ strainer or sifter.



Simmer: To cook a liquid, at low heat, to a point just below a full boil.

Skim: To remove a substance, such as fat or foam, from the surface of a liquid.

Steam: To cook food on a rack or in a steamer basket over boiling water in a covered pan. Steaming retains flavor, shape, texture and nutrients better than boiling or poaching.

Stir Fry: A method of quickly cooking small pieces of food in a little hot oil in a wok or skillet over medium high heat, while stirring.



Stock: The strained clear liquid in which meat, poultry, fish or vegetables have been cooked with herbs or spices.

Toss: To mix ingredients lightly by lifting and dropping them using two utensils.



Yeast: The ingredient that uses the sugar in dough to make it rise.

Zest: The colored outer rind of citrus fruits, like lemons, limes and oranges.