

## 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.