

Common Cooking Terms

- **Bake:** Cooking in an enclosed space with dry heat such as an oven.
- **Baste:** Keeping foods moist during cooking either by pouring liquid over them, or brushing liquid over the food with a brush.
- **Beat:** Making a mixture smooth and creamy by whipping in a brisk motion, by hand or machine.
- **Blanch:** Precooking food by briefly cooking it in boiling liquid. Blanching usually loosens the skin, and retains the original color of the food.
- **Boil:** To cook food in water that is boiling. When a liquid is boiling, 212° F at sea level, rapid bubbles will form and break when they reach the surface of the liquid.
- **Braise:** Browning meat quickly in a fat and then cooking it in a covered pan on the stove or in the oven. Liquid is optional.
- **Breading:** Coating a raw food that has been dredged (dipped into, dragged through, soaked in) a liquid such as eggs, buttermilk, ranch dressing, or an egg/milk mixture with bread crumbs, crushed cereal or cracker crumbs.
- **Broil:** Cooking a food by placing it on a rack in the oven that is directly under the heat source.
- **Brown:** To cook food at moderate to high heat until it is brown in color.
- **Chop:** To cut food into pieces with a knife or other cutting tool.
- **Cream:** Mixing one or more foods together until soft and creamy.
- **Cube:** To cut food into small squares.
- **Cut In:** Using a pastry blender or fork (not your hands) to add shortening or butter to dry ingredients.
- **Deep Frying:** is a cooking technique involving the complete submersing of food into hot fat, typically oil. If the temperature of the fat/oil is too low, the food will

absorb oil, resulting in a greasy product. If the temperature of the oil is too high, the product will brown or burn before cooking through.

■**Dice:** Cutting food into small cubes of equal size and shape.

■**Fold In:** Gently adding a new ingredient to an already mixed or beaten mixture. Putting the new ingredient on top of the mixture and then gently bringing it down through the middle and brought back through and around the mixture.

■**Grill:** Cooking a food by placing it on a rack that is directly over the heat source.

■**Julienne:** To cut food into long, thin strips.

■**Marinate:** Making foods more flavorful and tender by soaking them in a liquid for several hours or overnight. Generally marinades are made of oils, spices, vinegars or some combination of citrus and spices.

■**Mince:** To chop food into very tiny pieces.

■**Pan-Fry:** Uses a small amount of fat for lubricating the pan (or no fat for certain products like bacon which creates its own fat). Pan frying allows for darker browning but also allows more moisture to escape the food, as compared to deep frying.

■**Parboil:** Cooking food in a boiling liquid until it is only partially cooked.

■**Pare:** To cut off the outside covering such as skins of vegetables.

■**Peel:** To remove the outer covering of foods such as bananas.

■**Poach:** To slowly simmer in a hot liquid being careful to retain the shape of the food.

■**Puree:** Blending a cooked vegetable or fruit until it is smooth.

■**Roast:** Process of cooking meats or vegetables uncovered in the oven. It can also refer to cooking meat or poultry on a spit in front a flame or heating element.

■**Sauté:** Cooking a food quickly in a small amount of fat until tender.

■**Sear:** Browning meat rapidly by using extremely high heat.

■**Simmer:** Cooking a food in a hot liquid just below boiling point. Bubbles will form slowly but will not reach the surface.

■**Steep**: Simmering food in a liquid just below boiling point over a long period of time so that the flavor is extracted into the water.

■**Stew**: Simmering slowly in a small amount of liquid, usually for several hours.

■**Stir-fry**: to fry thinly sliced food quickly over high heat in a lightly oiled pan (as a wok) while stirring continuously.

■**Whip**: Beating a food rapidly so as to add air to it.



Reference:

Food: A Handbook of Terminology, Purchasing, and Preparation. American Association of Family and Consumer Sciences, 2006.