

- ⊙ Cooking Basics
- ⊙ Cooking Terms
- ⊙ Bake
 - To cook by dry heat, usually in an oven
- ⊙ Barbecue
 - To roast meat slowly on a spit rack or rack over heat- basting frequently with a seasoned sauce
- ⊙ Boil
 - To cook in water or liquid in which bubbles rise continually and break the surface
- ⊙ Broil
 - To cook over, under, or in front of hot coals or a gas or electric burner, or other form of direct heat
- ⊙ Cooking Terms
- ⊙ Brown
 - To bake, dry, or toast food until the surface is brown
- ⊙ Brush
 - To coat food with butter, margarine, or egg- using a small brush
- ⊙ Cook
 - To prepare food by applying heat in any form
- ⊙ Flour
 - To sprinkle or coat with a powdered substance, usually with crumbs or seasonings
- ⊙ Cooking Terms
- ⊙ Garnish
 - To ornament food- usually with another colorful food- before serving to add eye appeal
- ⊙ Knead
 - To work dough with the “heel” of the hands, using a pressing motion, accompanied by folding and stretching until smooth and elastic
- ⊙ Roll
 - To flatten to a desired thickness by using a rolling pin
- ⊙ Cooking Terms
- ⊙ Sauté
 - To cook in a small amount of fat, usually frying
- ⊙ Season
 - To add salt, pepper, or other substances to food to enhance the flavor
- ⊙ Simmer
 - To cook below the boiling point, bubbles form slowly and break on the surface
- ⊙ Steam
 - To cook in the steam generated by boiling water
 - Cooking Terms
- ⊙ Baste
 - To moisten foods during cooking with pan drippings or a sauce in order to add flavor and prevent drying

- ⦿ Chill
 - To cool a food to below room temperature in the refrigerator or freezer, or over ice
- ⦿ Blanche
 - To partially cook fruits, vegetables, or nuts in boiling water or steam
- ⦿ Cooking Terms
- ⦿ Al dente
 - “To the tooth”, a term to indicate pasta is cooked just enough to keep a firm texture
- ⦿ Marinade
 - A liquid in which food is allowed to stand in order to flavor or tenderize it
- ⦿ Dash
 - A measure equal to 1/16 teaspoon
- ⦿ Preheat
 - To heat an oven or utensil to a specific temperature before using it
- ⦿ Cooking Terms
- ⦿ Stew
 - To cook food in liquid for a long time until tender, usually in a covered pot
- ⦿ Coat
 - To evenly cover food with crumbs, flour or a batter
- ⦿ Sear
 - To brown a food, usually meat, quickly on all sides using high heat to seal in juices
- ⦿ Marble
 - To gently swirl one food into another, usually done with light and dark batters for cakes
 - Mixing Terms
- ⦿ Beat
 - To make mixture smooth by lifting it over and over quickly with a big beating stroke or to incorporate air through the mixture
- ⦿ Blend
 - To mix two or more ingredients together until well combined
- ⦿ Cream
 - To beat sugar and fat together until fluffy
- ⦿ Cut in
 - To cut fat into flour with two knives, or a pastry blender, until it is distributed in small particles throughout the mixture
- ⦿ Mixing Terms
- ⦿ Fold In
 - To mix ingredients by gently turning one part over another with a spatula
- ⦿ Stir
 - To mix by using circular motion, going around and around until blended
- ⦿ Toss
 - To mix ingredients lightly without mashing or crushing them

- ⦿ Whip
 - To beat rapidly to introduce air bubbles into food, applied to cream, eggs, and gelatin
- ⦿ Cutting Terms
- ⦿ Chop
 - To cut into small pieces
- ⦿ Dice
 - To cut into very small, uniform cubes, 1/8 to ¼ in.
- ⦿ Grate
 - To finely divide food in various sizes by rubbing it on a grater with sharp projections
- ⦿ Mince
 - To cut or chop food as finely as possible in irregular shaped pieces
- ⦿ Peel or Pare
 - To remove or strip off the skin or rind of some fruits and vegetables, using knife or vegetable peeler
 - Cutting Terms
- ⦿ Snip
 - To cut food, often fresh herbs, dried fruit, with kitchen shears into very small, uniform pieces using short, quick strokes
- ⦿ Cube
 - To cut into uniform pieces, usually half inch on all sides
- ⦿ Butterfly
 - To split foods in the middle without completely separating the halves, then spreading the halves to resemble a butterfly (pork chops)
- ⦿ Cutting Terms
- ⦿ Score
 - To cut narrow grooves or slits partway through the outer surface of a food to tenderize it or to form a decorative pattern
- ⦿ Julienne
 - To cut food into thin match like sticks about two inches long