



**Al dente** - The pasta is cooked until tender, but still has a firm, chewy texture.

**Baste** - To brush liquids such as fat, meat drippings, marinade, water or juices over meat during roasting to add flavor and to prevent it from drying out.

**Blanch** - To blanch food, immerse fruit or vegetable in boiling water for a minute or so, remove and place in a bowl of ice water. *This is often used before freezing fruits or vegetables, OR, you can blanch a fruit or vegetable such as tomatoes or peaches to remove their skins.*

**Braise** - To tenderize meat, you brown meat or poultry in oil. Then, place in a roasting pan and cook in the oven or place directly in a crock pot.

**Brown** - Sauté meat or vegetables in a fry pan with oil or butter until it turns brown in color.

**Brush** - To "brush" food is when you use a pastry brush & brush the top of food with melted butter or egg white.

**Caramelize** - Browning sugar over medium heat.

**Coat (or Dredge)** - To cover both sides of a food with flour, crumbs or batter.

**Cream** - Mixing butter, shortening, or margarine with sugar until smooth and creamy.

**Cut-in** - Blend or cream butter or shortening into a flour mixture.

**Dash** - To add a dash of something in cooking is less than 1/16 tsp...since there is no 1/16 tsp., you use a pinch amount.

**Deglaze** - After cooking or roasting meat, you add liquid such as milk, broth or water to dissolve the juices stuck to the bottom of the pan. *Often, deglazing is*

*used when making gravy.*

**Dice** - To cut food into small cubes.

**Dot** - Add small pieces of ingredients over food for even melting...*usually butter.*

**Drizzle** - Pouring a liquid over food in a slow, light trickle.

**Dust** - To sprinkle food with flour, spices, or sugar. *For example, before kneading bread dust the counter top with flour.*

**Egg Wash** - Blending eggs with water and then coating or brushing baked goods.

**Fillet** - Remove bones from fish or meat.

**Flute** - To press edges of a pie crust together in a decorative way.

**Fold** - To combine ingredients together carefully by stirring through the mixture and bringing the spoon back to the top gently.

**Glaze** - To coat food with a mixture that gives a shiny appearance. *For example, a chocolate glaze on a donut.*

**Hull** - To remove leaves from fruits, such as strawberries.

**Ice** - To spread a glaze of frosting on a cake or to cool food down by placing on ice.

**Julienne** - Cut food into long, thin strips.

**Knead** - Massage dough with your hands in a back & forth pressing & folding motion for several minutes until dough is smooth.

**Lukewarm** - A temperature of about 95 degrees F, not too hot or too cold.

**Marble** - To swirl food together.

**Marinate** - To season food by placing it in a flavorful mixture called a marinade.

**Mince** - To chop in tiny pieces.

**Parboil** - To cook food partly in boiling liquid. *Also called blanching.*

**Pare** - To peel or trim a food, usually vegetables.

**Poach** - To simmer in boiling liquid.

**Proof** - The process of adding yeast to warm water or milk.

**Puree** - To blend food together until it becomes completely smooth.

**Roast** - To cook in an oven uncovered.

**Roux** - A thickened paste made from butter & flour, usually used to thicken sauces.

**Rub** - A mixture of ground spices that is rubbed over meat and then baked or roasted.

**Sauté** - Cooking food in hot oil in a pan.

**Scald** - To cook just under the boiling point.

**Score** - To cut diagonal slits on the top of meat.

**Sear** - To cook meat in a fry pan under high heat to seal in juices. *The meat is then usually cooked in the oven after searing.*

**Simmer** - To cook over low heat so food or liquid doesn't reach the boiling point.

**Steam** - To cook food in a covered pan with a small amount of boiling water.

**Steep** - To soak dry ingredients in liquid until the flavor is infused into the liquid.

**Stir-Fry** - Frying cut meat and vegetables on high heat with a small amount of oil.

**Thicken** - To stir together cornstarch & cold water and then adding to food to thicken.

**Thin** - To add more liquid to food.

**Water Bath** - To cook a dish that is set in a larger pan. The larger pan holds boiling water.

**Zest** - To remove the outer part of citrus fruits with a small grater.