



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.