**RECIPE TERMINOLOGY**

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| **TERM:** |  | **DEFINITION:** |
| Whip | 1. | To beat a food lightly and rapidly in order to incorporate air into the mixture and to increase its volume. |
| Snip | 2. | To cut food, often fresh herbs or dried fruit, with kitchen shears into very small, uniform pieces with short quick strokes. |
| bake | 3. | To cook surrounded by dry heat 350⁰ or less. |
| slice | 4. | To cut a thin a thin flat piece cut off of some kind of food such as bread or cucumber. |
| Cut in | 5. | To work a solid fat such as shortening, margarine, or butter into dry ingredients, usually with a pastry blender. |
| Blanch | 6. | To partially cook fruits, vegetables, or nuts in boiling water or steam, then plunge into cold water to stop the cooking process. |
| Al dente | 7. | “To the tooth”, a term to indicate pasta is cooked just enough to keep a firm texture. |
| marinade | 8. | A liquid in which food is allowed to stand in order to flavor or tenderize it. |
| dash | 9. | A measure equal to 1/16 of a teaspoon. |
| mince | 10. | Cutting food into **tiny** irregular pieces. |
| cream | 11. | To beat a solid fat into sugar until light and fluffy. |
| dice | 12. | To cut into uniform pieces, usually ¼ inch on all sides; |
| boil | 13. | To cook in rapidly bubbling water, usually 212° |
| Steam | 14. | To cook foods suspended over simmering liquid in the vapor given off by the simmering water. |
| chop | 15. | To cut food into **irregular** pieces about 1/2” in size. |
| knead | 16. | To work dough with the heels of your hands in a pressing and folding motion until it becomes smooth and elastic. |
| pare | 17. | To cut a very thin layer off of a fruit or vegetable using a knife or a vegetable peeler. |
| roast | 18. | To cook surrounded in dry heat at temperatures of 400⁰ or more. |
| emulsify | 19. | To mix together a fat and an oil so that globules of one are suspended in the other |
| garnish | 20. | To add visual appeal to a finished dish. |
| blend | 21. | To combine two or more ingredients until you can no longer see either ingredient. |
| Coat | 22. | To evenly cover food with crumbs, flour, or a batter. Sometimes the food is dipped in egg or milk beforehand. |
| peel | 23. | To pull off the outer rind or outer covering of certain fruits and vegetables |
| poach | 24. | To cook a food in liquid that is kept just below the boiling point; a few bubbles will form slowly and burst just before reaching the surface. |
| toss | 25. | To tumble ingredients, such as for a salad, very lightly with a spoon and fork, or your hands. |
| Roux | 26. | A mixture of equal parts flour and butter used to thicken liquids |
| chill | 27. | To allow food to become thoroughly cold in a refrigerator. |
| puree | 28. | To mash food until smooth using a sieve, blender, foley food mill, or food processor. |
| Deglaze | 29. | To remove fat and then use a liquid such as wine, water, or stock to dissolve food particles and/or caramelized drippings left in a pan after roasting or sautéing. |
| simmer | 30. | To maintain the temperature of a liquid just below boiling. |
| Fold | 31. | Gentle mixing method used for delicate or whipped ingredients, using a rubber scraper and a gentle motion. |
| julienne | 32. | To cut a vegetable into thin strips resembling matchsticks, 1/8” square x 1 to 2” long |
| Mise en place | 33. | Process of assembling all ingredients and equipment necessary for the preparation of a recipe. |
| Sift | 34. | To put dry ingredients, such as flour, through a strainer to remove lumps, provide a smoother consistency, and to evenly distribute ingredients. |
| grate | 35. | To break a solid food into small particles by rubbing on a grater. |
| Sauté | 36. | To cook on stove top gently in a small amount of fat. |

Al Dente

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Mise en Place

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Roux

Sauté

Sift

Simmer

Slice

Snip

Steam

Toss

Whip