**RECIPE TERMINOLOGY**

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

Al Dente

Bake

Blanch

Blend

Boil

Chill

Chop

Coat

Cream

Cut in

Deglaze

Dash

Dice

Emulsify

Garnish

Grate

Fold

Julienne

Knead

Marinade

Mince

Mise en Place

Pare

Peel

Poach

Puree

Roast

Roux

Sauté

Sift

Simmer

Slice

Snip

Steam

Toss

Whip