

COOKING TERMS WORKSHEET **

KEY

Name _____ Period _____

Define and give an example of at least **one** tool used in performing the following preparation techniques. The information can be found in any foods text book.

DEFINITION

TOOL

- | | | | |
|-----|-----------|---|---|
| 1. | baste - | <i>TO BRUSH OR POUR LIQUID OVER FOOD</i> | 1. <i>BASTER, BRUSH</i> |
| 2. | beat - | <i>TO MIX INGREDIENTS THOROUGHLY</i> | 2. <i>SPOON, WIRE WHISK, BEATERS, MIXER</i> |
| 3. | blanch - | <i>TO PUT FOOD IN BOILING WATER FOR A SHORT TIME SO FOOD WILL PEEL EASIER</i> | 3. * |
| 4. | blend - | <i>TO MIX TWO OR MORE INGREDIENTS TOGETHER THOROUGHLY</i> | 4. <i>SAME AS #2</i> |
| 5. | coat - | <i>TO COVER FOOD EVENLY WITH FLOUR SUGAR, CRUMBS, OR NUTS</i> | 5. * |
| 6. | chop - | <i>TO CUT FOOD INTO SMALL PIECES</i> | 6. <i>KNIFE, FOOD CHOPPER, KITCHEN SHEARS</i> |
| 7. | combine - | <i>TO MIX TWO OR MORE INGREDIENTS</i> | 7. <i>MIXING SPOON, WIRE WHISK</i> |
| 8. | cream - | <i>TO BEAT UNTIL SOFT, CREAMY AND SMOOTH</i> | 8. <i>MIXING SPOON, ROTARY BEATERS</i> |
| 9. | cube - | <i>TO CUT INTO SMALL SQUARES</i> | 9. <i>KNIFE</i> |
| 10. | cut in - | <i>TO MIX SHORTENING & FLOUR</i> | 10. <i>PASTRY BLENDER, 2 KNIVES, FORK</i> |
| 11. | dice - | <i>TO CUT INTO SMALL CUBES</i> | 11. <i>KNIFE</i> |
| 12. | dredge - | <i>TO ROLL OR SPRINKLE WITH A DRY INGREDIENT</i> | 12. * |

13.	fold in -	<i>COMBINE TWO MIXTURES BY GENTLY CUTTING DOWN THROUGH THE MIXTURE, ACROSS BOTTOM AND TURNING OVER NEAR SURFACE</i>	13. <i>MIXING SPOON, RUBBER SCRAPPER</i>
14.	knead -	<i>TO WORK DOUGH BY PRESSING AND FOLDING UNTIL IT BECOMES SMOOTH AND ELASTIC</i>	14. *
15.	marinate -	<i>TO SOAK IN AN ACID OR OIL MIXTURE</i>	15. *
16.	mince -	<i>TO CUT FOOD INTO SMALLEST POSSIBLE PIECES</i>	16. <i>SCISSORS, KNIFE</i>
17.	mix -	<i>TO COMBINE TWO OR MORE INGREDIENTS BY BEATING OR MIXING</i>	17. <i>MIXING SPOON, WIRE WHISK, BEATERS OR MIXER</i>
18.	pare -	<i>TO CUT A VERY THIN LAYER OF PEEL FROM FRUITS OR VEGETABLES</i>	18. <i>PEELER</i>
19.	scald -	<i>TO HEAT LIQUID TO SIMMERING POINT</i>	19. *
20.	score -	<i>TO MAKE VERY THIN, STRAIGHT CUTS INTO THE SURFACE OF A FOOD</i>	10. <i>KNIFE</i>
21.	shred -	<i>TO TEAR FOOD INTO LONG, THIN PIECES TO GRATE FOOD COARSELY</i>	21. <i>KNIFE, HANDS, GRATER</i>
22..	sift -	<i>TO PUT A DRY INGREDIENT THROUGH A FINE</i>	22. <i>SIFTER, STRAINER SIEVE</i>
23.	skim -	<i>TO REMOVE THE TOP LAYER FROM A LIQUID</i>	23. <i>SPOON</i>
24.	whip -	<i>TO BEAT RAPIDLY TO INCORPORATE AIR AND TO INCREASE VOLUME</i>	24. <i>WHISK, BEATERS, MIXER</i>
25.	simmer -	<i>TO COOK FOOD IN LIQUID AT TEMPERATURE JUST BELOW BOILING</i>	25. *
26.	poach -	<i>TO SIMMER FOOD IN SMALL AMOUNTS OF WATER SO FOOD RETAINS ITS SHAPE</i>	26. *
27.	sauté -	<i>COOK FOOD IN SMALL AMOUNT OF FAT</i>	27. *
28.	roast -	<i>TO COOK IN OVEN IN UNCOVERED PAN</i>	28. *