

Name _____ Unit _____ Period _____ Date _____

BASIC COOKING TERMS



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| _____ 1. Bake | A. To cut into very small cubes. |
| _____ 2. Barbecue | B. To cook over, under, or in front of hot coals or a gas or electric burner, or other form of direct heat. |
| _____ 3. Beat | C. To mix ingredients by gently turning one part over another with a spatula. |
| _____ 4. Blend | D. To finely divide food in various sizes by rubbing it on a grater with sharp projections. |
| _____ 5. Boil | E. To make mixture smooth by lifting it over and over quickly with a big beating stroke or to incorporate air through the mixture. |
| _____ 6. Broil | F. To beat sugar and fat together until fluffy. |
| _____ 7. Brown | G. To prepare food by applying heat in any form. |
| _____ 8. Brush | H. To ornament food – usually with another colorful food – before serving to add eye appeal. |
| _____ 9. Cook | I. To mix two or more ingredients together until well combined. |
| _____ 10. Cream | J. To remove or strip off the skin or rind of some fruits and vegetables. |
| _____ 11. Cut In | K. To cut or chop food as finely as possible. |
| _____ 12. Chop | L. To cook by dry heat, usually in an oven. |
| _____ 13. Dice | M. To sprinkle or coat with a powdered substance, usually with crumbs or seasonings. |
| _____ 14. Flour | N. To work dough with the “heel” of the hands, using a pressing motion, accompanied by folding and stretching until smooth and elastic. |
| _____ 15. Fold in | O. To cook in water or liquid in which bubbles rise continually and break on surface. |
| _____ 16. Garnish | P. To cut fat into flour with two knives, or a pastry blender, until it is distributed in small particles throughout the mixture. |
| _____ 17. Grate | Q. To coat food with butter, margarine, or egg - using a small brush. |
| _____ 18. Knead | R. To bake, dry, or toast a food until the surface is brown. |
| _____ 19. Mince | S. To roast meat slowly on a spit rack or rack over heat – basting frequently with a seasoned sauce. |
| _____ 20. Peel | T. To cut into small pieces. |
| _____ 21. Roll | U. To cook below the boiling point, bubbles form slowly and break on the surface. |
| | V. To beat rapidly to introduce air bubbles into food. Applied to cream, eggs, and gelatin. |

- _____ 22. Saute
- _____ 23. Season
- _____ 24. Simmer
- _____ 25. Steam
- _____ 26. Stir
- _____ 27. Toss
- _____ 28. Whip

- W. To mix by using circular motion, going around and around until blended.
- X. To cook in the steam generated by boiling water.
- Y. To flatten to a desired thickness by using a rolling pin.
- Z. To cook in a small amount of fat.
- AA. To add salt, pepper, or other substances to food to enhance the flavor.
- BB. To mix ingredients lightly without mashing or crushing them.

