

Name _____ Unit _____ Period _____ Date _____

BASIC COOKING TERMS



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

__Z__ 22. Saute

__AA__ 23. Season

__U__ 24. Simmer

__X__ 25. Steam

__W__ 26. Stir

__BB__ 27. Toss

__V__ 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.

