

Cooking Vocabulary Words

Al Dente: Pasta cooked to perfection – soft, yet firm.

Au Gratin: Food covered with sauce, topped with bread crumbs, and/or grated cheese, and then baked or broiled.

Bard: To tie a piece of fat or bacon around a slice of meat before cooking.

Baste: To moisten food with seasoned liquid while it cooks.

Beat: with an electric beater or vigorously by hand

Blanch: To briefly immerse food in boiling water to easily remove skin or soften it.

Blend: stir gently until well mixed

Boil: To cook over high heat until bubbles appear in the liquid. (Water boiling point – 212°F)

Bouquet Garni: A sprig of parsley, thyme, and a bay leaf tied together and cooked with food.

Braise: To cook previously browned food in a covered pan with a small amount of liquid over very low heat.

Bread: To coat surface of food with fine bread or cracker crumbs or flour. Food may first be dipped in beaten egg, egg white, or milk.

Broil: To cook food under the broiler (direct heat), over hot coals or on a grill.

Brush: use a pastry brush to cover the surface, usually with egg or milk, before baking

Caramelize: To heat and stir granulated sugar in a heavy pan over low heat until it melts and becomes a syrup.

Coat: To cover food with flour, crumbs, or nuts.

Compote: stewed, usually fruit

Consommé: a clear meat stock

Cream: To beat a mixture or an ingredient until smooth and fluffy.

Cut in: To distribute solid fat in a flour mixture, using a pastry blender or a food processor.

Dice: To cut food into small uniform pieces.

Dot: place small pieces, usually of butter or fat, on the top

Dredge: coat thoroughly with flour, bread crumbs, or cornmeal

Dust: To sprinkle lightly with flour or powdered sugar.

Flake: To break up into smaller pieces (tuna)

Flambé: To ignite a warmed, alcoholic beverage that has been poured over food.

Flute: To use the fingertips to crimp a pastry dough around the edge of a pie.

Fold: use a wide spatula to gently cut and turn (usually stiffly beaten egg whites) into a batter enough to mix but keeping a light batter

Glaze: To coat with either sugar syrup or melted jelly.

Hull: To remove stem ends from strawberries, tomatoes, etc.

Julienne: To cut food into narrow match-like strips.

Knead: To work a mixture (usually yeast dough) with a press-fold motion.

Lukewarm: A temperature of about 95°F to 100°F)

Marinate: To soak food in a seasoned liquid to enhance flavor (vegetables) or tenderize (meat)

Melt: To reduce solids (fats) to liquid over heat. When solid fat (butter) is melted you may clarify it by skimming off residue from the top.

Mince: To cut or chop into fine pieces (smaller than dicing).

Mount: To add small bits of butter to the sauce after it is cooked in order to thicken it and make it smoother.

Parboil: To boil food in liquid until partially cooked. Usually cooking is completed by other methods.

Pare: To remove outer skin from a fruit or vegetable by peeling it.

Poach: To simmer delicate foods (salmon, eggs) gently in liquid over low heat.

Pot-Roast: To cook meat by braising in small amount of liquid, usually over direct heat.

Purée: To turn solid foods to smooth, semi-liquid consistency by pressing it through a sieve or processing in a food processor or blender.

Reduce: To thicken or concentrate a liquid by rapidly boiling it in an uncovered pan.

Rehydrate: To soak or cook dehydrated foods in order to restore water content.

Render: To melt animal fat (suet or salt pork) into a liquid, and strain it.

Roast: To cook by dry heat in the oven.

Roux: A paste made of fat (butter) and flour used to thicken sauces, gravies, and soups.

Sauté: To cook food in a skillet, in a small amount of fat, stirring or shaking the pan in order to brown the food evenly.

Scald: To heat liquid just to below the boiling point until small bubbles form around the edge of the pan.

Shuck: To remove the oysters, clams, or scallops from their shells.

Sift: To press powdered sugar or a flour mixture through a fine sieve or sifter in order to break up lumps and incorporate air.

Simmer: To cook food in liquid below the boiling point over low heat. (See also "Poach")

Skewer: To fasten or hold in place with small metal pins or toothpicks; also the name of metal or wooden sticks used when barbecuing meats or other ingredients.

Slit: To cut small openings on the surface of a pie crust for steam to escape or make incisions in the surface of meat to insert garlic cloves or herbs.

Snip: To cut herbs, such as chives or parsley, with scissors.

Sous-Vide: The technique of cooking ingredients in a vacuum-sealed plastic pouch, usually for a long time at a low temperature.

Steam: To cook vegetables or fruit on a rack or in a basket over simmering water in a covered pan.

Steam-Bake: To cook in the oven in a pan with water (custards, meat loaves, paté)

Steep: Used for making tea. To cover the bags or tea with boiling water and let it sit for a couple of minutes to infuse the flavor of the tea.

Stir-Fry: To quickly cook small even pieces of meat, poultry, and vegetables in a wok or hot skillet in oil, while tossing and turning mixture constantly.

Score: To cut shallow slits in the surface or around the edges of meat to prevent the fat from curling.

Scramble: To gently stir or mix while cooking over medium heat (e.g. scrambled eggs)

Tender-Crisp: To cook food up to the point when it is tender but still crisp.

Tenderize: To make meat more tender by pounding it with a mallet or marinating it in a special marinade.

Toast: To quickly brown almonds or coconut in a pan on top of the stove over high heat or in the oven on a baking sheet. Also to toast bread in a toaster.

Toss: To gently tumble ingredients with a fork and spoon in a bowl. (e.g. green salad)

Truss: To secure wings and legs with a string or with skewers before roasting a whole chicken in order to keep its shape.

Vinaigrette: a liquid mixture of oil, vinegar, and seasonings

Whip: To beat food rapidly in order to incorporate air in the mixture to increase volume and make it light.

Zest: The oily thin outer part of citrus skin. Grated and used as flavoring.

Sear: To quickly brown the meat's surface over high heat to seal in the juices.

Shred: To slice, cut, or tear food into long narrow pieces or to grate coarse

Notes

