

## Common Terms Used in Preparing Food

- Bake:** Cook in the oven.
- Beat:** Mix rapidly in an under and over movement with a spoon or fork, or round and round with a beater.
- Blend:** Mix two or more ingredients until smooth.
- Boil:** Cook in steaming liquid in which bubbles break the surface.
- Broil:** Cook under the broiler (top element in an electric oven or toaster oven).
- Combine:** Mix together.
- Chill:** Allow to become thoroughly cold by putting in the refrigerator or other cool place.
- Chop:** Cut into pieces with a knife or chopper.
- Coat:** Cover with a thin film such as flour, fine crumbs, oil spray.
- Cool:** Let stand at room temperature until no longer hot (not longer than 2 hours to ensure food safety).
- Core:** Using a sharp knife, remove the core/seeds of a fruit.
- Cream:** Combine ingredients by pressing them against the inside of a bowl or beating with a mixer until smooth.
- Cut-in:** To mix fat into dry ingredients using a pastry blender, fork or two knives with as little blending as possible until fat is in small pieces.
- Dice:** To cut into small square-shaped pieces.
- Dissolve:** Mix a dry ingredient into a liquid until the whole mixture is liquid.
- Drain:** Pour off liquid. Can be done using a colander or strainer, or by pouring liquid out of the pot by keeping the lid slightly away from the edge of the pan and pouring away from yourself.
- Flour:** Dust greased pans with flour until well coated. Shake out extra flour that does not stick to the greased pans.
- Flute:** To pinch the edge of dough, as on a pie crust.
- Fold:** To mix by turning ingredients over and over.
- Fork-tender:** Describes the doneness of a food when a fork can easily penetrate it.
- Fry:** Cook in a small amount of oil or fat in a skillet.
- Grate:** Rub against a grater to cut into small pieces.
- Grease:** Spread bottom and sides of pan with margarine, oil or butter.

- Knead:** Press dough with the heel of your hand, fold it towards you, turn it, and repeat the operation.
- Marinate:** To soak in a seasoned liquid to increase flavour and tenderness.
- Mince:** To cut and chop food into small pieces.
- Mix:** Combine ingredients by stirring.
- Oil:** To apply a thin layer of oil, either liquid oil or a spray, on a dish or pan.
- Peel:** Take off outer skin, for example from an orange or banana.
- Puree:** When solid foods are chopped and blended to create a liquid pudding-like texture.
- Roast:** Cook in the oven.
- Roll-out:** Flatten with a rolling pin.
- Sauté:** To cook in a small amount of fat or water.
- Sear:** To brown the outside of meat using high heat.
- Shred:** Cut into very thin strips with a knife or by rubbing against a grater.
- Sift:** Put through a flour sifter or fine sieve.
- Simmer:** Cook a liquid that is almost boiling or to cook something in a liquid, for example, cooking potatoes in water.
- Slice:** Cut into a thin, flat piece.
- Steam:** To cook over boiling water, without sitting in the water.
- Stir:** Mix round and round with a spoon.

