

Cooking terms

Boil

To heat a liquid until bubbles break on the surface or to cook in boiling water.

Broil

To cook food directly under or above the heat source. Food can be broiled in an oven, directly under the heat source, or on a barbecue grill, directly over charcoal or other heat source.

Chop

To cut food into bite-size (or smaller) pieces. Chopped food is more coarsely cut than minced food.

Coat

To cover entire surface with a mixture such as flour or bread crumbs.

Core

Using a sharp knife, remove the core/seeds of a fruit.

Cream

To stir one or more foods until they are soft.

Crisp-tender or tender-crisp

Describes the "doneness" of vegetables when they are cooked only until tender and remain slightly crisp in texture.

Dice

To cut into small, square-shaped pieces. To cut food into tiny (about to 1/4 inch) cubes.

Drain

To put food and liquid into a strainer (or colander), or to pour liquid out of a pot by keeping the lid slightly away from the edge of the pan pouring away from you.

Fork-tender

Describes the "doneness" of food when a fork can easily penetrate the food.

Flour

To lightly coat a food, utensil, or baking container with flour. Dusting greased baking pans with flour provides for easy removal of cakes, breads, and other baked goods.

Knead

To mix by "pushing" and by folding. Dough is kneaded by pressing down into the dough with the heels of both hands, then pushing away from the body.

Marinate

To allow food to soak in liquid to increase flavor and tenderness.

Mince

To cut food into very small pieces. Minced food is in smaller pieces than chopped food.

Oil

To apply a thin layer of vegetable oil on a dish or pan. Vegetable spray may be used instead.

Sauté

To cook in a small amount of fat or water.

Shred

To rub foods against a grater to divide into small pieces.

Simmer

To cook at a temperature that is just below the boiling point. Bubbles form slowly but do not reach the surface.

Steam

To cook over boiling water. Food is placed on a rack or in a steamer basket over boiling or simmering water in a covered pan.

Stir fry

A method of cooking in which vegetables are fried quickly to a crisp-tender state while stirring constantly.