



GLOSSARY OF FOOD TERMS

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Tested recipes and good measuring techniques help ensure good results when cooking and baking. It's also important to understand the terms used in the instructions of a recipe. Each term has a specific meaning. Understanding these terms and using the correct procedure contribute to the success of the food product. The terms describe techniques to use when working with the ingredients. Some of the most common terms are listed below to help you as you prepare food and learn about food preparation.

BAKE

To cook in an oven or oven-type appliance. Covered or uncovered containers may be used. When applied to meats in uncovered containers, the method generally is called roasting. Common oven temperatures are:

250°F to 275°F	Very slow oven
300°F to 325°F	Slow oven
350°F to 375°F	Moderate oven
400°F to 425°F	Hot oven
450°F to 475°F	Very hot oven
500°F to 525°F	Extremely hot oven

BARBECUE

To roast slowly on a gridiron or spit, over coals, or under free flame or oven electric unit, usually basting with a highly seasoned sauce. Popularly applied to foods cooked in or served with barbecue sauce.

BASTE

To moisten meat or other foods while cooking, in order to add flavor and to prevent drying of the surface. The liquid usually is melted fat, meat drippings, fruit juice, sauce, or water.

BATTER

A mixture of flour and liquid, usually combined with other ingredients, as in baked products. The mixture is of such consistency that it may be stirred with a spoon and is thin enough to pour or drop from a spoon.

BEAT

To make a mixture smooth by introducing air with a brisk, regular motion that lifts the mixture over and over, or with a rotary motion as with an egg beater or electric mixer.

BLANCH

(Precook.) To preheat in boiling water or steam.

(1) Process used to deactivate enzymes and shrink some foods for canning, freezing, or drying.

Vegetables are blanched in boiling water or steam, and fruits in boiling fruit juice, syrup, water, or steam.

(2) Process used to aid in removal of skins from nuts, fruits, and some vegetables.

BLEND

To mix two or more ingredients thoroughly.

BOIL

To cook in water or a liquid consisting mostly of water in which bubbles rise continually and break on the surface. The boiling temperature of water at sea level is 212°F or 100°C.

BRAISE

To cook meat or poultry slowly in a covered utensil in a small amount of liquid or in steam. (Meat may or may not be browned in a small amount of fat before braising.)

BREAD

To coat with crumbs of bread or other food; or to coat with crumbs, then with diluted, slightly beaten egg or evaporated milk, and again with crumbs.

BROIL

To cook by direct heat.

CARAMELIZE

To heat sugar or foods containing sugar until a brown color and characteristic flavor develop.

CHOP

To cut into pieces with a knife or other sharp tool.

CREAM

To soften a solid fat such as shortening or butter with a fork or other utensil, either before or while mixing with another food, usually sugar.

CUT

To divide food materials with a knife or scissors.

CUT IN

To distribute solid fat in dry ingredients by chopping with knives or pastry blender until finely divided.

DICE

To cut into small cubes.

DREDGE

To cover or coat with flour or other fine substances such as bread crumbs or corn meal.

FOLD

To combine by using two motions, one which cuts vertically through the mixture, the other which turns over by sliding the implement across the bottom of the mixing bowl.

FRY

To cook in fat. Applied especially to (1) cooking in a small amount of fat, also called sauté or pan-fry; (2) cooking in a deep layer of fat, also called deep-fat frying.

GRILL

To cook by direct heat. Also a utensil or appliance used for such cooking.

GRIND

To reduce to particles by cutting or crushing.

JULIENNE

To cut into slivers resembling matchsticks.

KNEAD

To manipulate with a pressing motion accompanied by folding and stretching.

MARINATE

To let food stand in a marinade which is a liquid, usually an oil-acid mixture such as French dressing.

MINCE

To cut or chop into very small pieces.

MIX

To combine ingredients in any way that effects a distribution.

PAN-BROIL

To cook uncovered on a hot surface, usually in a fry pan. Fat is poured off as it accumulates.

PAN-FRY

To cook in a small amount of fat. (See **Fry** and **Sauté**.)

PANNING

Method of cooking vegetables in their own juices in a tightly covered pan. A small amount of fat is used to moisten the pan before juices escape.

PARBOIL

To boil until partially cooked. Usually cooking is completed by another method.

PARE

To cut off the outside covering.

PEEL

To strip off the outside covering.

POACH

To cook in a hot liquid, using precautions to retain shape. The temperature used varies with the food.

RECONSTITUTE

To restore concentrated foods such as dry milk or frozen orange juice to their normal state by adding water.

REHYDRATION

To soak, cook, or use other procedures with dehydrated foods to restore water lost during drying.

ROAST

To cook uncovered in hot air. Meat usually is roasted in an oven or over coals, ceramic briquettes, gas flame, or electric coils. The term also applies to foods such as corn or potatoes cooked in hot ashes, under coals, or on heated stones or metal.

SAUTÉ

To brown or cook in a small amount of fat. (See **Fry**.)

SCALD

(1) To heat milk to just below the boiling point, when tiny bubbles form at the edge. (2) To dip certain foods in boiling water. (See **Blanch**.)

SCALLOP

To bake food (usually cut in pieces) with a sauce or other liquid. The food and sauce may be mixed together or arranged in alternate layers in a baking dish, with or without a topping of crumbs.

SEAR

To brown the surface of meat by a short application of intense heat.

SIMMER

To cook in a liquid just below the boiling point, at temperatures of 185 to 210°F (85 to 99°C). Bubbles form slowly and collapse below the surface.

STEAM

To cook in steam with or without pressure. The steam may be applied directly to the food, as in a steamer or pressure cooker.

STEEP

To allow a substance to stand in liquid below the boiling point for the purpose of extracting flavor, color, or other qualities.

STEW

To simmer food in a small amount of liquid.

STIR

To mix food materials with a circular motion for the purpose of blending or securing uniform consistency.

TOAST

To brown by means of dry heat.

WARM

A temperature of 105 to 115°F (40 to 46°C) for liquid or food.

WHIP

To beat rapidly to incorporate air and increase volume. Generally applied to cream, eggs, and gelatin dishes.