

Recipe Terminology

Glossary	Definition
Al Dente	Literally means “to the bite.” Cooking a food item until it is tender, just before it is too soft.
Bake	To cook food in a dry-heat oven.
Baste	To coat food with a liquid, commonly the juices from the food.
Beat	To quickly whisk or stir food with a spoon, fork, metal whisk, or beater.
Blanch	To partially cook food in boiling water.
Braise	To cook food slowly in a small amount of liquid, in the oven or on the stove.
Breading	To coat food in breadcrumbs.
Brine	To place food in heavily salted water solution (like olives).
Broth	Strained clear liquid that once had simmered herbs, vegetables, and meat. Commonly used in soups and sauces.
Brown	To achieve a golden brown color on food.
Butterfly	Splitting food down the middle but keeping the flesh still connected. The result resembles a butterfly.
Carve	To slice or cut meat that is already cooked for consumption.
Cheesecloth	A thin cotton cloth used to wrap meats for cooking, herbs, and used to strain sauces.
Chiffonade	To slice into thin long equal strips.
Chop	To cut into bite-sized pieces.
Coat	To cover food with a layer, often of flour, breadcrumbs, or batters.
Crimp	To press or pinch dough or pastry with your fingers or fork, as when making piecrust.
Crush	To use a mortar and pestle or a rolling pin to smash foods into smaller pieces.
Dice	To cut into small cube shape pieces.
Dissolve	To stir solid food and liquid together until the solid part is gone. Sometimes heat is needed for this to be achieved.
Drizzle	To randomly pour a thin stream of liquid over food.
Dust	To lightly coat a food item.
Filet	A piece of fish or meat that contains no bones.
Flour	To coat food or utensils with flour.
Fold	To use a rubber spatula to gently mix food together by starting from the sides at the top going to the bottom, back up to the top. This is continued until everything is mixed.
Fry	To cook food in a hot cooking oil until a brown crust is achieved.
Grate	To rub food across a grating surface to have small fine pieces.
Grease	To coat an item with a little oil or fat.

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Grind	To cut food into a small pieces using a piece of equipment.
Juice	Extracting the juice from food.
Knead	To press and fold dough with the heels of your hands to make it smooth and elastic.
Marinate	To place food in a marinade for it to soak for a while.
Mince	To chop food into pieces that are so fine that it's difficult to see the cut, as with minced garlic.
Mortar and Pestle	An equipment set that has a bowl (mortar) into which ingredients are placed for the stick (pestle) to crush them.
Parboil	To boil food until it is partially cooked.
Peel	To remove the outer skin of vegetables and fruits.
Poach	To cook food by submerging in a simmering flavored liquid.
Pound	To strike food until flattened to help tenderize it, as with meat or poultry.
Precook	To cook an item before it is used in a recipe.
Preheat	To heat a piece of equipment to a desired temperature before using it.
Proof	The process by which dough is allowed to rise before baking.
Puree	To make a food as smooth as possible using a piece of equipment like a blender.
Reduce	To decrease the volume of a liquid, usually by simmering.
Roast	To cook a large piece of meat in an oven.
Roux	A mixture of flour and fat that has been made into a paste then cooked until the desired brown colour. It is used to thicken sauces and soups.
Sauté	To cook in a hot pan with a little fat while tossing the ingredients.
Sear	To brown food on all sides on high heat.
Shock	To take food that has been blanched, and put it in ice-cold water to stop the cooking process.
Sift	To pass dry ingredients like flour through a sieve to remove the lumps in it and to incorporate air.
Skim	To remove fat or a foam from the top of a liquid.
Slice	To cut a piece of food into thin equal slices.
Steam	To cook food using the steam from boiling water.
Stew	Cooking food in a covered pot for a long period of time in a liquid until tender.
Stir-fry	To cook small pieces of meat quickly in a high heated pan or wok while stirring constantly.
Stock	The strained clear liquid from simmered vegetables, herbs, and the bones of meat and shells of seafood.
Toss	To lightly mix ingredients together.
Whip	To use a whisk to rapidly and lightly beat a food to incorporate air.
Zest	To use a grater or zester to peel the skin of the fruit.