

GLOSSARY OF

COOKING TERMS

BAKE: To cook in an oven at 180°C.

BATTER: A mixture containing flour and liquid thin enough to pour.

BEAT: To mix ingredients together using a fast, circular movement with a spoon, fork, whisk or mixer.

BLANCH: To immerse in rapidly boiling water and cook slightly.

BLEND: To mix ingredients together gently with a spoon, fork, or until combined.

BOIL: To heat a food so that the liquid gets hot enough for bubbles to rise and break the surface.

BROWN: To cook over medium or high heat until the surface of food browns or darkens.

CHOP: To cut into small pieces.

DICE: To cut into small cubes.

DRAIN: To remove all the liquid using a colander, strainer, or by pressing a plate against the food while tilting the container.

GRATE OR SHRED: To scrape food against the holes of a grater making thin pieces.

GREASE: To lightly coat with oil, butter, margarine, or non-stick spray so food does not stick when cooking or baking.

GRILL: To cook on a grill over direct heat. This option on an oven radiates heat downwards only.

JULIENNE: To cut vegetables, fruits, or cheese into thin strips.

KNEAD: To press, fold and stretch dough until it is smooth and uniform, usually done by pressing with the heels of the hands.

MARINATE: To soak food in a liquid to tenderise or add flavour to it (the liquid is called a “marinade”).

MASH: To squash food with a fork, spoon, or masher.

MINCE: To cut into very small pieces, smaller than chopped or diced pieces.

MIX: To stir ingredients together with a spoon, fork, or electric mixer until well combined.

POACH: To cook very gently in hot liquid just below the boiling point.

PREHEAT: To turn oven on ahead of time so that it is at the desired temperature when needed (usually takes about 5 to 10 minutes).

PUREE: To mash foods until perfectly smooth by hand. Rubbing through a sieve, food mill, or by whirling in a blender/food processor will achieve this.

ROAST: To cook by dry heat in an oven at 180°C and above.

SAUTÉ: To cook quickly in a little oil, butter, or margarine.

SEASON: To add salt and pepper to the food to bring out the flavour.

SIMMER: To cook in liquid over low heat (low boil), so that bubbles just begin to break the surface.

SKEWER TEST: For baked goods. Insert a steel or bamboo skewer into the food. If it comes out clean the food is cooked. If batter or crumbs stick to it, it needs to be cooked longer.

STEAM: To cook food over steam without putting the food directly in water (usually done with a steamer).

STIR FRY: To quickly cook small pieces of food over high heat while constantly stirring the food until it is cooked through (usually done with a wok or deep fry pan).¹