

## Recipe Terms and Definitions

### Mixing Terms:

TERM	DEFINITION
1. Beat	To mix with an over and over motion, using a spoon or a beater
2. Blend	To combine thoroughly two or more ingredients
3. Combine	To mix together by stirring two or more ingredients
4. Cream	To blend ingredients until soft and smooth, such as butter with sugar
5. Cut in	To combine shortening and dry ingredients with a pastry blender or two knives
6. Fold in	To combine a delicate mixture, such as beaten egg white or whipped cream, with a more solid material. Insert the edge of a spoon down through the middle of the mixture, slide it across the bottom of the bowl, bring it up with some of the mixture, and fold over on top of the rest. Continue slowly and gently, turning the bowl often, until all is evenly mixed.
7. Knead	To press and fold dough with the hands until it is smooth
8. Mix	To combine two or more ingredients by beating or stirring
9. Sift	To put dry ingredients through a sifter to break up particles and mix thoroughly
10. Stir	To mix with a circular motion of a spoon or other utensil
11. Toss	To mix ingredients lightly
12. Whip	To beat rapidly to incorporate air and make mixture light and fluffy

### Preparation Terms:

TERM	DEFINITION
1. Bread	To cover a food with a coating of crumbs from bread, crackers, or cereal
2. Brush	To spread a liquid coating on a food, using a pastry brush or paper towel
3. Chill	To refrigerate a food until it is completely cold
4. Cool	To lower the temperature of a food, usually to room temperature
5. Dredge	To cover a food with a dry ingredient such as flour or sugar. The food may be rolled in, sprinkled on, or shaken

	in a bag with the dry ingredient
6. Flute	To form a standing edge on pastry, such as pie crust, before baking.
7. Grease	To rub a surface of fat, such as shortening, oil, or butter
8. Marinate	To soak food in a sauce before cooking to make it more tender and flavorful
9. Preheat	To bring a heating unit, such as an oven, to a certain temperature before using it
10. Season	To add salt, pepper, herbs and other seasoning to a food; (cast iron pans and stoneware need to be seasoned with oil before using for the first time)
11. Sift	To put dry ingredients through a sifter or a fine sieve to incorporate air and mix

#### Cooking Terms:

TERM	DEFINITION
1. Bake	To cook with dry heat, usually in a oven
2. Boil	To heat a liquid until bubbles rise constantly to the surface
3. Broil	To cook by direct heat, as in a broiler
4. Fry	To cook in hot fat such as grease
5. Melt	To heat a solid food, such as butter, until it becomes a liquid
6. Roast	To cook meat or poultry in the oven by dry heat
7. Saute	To cook in a small amount of fat
8. Simmer	To cook in liquid that is just below the boiling point
9. Steam	To cook over boiling water

#### Cutting Terms:

TERM	DEFINITION
1. Chop	To cut into small pieces
2. Core	To remove the core of a fruit with a corer or paring knife
3. Cube	To cut into small squares
4. Cut	To divide foods into small pieces with a knife or kitchen scissors
5. Dice	To cut into very small cubes

6. Grate	To break food into small pieces by rubbing it against a grater
7. Grind	To cut by putting food through a food chopper or grinder
8. Julienne	To cut into long, thin strips
9. Mash	To crush food until it becomes smooth, using a potato masher or fork
10. Mince	To cut into very small pieces
11. Pare	To remove a thin layer of skin or peeling from fruits and vegetables
12. Score	To make thin, straight cuts through the outer edge of fat on meat to prevent the meat from curling during cooking
13. Scrape	To rub a vegetable, such as a carrot, with the sharp edge of a knife in order to remove only the outer layer of skin
14. Shred	To tear or cut into thin pieces or strips
15. Slice	To cut food into flat pieces
16. Sliver	To cut into long, thin pieces
17. Trim	To cut away most of the fat from the edges of meat

