

**Preparing for Life and Career © 2013**  
**Chapter 20: Preparing Foods—Glossary**

**al dente.** To cook pasta until it has a slight resistance in the center when chewed.

**ascorbic acid.** The acidic juice in citrus fruits that prevent cut slices from browning.

**batter.** Mixture of ingredients that is liquid enough to be poured into a pan.

**carbon dioxide.** Gas bubbles.

**curdle.** A lump of milk protein.

**dough.** A stiff, thick mixture that cannot be poured.

**egg poacher.** Kitchen tool used to prevent poached eggs from separating.

**egg separator.** A kitchen tool that allows the white part of an egg to slide away as the yolk remains in the cup.

**gelatinization.** The process of starches absorbing very hot liquid, making the product soft and thick.

**hard-cooked eggs.** Eggs cooked in the shell until both the white and yolk are firm.

**knead.** To work dough with your hands.

**leavening agent.** Product that produces carbon dioxide through a chemical reaction with other ingredients, causing the bread or cake to rise.

**rehydrated.** Dried foods that have been restored to their natural state by adding water before cooking.

**scalding.** Heating to just below the boiling point.

**shellfish.** Any fish that live inside shells.

**soft-cooked eggs.** Eggs cooked in the shell until they have a firm white, but a runny yolk.

**starch.** The complex carbohydrate portion of grain plants, such as wheat, corn, barley, oats, or rice.

**stir-frying.** Frying quickly over high heat in a lightly oiled pan while stirring continuously.

**tenderize.** To make tough meats softer by pounding, marinating, or adding powdered tenderizers to the meat.

**translucent.** Something that is clear enough to allow light to pass through, but is not transparent.

**vegetable brush.** Tool with stiff bristles on the end used to remove some dirt from vegetables.

**yeast.** A single-celled organism in the fungi family that causes bread to rise.