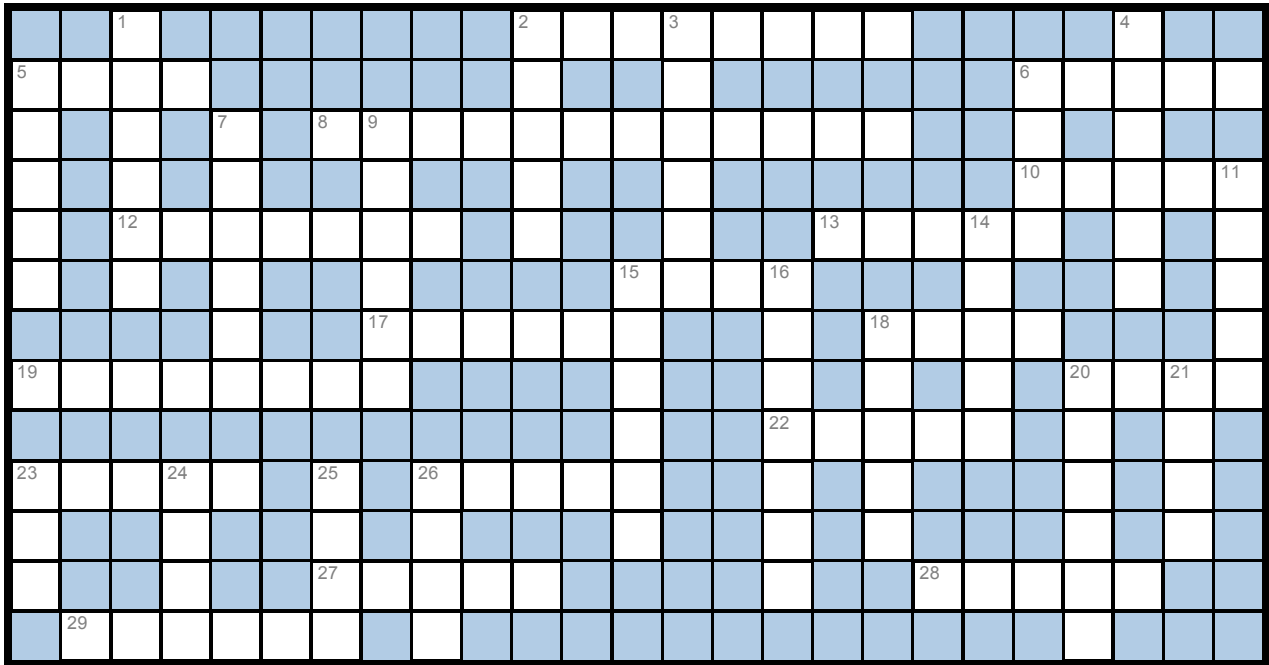


# Adventures in Food and Nutrition! © 2012

## Chapter 10: Recipes: Blueprints for Food

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### Across

2. To roast slowly over hot coals or in an oven and baste with a spicy sauce.
5. To slowly cook small pieces of food in moderate amounts of liquid.
6. To grind or mash food until it becomes smooth and liquid.
8. A shortened form of a word.
10. To bake meat, fish, or poultry uncovered in hot air in an oven or over hot coals.
12. To heat an oven to the cooking temperature before putting food in the oven.
13. To cut food into flat pieces. The pieces may be thick or thin.
15. To beat rapidly with a wire whisk, beater, or mixer in order to make a mixture smooth and fluffy.
17. To remove a very thin layer of outer skin by rubbing it with a knife or vegetable peeler.
18. To cook in hot liquid that has bubbles that rise and break on the surface of the liquid.
19. To cut food into long, thin strips the size of matchsticks.
20. To put dry ingredients through a flour sifter or fine sieve.

### Down

1. A list of ingredients and directions for preparing a food.
2. To mix ingredients until they are very smooth.
3. To put a food in boiling water for a very short time to precook it.
4. To rub lightly with fat or oil.
5. To heat milk just until tiny bubbles form at the edge of the pan.
6. To cut off outer skin with a knife or vegetable peeler.
7. To lower the temperature of a food to its freezing point or below.
9. To cook large pieces of meat or poultry slowly in a liquid.
11. To brown foods using dry heat, usually in an oven or toaster.
14. To put food in the refrigerator to make it cold.
15. A unit of mass.
16. To boil until partly cooked.
18. To make the surface of a food brown by baking, broiling, or toasting it.
20. To cook in liquid that is almost boiling, but is not hot enough to bubble.

22. To cook directly under a very hot heating unit in an oven.
23. To cut food into very small pieces.
26. To cook food gently in simmering liquid.
27. To press and fold a ball of dough with the heels of your hands until the dough is smooth and elastic.
28. To cut food into long, very thin strips using a knife or the large holes of a grater.
29. The space an ingredient occupies.
21. To combine ingredients by sliding a spatula down through a mixture, gently lifting and turning the ingredients until the mixture is blended.
23. To combine ingredients by stirring or beating them.
24. To let heated food come to room temperature.
25. To cook in hot air in an oven.
26. To strip or pull off the outer skin using your fingers or a knife.