

***Adventures in Food and Nutrition! © 2012***  
***Chapter 10: Recipes—Blueprints for Food***

**Tools:**

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- Printer
  - 8.5" x 11" paper
  - Scissors
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**Directions:**

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1. Print
  2. Fold paper in half vertically
  3. Cut along dashed lines
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- 
- 



abbreviation

A shortened form of a word.

- FOLD -

01 of 53 E-Flash Cards



bake

To cook in hot air in an oven.

- FOLD -

02 of 53 E-Flash Cards



barbecue

To roast slowly over hot coals or in an oven and baste with a spicy sauce.

- FOLD -

03 of 53 E-Flash Cards



baste

To moisten foods during baking or roasting with fat, juice, or sauce. Basting adds flavor and keeps the food moist.

- FOLD -

04 of 53 E-Flash Cards

beat

To stir quickly with a spoon, wire whisk, beater, or mixer until ingredients are smooth.

- FOLD -

05 of 53 E-Flash Cards



blanch

To put a food in boiling water for a very short time to precook it.

- FOLD -

06 of 53 E-Flash Cards



blend

To mix ingredients until they are very smooth.

- FOLD -

07 of 53 E-Flash Cards



boil

To cook in hot liquid that has bubbles that rise and break on the surface of the liquid.

- FOLD -

08 of 53 E-Flash Cards

braise

To cook large pieces of meat or poultry slowly in a liquid.

- FOLD -

09 of 53 E-Flash Cards



broil

To cook directly under a very hot heating unit in an oven.

- FOLD -

10 of 53 E-Flash Cards



brown

To make the surface of a food brown by baking, broiling, or toasting it.

- FOLD -

11 of 53 E-Flash Cards



chill

To put food in the refrigerator to make it cold.

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chop

To cut into small, uneven pieces.

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cool

To let heated food come to room temperature.

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cream

To beat sugar and a solid fat, such as butter, together until they are smooth, light, and fluffy.

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cube

To cut food into cubes about 1/2-inch in size.

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cut in

To combine solid fat, such as shortening, with a flour mixture by cutting the fat into tiny pieces with knives or a pastry blender.

- FOLD -

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deep-fry

To cook food by completely immersing it in hot fat. This is also called French frying.

- FOLD -

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drain

To remove liquid from a food by pouring off the liquid or drying the food with paper towels.

- FOLD -

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fold

To combine ingredients by sliding a spatula down through a mixture, gently lifting and turning the ingredients until the mixture is blended.

- FOLD -

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freeze

To lower the temperature of a food to its freezing point or below.

- FOLD -

21 of 53 E-Flash Cards



grate

To cut food into small pieces using the small holes of a grater.

- FOLD -

22 of 53 E-Flash Cards



grease

To rub lightly with fat or oil.

- FOLD -

23 of 53 E-Flash Cards



grind

To crush food into very tiny bits by putting it through a food grinder.

- FOLD -

24 of 53 E-Flash Cards

julienne

To cut food into long, thin strips the size of matchsticks.

- FOLD -

25 of 53 E-Flash Cards



knead

To press and fold a ball of dough with the heels of your hands until the dough is smooth and elastic.

- FOLD -

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mince

To cut food into very small pieces.

- FOLD -

27 of 53 E-Flash Cards



mix

To combine ingredients by stirring or beating them.

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pan-broil

To cook meat in its own fat.

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parboil

To boil until partly cooked.

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pare

To cut off outer skin with a knife or vegetable peeler.

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peel

To strip or pull off the outer skin using your fingers or a knife.

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poach

To cook food gently in simmering liquid.

- FOLD -

33 of 53 E-Flash Cards



preheat

To heat an oven to the cooking temperature before putting food in the oven.

- FOLD -

34 of 53 E-Flash Cards



puree

To grind or mash food until it becomes smooth and liquid.

- FOLD -

35 of 53 E-Flash Cards



recipe

A list of ingredients and directions for preparing a food.

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roast

To bake meat, fish, or poultry uncovered in hot air in an oven or over hot coals.

- FOLD -

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sauté

To brown or cook lightly and quickly in a small amount of hot fat, also called panfrying.

- FOLD -

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scald

To heat milk just until tiny bubbles form at the edge of the pan.

- FOLD -

39 of 53 E-Flash Cards



scrape

To remove a very thin layer of outer skin by rubbing it with a knife or vegetable peeler.

- FOLD -

40 of 53 E-Flash Cards

shred

To cut food into long, very thin strips using a knife or the large holes of a grater.

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sift

To put dry ingredients through a flour sifter or fine sieve.

- FOLD -

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simmer

To cook in liquid that is almost boiling, but is not hot enough to bubble.

- FOLD -

43 of 53 E-Flash Cards



slice

To cut food into flat pieces. The pieces may be thick or thin.

- FOLD -

44 of 53 E-Flash Cards

steam

To cook in a pan using steam that rises from boiling liquid.

- FOLD -

45 of 53 E-Flash Cards



stew

To slowly cook small pieces of food in moderate amounts of liquid.

- FOLD -

46 of 53 E-Flash Cards



stir

To slowly move a spoon in a circle to combine ingredients.

- FOLD -

47 of 53 E-Flash Cards



stir-fry

To cook small pieces of food by stirring quickly in a very small amount of hot fat.

- FOLD -

48 of 53 E-Flash Cards

toast

To brown foods using dry heat,  
usually in an oven or toaster.

- FOLD -

49 of 53 E-Flash Cards



volume

The space an ingredient occupies.

- FOLD -

50 of 53 E-Flash Cards



weight

A unit of mass.

- FOLD -

51 of 53 E-Flash Cards



whip

To beat rapidly with a wire whisk,  
beater, or mixer in order to make a  
mixture smooth and fluffy.

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yield

The number and size of portions a  
recipe will make.

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