

**Adventures in Food and Nutrition! © 2016**  
**Chapter 10: Recipes—Blueprints for Food—Glossary**

**abbreviation.** A shortened form of a word.

**bake.** To cook in hot air in an oven.

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

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

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

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

**blend.** To mix ingredients until they are very smooth.

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

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

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

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

**chill.** To put food in the refrigerator to make it cold.

**chop.** To cut into small, uneven pieces.

**cool.** To let heated food come to room temperature.

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

**cube.** To cut food into cubes about ½-inch in size.

**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.

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

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

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

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

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

**grease.** To rub or spray lightly with fat or oil.

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

**ingredient.** A food used to prepare a dish.

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

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

**mince.** To cut food into very small pieces.

**mix.** To combine ingredients by stirring or beating them.

**pan-broil.** To cook meat in its own fat.

**parboil.** To boil until partly cooked.

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

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

**poach.** To cook food gently in simmering liquid.

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

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

**recipe.** A list of foods and directions for preparing a dish.

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

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

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

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

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

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

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

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

**steam.** To cook in a pan using steam that rises from a small amount of boiling liquid.

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

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

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

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

**volume.** The space an ingredient occupies.

**weight.** A unit of mass.

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

**yield.** The number and size of portions a recipe will make.