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FACS7- Cooking Terms

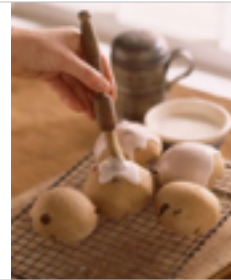
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## Cooking Terms



**To Grate-** rub food over a grater to get fine particles, as in grating cheese.



**To Brush-** to spread a liquid coating on a food using a pastry brush or paper towel.



**To Beat-** to mix with an over-and-over motion using a whisk, fork or electric mixer.



**To Knead-** a folding, pressing and turning motion using the heels of your hands.



**To Boil-** to cook in a liquid, usually water, in which bubbles rise constantly and then break the surface.



**To Simmer-** to cook in a slow steady stream of tiny bubbles.



**To Whip-** to beat rapidly to incorporate air and make light and fluffy.



**To Drain-** to remove excess liquid by placing food in a colander.



**To Roll-** flattening a food usually a dough or pastry with a rolling pin.



**Level-off-** to remove excess of a dry ingredient from a dry measuring cup or measuring spoons.



**To Scramble-** to stir or mix foods gently while cooking, as in eggs.



**To Stir-** use a spoon to make circular or figure eight motions.



**Blend, Mix, Combine-** use a spoon to stir two or more ingredients together thoroughly.



**To Cut-in-** use a pastry blender and a cutting motion to mix a solid fat with dry ingredients.



**To Fry-** to cook in a hot fat.



**To Bake-** to cook in an oven with dry heat.



**To Chop-** cut food into small irregular pieces.



**To Slice-** to cut food into flat thin pieces.



**To Cube-** cut evenly shaped pieces about 1/2 inch on each side.



**To Dice-** cut evenly shaped pieces about 1/4 inch on each side.



**Julienne-** to cut food into long thin strips.



**To Mince-** cut food into pieces that are as small as possible.



**To Steam-** to cook over steam.



**To Preheat-** to set the oven to the desired cooking temperature in advance.



**Mise en Place-** a french phrase that means to “set in place” having all your ingredients prepped, measured, and ready to go before you start cooking.



**To Sift-** to put dry ingredients through a sifter to make into finer particles.



**To Grease-** to rub a fat, shortening or oil on the cooking surface of bakeware to prevent sticking.



**To Peel or To Pare-** to remove the outside covering of a fruit or vegetable.

