

Name _____

FACS7- Cooking Terms

Date _____

Period _____

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.

