![C:\Users\Owner\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2LE5FOMM\MC900282294[1].wmf]()Culinary Terms

From About.com

**Al denté** - Describes foods, especially pasta, cooked only until soft enough to eat, but not overdone. The Italian translation is "*to the teeth*."

**Batter** - The uncooked mixture which is the base for most baked goods. It is usually made from a combination of flour, eggs, and liquid, and is thin enough to be stirred. Batter may also be used to dip foods in before frying or baking.

**Béchamel Sauce** - A white sauce made from butter, flour, and milk.

**Blacken** - A method of cooking in which meat or fish is seasoned with a spicy mixture then fried in a hot skillet until blackened on both sides.

**Blanche** - Blanching is a process in which food is briefly plunged in boiling water for a moment, then immediately transferred to ice water to stop the cooking process. Blanching tomatoes or peaches for about 20 seconds makes them easier to peel.

**Bouillon** - A base for soup and sauces made by cooking vegetables, poultry, meat, or fish in water, then straining. Also known as broth or stock.

**Braise** - Braising involves cooking a food in a little fat to brown--usually on the stove top--then covering and cooking slowly until done. This is particularly suited to less tender cuts of meats.

**Broil** - To cook food directly under or over heat source, usually in the oven under the top broiling element or on the grill.

**Brown** - To cook food quickly at a moderately high heat to brown the surface. May be done on the stove top or under the broiler in the oven.

**Butterfly** - To cut a food down the center, but not quite through, leaving both halves attached. The food is then spread to resemble a butterfly.

**Crush** - To mash food or bruise leaves of fresh herbs to release flavors.

**Cube** - To cut into cubes, about 1/2- to 1-inch. Cube may also mean to tenderize meat with a tenderizing mallet or utensil which makes "cube" imprints.

**Cure** - To preserve food--usually meat or fish--by pickling, smoking, drying, salting, or storing in a brine.

**Cut in** - To incorporate solid fat into dry ingredients using a pastry blender or knives.

**Dash** - Less than 1/8 teaspoon.

**Deep-Fry** - To cook in hot fat which is deep enough to completely cover the food.

**Deglaze** - To add liquid to the pan in which meat or other food was cooked. The liquid--usually broth or wine--is heated to loosen the browned bits left in the pan, and is often used as a base for sauce or gravy.

**Degrease** - To remove melted fat from the surface of liquid, usually by skimming with a spoon, refrigerating to solidify the fat, or by using a cup or pitcher designed to separate the fat from the liquid.

**Dehydrate** - To remove moisture from food by drying it slowly in the oven or in an electric or manual dehydrator.

**Devein** - To remove the vein from the back of shrimp or to remove the interior ribs from peppers.

**Dice** - To cut food into cubes about 1/8- to 3/4-inch in size.

**Dollop** - A spoonful of soft food, such as mashed potatoes or whipped cream. It may also mean a dash or "splash" of soda water, water, or other liquid if referring to liquid.

**Dot** - To scatter bits of an ingredient (usually butter) evenly over the surface of another food.

**Dough** - A mixture of flour, liquid, and other ingredients. Dough is too thick to pour but thick enough to roll out or work with hands.

**Drawn butter** - Also known as clarified butter. Unsalted butter which has been melted and skimmed of milk solids.

**Dredge** - To coat food with a dry mixture (usually seasoned flour or crumbs), either by sprinkling, rolling, or shaking the food in a bag with the flour or other ingredients.

**Drippings** - The juices or liquified fats left in a pan after cooking meat or other food.

**Drizzle** - To pour a thin mixture, such as melted butter or thin icing, over food in a very fine stream.

**Egg Wash** - Egg yolk or white mixed with a small amount of water or liquid then brushed over baked goods to give color and sheen.

**Emulsion** - A mixture of two liquids which do not normally combine well, such as oil and water. Emulsifying is done very slowly, adding one ingredient to the other while mixing rapidly to disperse droplets. Mayonnaise--an uncooked combination of eggs, oil, and vinegar or lemon juice--is one example of an emusion.

**En Croute** - Food baked in a crust.

**Evaporated Milk** - A canned, unsweetened milk is homogenized milk from which 60% of the water has been removed. Whole evaporated milk contains at least 7.9 percent butterfat, while the skim version contains 1/2 percent or less.

**Extract** - Concentrated flavors from various foods, usually derived from distillation or evaporation. Extracts, also called essences, may be solid or liquid.

**Flake** - To use a fork or other utensil to break off pieces or layers of food.

**Flour** - (verb) To lightly sprinkle or coat with flour.

**Flute** - To press a scalloped or decorative design into the edge of a pie crust.

**Fold** - To incorporate a light mixture with a heavy mixture, such as beaten egg whites into batter or custard. The lighter mixture is placed on the heavier mixture, and a spatula is used to gently cut down and through the lighter mixture to the bottom of the bowl then up again. This procedure gently turns the mixtures over on top of each other, and is repeated until the two mixtures are combined.

**French Fry** - To deep-fry food, such as strips of potatoes.

**Fricassee** - To cook or stew pieces of sauteed meat in a sauce, usually with vegetables. Wine is often used as a flavoring.

**Frost** - To apply sugar, frosting, glaze, or icing to fruit, cake, or other food.

**Frosting** - A sugar mixture used on cakes, cookies, pastries, and other baked foods. Also called icing.

**Fry** - To cook food in fat over moderate to high heat.

**Fryer** - A size classification for chicken. A fryer is from 9 to 12 weeks old and weighs from 3 to 4 pounds.

**Glaze** - A thin, glossy coating applied to the surface of a food which. A glaze may also add flavor.

**Grate** - To cut food into small shreds or particles, usually with a food grater.

**Gratin dish** - A shallow baking dish or pan, usually round or oval in shape.

**Gravy** - A sauce made with a base of meat juices combined with liquid and thickener, such as flour. Gravy may also consist of simply meat juices.

**Grease** - (verb) To spread fat (or non-stick cooking spray) on a cooking utensil or pan to prevent food from sticking. To grease and flour means to grease the pan then dust with flour. The flour is sprinkled into the greased pan then the pan is shaken to distribute evenly before inverting and discarding the excess.

**Grill** - To cook on a rack directly over hot coals or other heat source.

**Grind** - To reduce food to small particles, as in ground coffee, ground beef, or ground spices. A variety of instruments may be used, including mortar and pestle, meat grinder, pepper mill, and food processor.

**Half and Half** - A mixture of half cream, half milk. The fat content is between 10 and 12 percent.

**Ham Hock** - The lower portion of a hog's hind leg, usually used to flavor soups, greens, beans, and stews.

**Hard-Ball Stage** - A test for sugar syrup describing the rigid ball formed when a drop of boiling syrup is immersed in cold water.

**Hard-Crack Stage** - A test for sugar syrup describing brittle threads formed when a drop of boiling syrup is immersed in cold water.

**Headspace** - The amount of space to leave at the top of a container to allow for expansion of food when frozen or processed.

**Hollandaise Sauce** - An emulsified sauce made from egg yolks and butter, usually flavored with lemon juice or vinegar.

**Icing** - A sweet mixture used to top or coat baked goods. Icing is another word for frosting.

**Infuse** - To immerse tea, herbs, or other flavoring ingredients in a hot liquid in order to extract flavor.

**Jam** - A thick, cooked mixture of fruit, sugar, and sometimes, added pectin.

**Jell** - To congeal, often with the addition of gelatin.

**Jelly** - A clear, cooked mixture of fruit juice, sugar, and sometimes, added pectin.

**Jigger** - A liquid measure equal to 1 1/2 fluid ounces.

**Julienne** - To cut food into thin, matchstick strips. Julienne strips are usually about 1/8-inch thick, but the length varies.

**Knead** - A technique used to mix and work dough, usually using the hands. Dough is pressed with the heels of the hands, while stretching it out, then folded over itself

**Kosher** - Food prepared according to Jewish dietary laws.

**Lard** - Rendered and clarified pork fat. As a verb, to lard is to insert strips of fat into uncooked lean meat (such as venison) to tenderize and add flavor.

**Leavener** - An ingredient or agent used to lighten the texture and increase volume in baked goods. Baking powder, baking soda, and yeast are common leaveners.

**Macerate** - To soak fruit or other food in liquid in order to soften and flavor it with the liquid.

**Mandoline** - A compact, hand-operated slicing and cutting machine. Mandolines are used to cut fruits and vegetables uniformly.

**Marinade** - A seasoned liquid in which meat or other food is soaked to flavor and tenderize.

**Marinate** - To let food soak in a seasoned liquid in order to flavor and tenderize.

**Masa** - A flour made from dried corn kernels which have been cooked in limewater, then left to soak overnight. The corn is ground while still wet. The dough is used to make corn tortillas.

**Mash** - To crush a food until smooth and evenly textured.

**Mayonnaise** - An emulsified sauce made from oil, egg yolks, and lemon juice.

**Medallion** - A small, round cut of meat, usually pork, veal, or beef.

**Melt** - Heating a food (such as shortening, butter, or chocolate) until it becomes liquid.

**Meringue** - A meringue is a mixture of beaten egg whites and sugar. Meringues are often used as a topping--usually lightly browned in the oven--or baked separately.

**Mince** - To chop food into small pieces, usually 1/8-inch or less.

**Mix** - To blend ingredients.

**Mold** - To form a food into a shape by hand, or by placing or pouring into a decorative container (or "mold") then refrigerating or cooking until firm enough to hold its shape.

**Mornay Sauce** - A basic béchamel sauce to which cheese has been added. It is sometimes varied with the addition of eggs or stock.

**Mousse** - A sweet or savory dish, mousse is usually made with egg whites or whipped cream to give the light, airy texture. In French, the word means "froth" or "foam."

**Mull** - To flavor a beverage, such as cider or wine, by heating it with spices or other flavorings.

**Non-Reactive Pan** - A nonpourous pan which does not produce a chemical reaction when it comes into contact with acidic foods. An aluminum pan is reactive, while stainless steel, glass, and enamel are not.

**Oeuf** - The French word for "egg."

**Pan-Broil** - To broil in a skillet on top of the stove with very little fat. During the cooking, drippings are poured off as they form.

**Parboil** - To boil a food briefly, until partially done. A food might be parboiled before adding it to faster-cooking ingredients to insure all ingredients are evenly cooked.

**Parchment Paper** - A heavy moisture and grease-resistant paper used to line baking pans and wrap foods to be baked.

**Pare** - To cut the skin from a food, usually with a short knife called a paring knife.

**Pasteurize** - To kill bacteria by heating liquids to moderately high temperatures only briefly.

**Pastry Bag** - A cone-shaped bag with openings at both ends. Food is placed into the large opening then squeezed out the small opening which may be fitted with a decorator tip. It has a variety of uses, including decorating cakes and cookies, forming pastries, or piping decorative edgings. Bags may be made of cloth, plastic, or other materials.

**Pastry Blender** - A kitchen utensil with several u-shaped wires attached to a handle. It's used to cut solid fat (like shortening or butter) into flour and other dry ingredients in order to evenly distribute the fat particles.

**Pastry Brush** - A brush used to apply glaze or egg wash to breads and other baked goods either before or after baking.

**Pastry Wheel** - A utensil with a cutting wheel attached to a handle. It's used to mark and cut rolled-out dough, and may have a plain or decorative edge.

**Pectin** - Pectin is a natural substance used to thicken jams, jellies, and preserves. Pectin is naturally present in fruits, but most don't have enough to jell. The alternative is to cook the mixture until it's reduced to the desired consistency. Pectin will only work when combined with a specific balance of sugar and acid.

**Phyllo** - A Greek pastry, phyllo is made up of tissue-thin layers of dough. The dough is used for dishes such as baklava and spanikopita. It can usually be found frozen in supermarkets. Phyllo is sometimes spelled filo.

**Pickle** - To preserve food in a vinegar mixture or seasoned brine. Cucumbers, cauliflower, onions, baby corn, and and watermelon rind are some of the most popular foods to pickle.

**Pinch** - A small amount of a dry ingredient, generally around 1/16 of a teaspoon. It's about as much as can be held between the tip of the thumb and forefinger.

**Pipe** - To squeeze icing or other soft food through a pastry bag to make a design or decorative edible edging.

**Piquant** - A term which generally means a tangy flavor.

**Pit** - To remove the seed or stone of a fruit or berry.

**Poach** - To cook food in liquid, at or just below the boiling point. For eggs, meat, or fish, the liquid is usually water or a seasoned stock; fruit is generally poached in a sugar syrup.

**Preheat** - To allow the oven or pan to get to a specified temperature before adding the food to be cooked.

**Preserve** - To prepare foods for long storage. Some ways to preserve food are drying, refrigeration, freezing, canning, curing, pickling, and smoking.

**Preserves** - A thick cooked mixture of whole or cut up fruit, sugar, and usually pectin.

**Pressure Cooker** - A cooking pot made to cook food under pressure. The pressure cooker has a locking lid and a valve system to regulate the internal pressure. Cooking time may be reduced by as much as 50% without destroying the nutritional value of the food.

**Prick** - To make small holes in the surface of a food, usually using the tines of a fork. Pie crust is usually pricked.

**Proof** - 1) To "prove" yeast is alive by dissolving it in warm water and setting it aside in a warm place for 5 to 10 minutes. If it swells and becomes bubbly, it is alive. 2) Proof is an indication of the amount of alcoholic content in a liquor. In the U.S., proof is twice the percentage of alcohol. If a liquor is labeled 80 proof, it contains 40% alcohol.

**Puff Pastry** - A rich, multilayered French pastry made with butter, flour, eggs, and water. Puff pastry is made by placing chilled butter pats between layers of dough, then rolling the dough, folding it in thirds and letting it rest. The process is repeated several times, producing a dough with hundreds of layers of dough and butter. When baked, the moisture in the butter creates steam, which causes the dough to separate into flaky layers.

**Pulverize** - To reduce to powder or dust by pounding, crushing or grinding.

**Puree** - To blend, process, sieve, or mash a food until it's very smooth and has the consistency of baby food.

**Queso** - The Spanish word for cheese.

**Ramekin** - A small baking dish resembling a soufflé dish, a ramekin usually measures from 3 to 6 inches in diameter and is used for individual servings.

**Reconstitute** - To bring a dried or dehydrated product to its original consistency by adding a liquid.

**Reduce** - To boil a liquid until a portion of it has evaporated. Reducing intensifies the flavor and results in a thicker liquid.

**Render** - To extract the fat from meat by cooking over low heat. Rendered fat is strained of meat particles after cooking.

**Ribbon** - The term describing the texture of egg yolks which have been beaten with sugar. When beaten sufficiently, the mixture forms a thick "ribbon" when the beater is held up over the bowl. The ribbon makes a pattern atop the batter which disappears into the batter after a few seconds.

**Rib** - A single stalk of a bunch of celery, also called a stalk.

**Rice** - (verb) To press cooked food through a utensil called a ricer. The food comes out in "strings" which vaguely resemble rice.

**Rind** - The tough outer peel of a food.

**Roast** - To cook a food in an open pan in the oven, with no added liquid.

**Roaster** - A size classification for a chicken about 5 pounds in weight and from 10 to 20 weeks old.

**Roe** - Fish eggs. Soft roe is from female fish, and hard (white) roe is from male fish.

**Rolling Boil** - A very fast boil that doesn't slow when stirred.

**Rolling Pin** - A cylindrical kitchen utensil with many uses, which include rolling pastry, crushing bread crumbs, and flattening other foods. Though the most common is hardwood, rolling pins may be made from other materials, such as ceramic, marble, metal, and plastic.

**Roux** - A mixture of fat and flour which is blended and cooked slowly over low heat until the desired consistency or color is reached. Roux is used as a base for thickening sauces. See:

**Sauté** - To cook quickly in a pan on top of the stove until the food is browned. Sautéeing is often done in a small, shallow pan called a sauté pan.

**Scald** - To heat a liquid such as milk to just below the boiling point. Scald also means to plunge a food into boiling water to loosen the peel.

**Scallion** - Also known as "green onion,: the scallion is a member of the onion family. The underdeveloped bulb and often part of the green tops are used in dishes.

**Scallop** - 1) A dish cooked in a thick sauce, such as "scalloped potatoes." 2) To form a decorative edging along the raised rim of pie dough or other food. 3) A mollusk with fan-shaped shells. Bay scallops and the larger sea scallops are the types commonly found in supermarkets.

**Scant** - As in "scant teaspoon," not quite full.

**Score** - To cut shallow slashes into a ham or other food, usually for decoration, to allow excess fat to drain, or to help tenderize.

**Sear** - To brown meat quickly over high heat. Meat may be seared under a broiler or in a skillet on top of the stove.

**Seasoned Flour** - Flour with added seasoning, which may include salt, pepper, herbs, paprika, spices, or a combination.

**Shallot** - A bulb related to the onion and garlic. Shallots have a mild onion-like flavor.

**Shirr** - A method of cooking eggs. Whole eggs, covered with cream or milk and sometimes crumbs are typically baked in ramekins or custard cups.

**Shred** - To cut food into narrow strips. A grater or food processor may be used to shred. Well-cooked meat can be shredded with forks.

**Shuck** - To remove the shell or husk, such as from an oyster or ear of corn.

**Sieve** - A mesh or perforated utensil, usually made of metal. Food is pressed or passed through a sieve to remove lumps or strain liquid.

**Sift** - To pass dry ingredients through a mesh sifter. Sifting breaks coarser particles down or keeps them out of the food. It also incorporates air, which makes ingredients lighter.

**Simmer** - To cook liquid at about 185°, or just below a boil. Tiny bubbles just begin to break the surface.

**Size of a Walnut** - Usually referring to butter, equal to about 2 tablespoons.

**Skewer** - A thin, pointed metal or wooden rod onto which chunks of food are threaded, then broiled or grilled.

**Skim** - To remove a substance from the surface of a liquid, usually with a spoon or special utensil. Fat, scum, or foam are skimmed from the surface of liquids.

**Skin** - To remove the skin of a food, such as poultry or fish, before or after cooking.

**Sliver** - To cut a food into thin strips or pieces.

**Soft-Ball Stage** - A test for sugar syrup describing the soft ball formed when a drop of boiling syrup is immersed in cold water.

**Soft-Crack Stage** - A test for sugar syrup describing the hard but pliable threads formed when a drop of boiling syrup is immersed in cold water.

**Soft Peaks** - A term used to describe beaten egg whites or cream. When the beaters are removed, soft peaks curl over and droop rather than stand straight up.

**Soufflé** - A sweet or savory dish in which beaten egg whites are incorporated to make it light and airy.

**Springform Pan** - A round cake pan a little deeper than a standard cake pan. Springform pans have a clamp on the side which releases the sides from the bottom, leaving the cake intact. It's commonly used for cheesecake.

**Steep** - To soak, in order to extract flavor or soften.

**Stew** - (verb) A method of cooking in which food--usually meat and vegetables--is covered with liquid and cooked slowly for a long period of time.

**Stewing Chicken** - A size classification for chicken. A stewing chicken is over 10 months old and weighs from 4 to 6 pounds.

**Stiff Peaks** - A term describing the consistency of beaten egg whites or cream. When the beaters are removed from the mixture, the points will stand up straight.

**Stock** - The strained liquid in which meat, fish, poultry, or vegetables have been cooked. Stock may also be called "broth" or "bouillon."

**Stockpot** - A deep pot with straight sides and handles used to cook stocks.

**Strain** - To pour liquid through strainer or colander to remove solid particles.

**Stuffing** - Also called "dressing," stuffing is typically a breadcrumb mixture used to stuff poultry, meat, vegetables, or fish.

**Tabasco Sauce** - A brand of sauce made from small, hot, red tabasco peppers, vinegar, and salt. Tabasco Sauce is used in a wide variety of dishes.

**Tahini** - A paste of ground sesame seeds and a flavor similar to peanut butter.

**Thicken** - To make a liquid more thick by reducing or adding a roux, starch, or eggs.

**Thin** - To dilute a mixture by adding more liquid.

**Tofu** - A cake made of bean curd, which is made from soybeans. High in protein, tofu is often used as a meat substitute in vegetarian dishes.

**Tortilla** - An unleavened Mexican bread, tortillas are flat and round. They may be made with flour or masa (corn flour).

**Truss** - To hold a food together so it will retain its shape. Poultry and some roasts are often tied with twine or held together with skewers.

**Unmold** - To remove molded food from its container.

**Unsalted Butter** - Butter which contains no salt. Unsalted butter is more perishable than butter with salt.

**Vinaigrette** - An oil and vinegar sauce usually used on salad greens or other vegetables. Vinaigrette may contain other seasonings, shallots, onions, mustard, etc.

**Water Bath** - To place a container of food in a large pan of warm water, which surrounds the food with heat. The water bath is used to cook custards, sauces, and mousses, and may be used to keep food warm.

**Wax Paper or Waxed Paper** - A paper with a thin coating of wax on both sides. Wax paper is moisture proof and almost transparent, often used to cover foods and line baking pans.

**Whey** - The liquid which separates from the solids when cheese is made.

**Whip** - To beat ingredients with a whisk, electric mixer, or other utensil, a process which incorporates air into a mixture and changes the texture.

**Whisk** - (noun) A metal utensil made of looped wires joined at the handle, used to whip foods such as cream and egg whites. (verb) Whipping ingredients with a whisk.

**Wok** - A pan with a round bottom, the wok is used to stir-fry foods.

**Worcestershire Sauce** - A condiment used to season meat, gravy, sauces, and other various dishes. Worcestershire sauce is thin and dark with a piquant flavor, named for Worcester, England, where it was originally bottled. Ingredients usually include vinegar, tamarind, onions, molasses, garlic, soy sauce, lime, anchovies, and seasonings.

**Xanthan Gum** - Xanthan gum is used as a thickener and emulsifier in dairy products, salad dressings, and other foods. It's made from corn sugar.

**Yeast** - Yeast is a living organism which is used in brewing, winemaking, and baking. The carbon dioxide produced by yeasts is what gives champagne and beer their effervescence, and cause bread doughs to rise. Active dry yeast and compressed yeast are the forms most commonly used for leavening. One package (or 1 scant tablespoon) of active dry yeast granules is equal to one cake of compressed fresh yeast.

**Yeast Starter** - Yeast starters were commonly used before yeasts and other leaveners were commercially available. Typically, a mixture of water, flour, and sugar, and sometimes commercial yeast are mixed and allowed to ferment, capturing natural airborne yeasts. When the mixture has fermented, a portion is used in a recipe, and the amount taken is replenished with equal amounts of water and flour. A starter may be replenished and kept going indefinitely. Sourdough bread is one of the most popular breads using this method.

**Yogurt** - Yogurt is milk which has been fermented by keeping it at a temperature of 110 degrees for several hours. The final product is a creamy with a slightly tart taste. Yogurt is available plain, flavored, and frozen.

**Zest** - The thin, brightly colored outer skin of a citrus fruit (not the white part). A citrus zester or paring knife may be used to remove the thin layer, usually in small shreds. Zest adds a nice citrus flavor to dishes and baked goods.

**Zuppa** - Italian word for "soup."

**Zwieback** - Zwieback means "twice baked" in German, and refers to cut up bread which is then cooked in the oven until thoroughly crisped and dry.

Source:

<http://southernfood.about.com/library/info/bld_z.htm>