

# Cooking Terms

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Boil:	To heat a liquid until bubbles break on the surface or to cook in boiling water.
Broil:	To use direct heat to cook.
Coat:	To cover entire surface with a mixture such as flour or bread crumbs.
Core:	Using a sharp knife, remove the core/seeds of a fruit.
Cream:	To stir one or more foods until they are soft.
Crisp-tender:	Describes the "doneness" of vegetables when they are cooked only until tender and remain slightly crisp in texture.
Cut in:	To mix fat into dry ingredients using a pastry blender, fork, or two knives, with as little blending as possible until fat is in small pieces.
Dice:	To cut into small, square-shaped pieces.
Drain:	To put food and liquid into a strainer (or colander), or to pour liquid out of a pot by keeping the lid slightly away from the edge of the pan and pouring away from you.
Flute:	To pinch the edges of dough such as on a pie crust.
Fold:	To mix by turning over and over.
Fork-tender:	Describes the "doneness" of a food when a fork can easily penetrate the food.
Knead:	To mix by "pushing" and by folding.

Marinate:	To allow food to soak in liquid to increase flavor and tenderness.
Mince:	To cut or chop food into small pieces.
Mix:	To combine ingredients using a fork or spoon.
Oil:	To apply a thin layer of vegetable oil on a dish or pan. Vegetable spray may be used instead.
Saute:	To cook in a small amount of fat or water.
Scald:	To heat milk until bubbles appear (bubbles should not be "breaking" on the surface).
Shred:	To rub foods against a grater to divide into small pieces.
Simmer:	To cook at a temperature that is just below the boiling point. Bubbles form slowly but do not reach the surface.
Steam:	To cook over boiling water.
Stir fry:	A method of cooking in which vegetables are fried quickly to a crisp-tender state while stirring constantly.
Stock:	Water in which vegetables or meat has been cooked; Stock water should be stored in the refrigerator.

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