



## Cooking Terms

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<b>Boil:</b>	To heat a liquid until bubbles break on the surface or to cook in boiling water.
<b>Broil:</b>	To use direct heat to cook.
<b>Coat:</b>	To cover entire surface with a mixture such as flour or bread crumbs.
<b>Core:</b>	Using a sharp knife, remove the core/seeds of a fruit.
<b>Cream:</b>	To stir one or more foods until they are soft.
<b>Crisp-tender:</b>	Describes the "doneness" of vegetables when they are cooked only until tender and remain slightly crisp in texture.
<b>Cut in:</b>	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.
<b>Dice:</b>	To cut into small, square-shaped pieces.
<b>Drain:</b>	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.
<b>Flute:</b>	To pinch the edges of dough such as on a pie crust.
<b>Fold:</b>	To mix by turning over and over.
<b>Fork-tender:</b>	Describes the "doneness" of a food when a fork can easily penetrate the food.
<b>Knead:</b>	To mix by "pushing" and by folding.

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

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