

Cooking Terms



1. Bake

To cook by dry heat, usually in an oven.



2. Beat

To make a mixture smooth by lifting it over and over quickly with a big beating stroke or to incorporate air through the mixture. (Usually with an electric mixer or wire whisk.)



3. Blend

To mix two or more ingredients together until well combined.



4. Boil

To cook in water or other liquid in which bubbles rise continually and break on surface.



5. Cream

To work sugar and fat together until the mixture is soft and fluffy.



6. Cut-In

To cut fat into flour with two knives or a pastry blender.



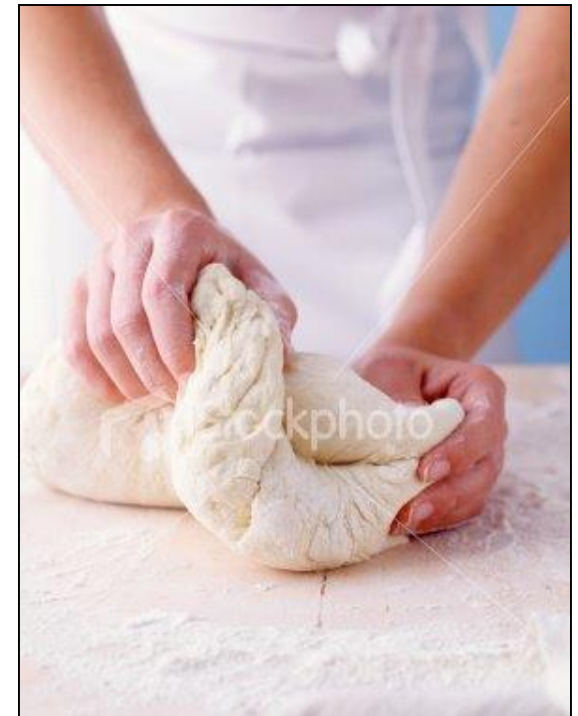
7. Grate

To rub food on a surface with sharp projections.



8. Knead

To work dough by pressing and folding until it becomes elastic and smooth.



9. Mix

To combine ingredients together, usually by stirring.



10. Preheat

To heat an oven prior to using in order to obtain the correct cooking temperature.



11. Sauté

To brown or cook food in a small amount of fat.



12. Simmer

To cook food just below the boiling point.



13. Stir

To mix by using a circular motion, going around and around, until the food is blended together.



14. Whip

To beat rapidly to incorporate air and to increase volume.



Kitchen Equipment



1. Spatula

Used to level off dry ingredients.



2. Turner

Used to turn or flip foods like pancakes.



3. Custard Cup

Used to hold small amounts of ingredients or to crack eggs separately.



4. Mixing Spoon

Used to mix and combine ingredients.



5. Dry Measuring Cups

Used to measure dry ingredients like sugar or flour.



6. Liquid Measuring Cup

Used to measure liquid ingredients like water or oil.



7. Measuring Spoons

Used to measure small amounts of ingredients, liquid or dry.



8. Whisk

Used to whip “liquidy” ingredients to add volume and air.



9. Saucepan

Pan with tall sides used to cook foods like sauce or to boil water.



10. Skillet / Frying Pan

Pan with short/shallow sides used to cook foods like ground hamburger or bacon.



11. Chef's Knife

A large sharp edged knife used to cut food.



12. Paring Knife

A small sharp edged knife used to remove skins from fruit and vegetables.



Knife Skills Video

