

## **GLOSSARY OF COOKING TERMS**

**Fresh Ways with Soups & Stews**

1986 Time-Life Books Inc.

**What's Cooking II**

1993 North American Institute of Modern Cuisine

**Culinary Creations & Wonders**

2009 St. Lucie Council of Catholic Women, Port St Lucie, FL

**Illustrated Library of Cooking**

1972 The Family Circle, Inc.

**The Professional Chef (4<sup>th</sup> Revised Edition)**

1974 The Culinary Institute of America and the Editors of Institutions Magazine

**a la:** According to the style of, such as a la Francaise or according to the French way.

**a la Bourgeoise:** Family style.

**a la Broche:** Cooked on a spit over or in front of an open fire.

**a la Carte:** Foods prepared to order; each dish priced separately.

**a la King:** Foods served in a white cream sauce which contains mushrooms, green peppers and often pimientos.

**a la Mode:** Usually refers to ice cream on top of pie, but may be other dishes served in a special way.

**a la Provencale:** Dishes with garlic and olive oil.

**a la Russe:** The Russian way.

**Al Dente:** Italian culinary term used to describe pasta that is cooked but remains slightly resistant but is soft enough to eat.

**Adjust Seasoning:** To taste the dish before serving to determine the need for salt, herbs or other seasonings.

**Almonds, Roasted:** Whole or slivered almonds lightly browned in the oven.

**Amandine:** Made with or garnished with almonds.

**Ancho Chili Pepper** (also called Mexican chili pepper): the ripened and dried form of the poblano chili pepper. Dark reddish brown and

mild to slightly hot, the ancho is the most commonly used chili in Mexico.

**Arrange:** (1) to place a food decoratively on a serving dish or plate; (2) to lay denser or thicker parts of a food towards the outside of a dish, with thinner parts towards the center, for even cooking.

**Arugula** (also called rocket, roquette and rugula): a peppery-flavored plant with long, leafy stems.

**Aspic:** Clear meat, fish or poultry jelly.

**Au Gratin:** French culinary term defining saucy dishes, sprinkled with bread crumbs or grated cheese, then usually browned under a hot broiler.

**Au Jus:** Served with natural juices or gravy.

**Bain Marie:** Double boiler insert or steam table.

**Baking Powder:** A leavening agent for baking. Baking powder is nothing more than baking soda with some sort of acidic compound (different brands of baking powder use different compounds) already included. The baking soda and the acidic compound won't react together until they are moistened, which causes the two chemicals to mix. So-called "double-acting" baking powder is also activated by the heat of the oven or griddle, and thus has greater leavening powers.

**Baking Soda:** A leavening agent for baking. Baking soda is an alkaline, and when you mix in something acidic, like vinegar, it will release gas.

The key here is that baking soda needs some sort of acid to activate the reaction. So it will work in recipes that include acidic ingredients like buttermilk, sour cream, lemon juice, yogurt and so on. Molasses is also acidic, and so, believe it or not, is honey. So any of these ingredients would activate the baking soda. But if you were to try to substitute baking soda for baking powder in a recipe where no acidic ingredient is present, there will be no release of gas and the dough won't rise.

**Balsamic Vinegar:** a mild, extremely fragrant wine-based vinegar made in Modena, Italy.

**Baste:** to spoon or pour a liquid (cooking juices, wine, oil, etc.) over meat or other food to prevent it from drying out while cooking and to add flavor.

**Batonnet** (also called baton): a vegetable piece that has been cut in the shape of a stick, batonnets are slightly larger than Julienne.

**Bay Scallops:** see Scallops.

**Bean Curd:** see Tofu

**Bean Paste** (also called bean sauce): a thick brown paste made from soybeans, spices and salt.

**Bearnaise:** Name of a sauce derived from Hollandaise sauce. Contains egg yolks, butter, tarragon and seasoning.

**Beating:** Regular lifting and stirring motion to bring mixture to smooth texture and often for the purpose of incorporating air into the mixture.

**Bechamel:** A rich cream sauce or white sauce.

**Beurre Noir:** Butter cooked to a dark brown to which capers and a dash of vinegar are added.

**Bind:** To cause to cohere, unite or hold together, such as bind a croquette mixture. (Often with egg yolks or a liaison.)

**Bisque:** Thick cream soup or puree', usually of shellfish, bivalves and crustaceans.

**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.

**Blanch:** to immerse food briefly in boiling water. Blanching makes thin-skinned fruits and vegetables easier to peel; it can also mellow strong flavors and remove fat and impurities.

**Blend:** to stir, beat, or otherwise combine ingredients to produce a homogenous mixture.

**Blender:** electric utensil used to chop or puree' a food. Usually not recommended for dry foods.

**Bone:** to remove bones from meat, fish or poultry.

**Bordure:** With a Duchesse potato border, used in garnishing.

**Bouquet Garni:** several herbs – the classic three are parsley, thyme and bay leaf – tied together or wrapped in cheesecloth, and used to flavor a soup or stew. The bouquet garni

should be removed and discarded at the end of the cooking time.

**Bourguignonne:** Pertaining to Burgundy wine flavored sauces and a garnish of lardons, mushrooms and pearl onions.

**Braise:** to cook food, previously browned or not, over low heat, in a little liquid in a covered pan.

**Breading:** To roll in bread crumbs or other breading agent before cooking.

**Brine:** Liquid of salt and vinegar for pickling.

**Brioche:** A sweet dough roll of French origin containing yeast and eggs.

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

**Brown:** To cook food in fat, over high heat, until it reaches the desired color. To cook 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.

**Buttermilk:** a tangy, low-fat cultured-milk product that can be used in cooking to replace richer ingredients.

**Calorie (kilocalorie):** a unit of heat measurement used to gauge the amount of energy a food supplies when it is broken down for use in the body.

**Canape':** A small, decorative open-face sandwich served with cocktails.

**Canape':** An appetizer. Always prepared on a base, such as bread, toast or crackers.

**Candying:** Cooking fruit in heavy syrup until transparent; then drain and dry.

**Capon:** Castrated poultry noted for its tenderness and delicate flavor.

**Caramelize:** to heat sugar, or a naturally sugar-rich food such as onion, until the sugar becomes brown and syrupy.

**Cardamom:** the bittersweet dried seeds of a plant in the ginger family. May be used whole or ground.

**Cardinal Sauce:** Bechamel with shrimp or lobster coral and lemon juice.

**Casserole:** a heavy, heat-absorbing pot, ideal for cooking soups or stews slowly. To prevent evaporation of the liquid, the casserole should have a tight lid. Earthenware or glass casseroles should be used only in the oven, never on the stove top.

**Cayenne Pepper:** a fiery powder ground from the seeds and pods of various red chili peppers.

**Celeriac (also called celery root):** the knobby, tuberous root of a plant in the celery family.

**Celery Cabbage:** an elongated cabbage with yellowish green leaves. See also Nappa cabbage.

**Cellophane Noodles** (also called bean-thread noodles, glass noodles, harusame, saifun and transparent noodles): an Asian pasta made from various vegetable starches, most often that of mung beans. Cellophane noodles are available in forms ranging from 1-ounce skeins to 1-pound packages of loose noodles. Before cooking they should be soaked in hot water until they are soft.

**Champignons:** Mushrooms.

**Chantilly Cream:** Vanilla whipped cream.

**Chantilly Sauce:** Hollandaise Sauce with whipped cream.

**Chateaubriand:** Thick double tenderloin steak broiled or sautéed and then sliced.

**Chervil:** a lacy, slightly anise-flavored herb. Because long cooking may kill its flavor, chervil should be added at the last minute.

**Chiffonade:** a leafy vegetable sliced into very thin shreds.

**Chili Peppers:** a variety of hot red or green pepper. Fresh or dried, chili peppers contain volatile oils that can irritate the skin and eyes; they must be handled with extreme care. See also Ancho chili pepper, Jalapeno chili pepper.

**Chinese Five-Spice Powder** (also called five heavenly spices and five fragrant spices): a pungent blend of ground spices, most often fennel seeds, star anise, cloves, cinnamon or

cassia, and Sichuan peppercorns; it should be used sparingly. If five-spice powder is unavailable, substitute a mixture of equal parts ground Sichuan peppercorns, cloves, cinnamon and fennel seeds.

**Chinese Parsley:** see Cilantro.

**Cholesterol:** a waxy, fatlike substance that is manufactured in the human body and is also found in foods of animal origin. Although a certain amount of cholesterol is necessary for proper body functioning, an excess can accumulate in the arteries, contributing to heart disease. See also Monounsaturated fats; Polyunsaturated fats; Saturated fats.

**Chop:** to cut food into small pieces using a knife, blender or food processor.

**Chunks:** Usually bite-size pieces, about one-inch or larger.

**Cilantro** (also called fresh coriander and Chinese parsley): the fresh leaves of the coriander plant; cilantro imparts a lemony, pleasantly pungent flavor to many Latin American, Indian and Asian dishes.

**Clarify:** To make clear, by adding a clarifying agent which removes suspended particles such as in the preparation of consomme'.

**Clarified Butter:** butter which is slowly melted without stirring, skimmed with a spoon, then carefully tipped into another dish, leaving behind a milky residue.

**Cloud-Ear Mushrooms** (also called tree ears, tree fungus, mo-er and wood ears): flavorless lichen used primarily for their crunchy texture

and dark color. Cloud ears expand more than other mushrooms when soaked. See also Mushrooms, dried Asian.

**Coat:** to dip food into, or sprinkle with, cream, sauce, frosting, etc. until food is fully covered.

**Coconut Milk, Unsweetened:** a liquid extracted from fresh or dried coconut meat. Unsweetened coconut milk can be purchased either canned or frozen; because of its high saturated-fat content, it should be used sparingly.

**Consomme':** A strong, clear, sparkling broth clarified and enriched by the addition of lean chopped beef, egg whites and aromates which coagulate and are removed after clarification.

**Cool:** to refrigerate or let stand food at room temperature, until it is no longer warm to the touch.

**Combine:** To mix together two or more ingredients.

**Compote:** A mixture of sweetened, cooked fruits.

**Coriander Seeds:** the earth-tasting seeds of the coriander plant, often used as an ingredient in curries. See also Cilantro.

**Coulis:** a form of thick sauce made from puree'd strained vegetables or fruits. A vegetable coulis is commonly used on meat and vegetable dishes, and it can also be used as a base for soups or other sauces. Fruit coulis are most often used on desserts.

**Couscous:** a fine-grained semolina pasta, traditionally served as a base for the classic North African stew of the same name.

**Cream, To:** to make food soft and smooth by beating with a whisk, spoon or mixer.

**Croquette:** A food product or combination of food products, usually breaded and deep fried.

**Crouton:** (1) a small cube of bread toasted or fried, or (2) a slice of bread, rubbed with seasonings then toasted (often cut into fancy shapes).

**Crudities:** An assortment of raw vegetables , i.e. carrots, broccoli, mushrooms served as an hors d'oeuvre often accompanied by a dip.

**Crumble:** To break between the fingers into small irregular pieces.

**Crystallized Ginger** (also called candied ginger): stems of young ginger preserved with sugar. Crystallized ginger should not be confused with ginger in syrup.

**Cube:** To cut into cubes, about ½ to one-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.

**Curry:** East Indian dish. Was originally a stew. Now referred to with mixing of pungent curry seasoning.

**Curry Powder:** A mixture of powdered spices.

**Cumin:** the seeds of a plant related to caraway. Raw, the seeds add a pleasant bitterness to curry powder and chili powder; toasted, they have a nutty taste.

**Cut In:** To incorporate solid fat into dry ingredients using a pastry blender or knife.

**Dark Sesame Oil:** a dark seasoning oil, high in polyunsaturated fats, that is made from toasted sesame seeds. Because the oil has a low smoking point, it is rarely heated. Dark sesame oil should not be confused or replaced with lighter sesame cooking oils.

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

**Deep-Fry:** to cook food in enough hot oil for the food to float on it.

**Deglaze:** to dissolve the brown particles left in a pan after roasting or sautéing by stirring in a liquid such as wine, stock, water or cream.

**Degrease:** to remove fat from the surface of stock or a cooking 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 a food into small cubes of equal size.

**Dijon Mustard:** a smooth mustard once manufactured only in Dijon, France; it may be

flavored with herbs, green peppercorns or white wine.

**Dilute:** to mix a solid with a liquid, or to mix two liquids, in order to lessen the consistency or the strength of a food.

**Dissolve:** to fully decompose a solid food by mixing with a liquid.

**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.

**Drain:** to remove all liquid from a food, and if necessary, to pat the food dry.

**Drawn Butter:** Melted butter.

**Dredge:** to coat food with a dry ingredient such as seasoned flour, by tossing the food in a bowl or a bag.

**Drippings:** fat and cooking juices rendered by meat or poultry during cooking, often used as the base for a sauce.

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

**Duchesse Potatoes:** Mashed with eggs and squeezed through a pastry tube.

**Dumpling:** (1) Large or small amounts of dough usually dropped into a liquid mixture such as broth, stew or fruit. (2) A fruit or fruit mixture encased in sweet dough and baked.

**Dust:** To cover lightly with flour, confectioner's powdered sugar or other dry ingredient.

**Entree:** The main course of a meal.

**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.

**En Casserole:** Food served in the same dish in which it was baked.

**En Coquille:** In the shell. As with oysters on the half shell.

**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% butterfat, while the skim version contains ½% or less.

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

**Fat:** a basic component of many foods, comprising three types of fat – saturated, monounsaturated and polyunsaturated – in varying proportions. See also Monounsaturated fats; Polyunsaturated fats; Saturated fats.

**Fennel** (also called Florence fennel and finocchio): a vegetable with feathery green

tops and a thick, bulbous stalk. It has a milky, licorice flavor; the tops are used both as a garnish and as a flavoring. Fennel is sometimes incorrectly labeled anise.

**Fennel Seeds:** the aromatic dried seeds from herb fennel, a relative of vegetable fennel; they are used as a licorice-flavored seasoning in many Italian dishes. The seeds are also used in curries and to make Chinese five-spice powder.

**Fermented Black Beans:** soybeans that have been fermented, dried and salted.

**Fillet:** A boneless piece of meat or fish.

**Fish Sauce** (also called nuoc mam and nam pla): a thin, brown, salty liquid made from fermented fish and used in Southeast Asian cooking to bring out the flavors of a dish.

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

**Flambe':** to add alcohol to a dish, then set it alight; flames are either extinguished after 30 seconds by covering the pan, or allowed to extinguish by themselves if not specified in the recipe. This technique is used to add a subtle flavor to a dish or for a spectacular presentation.

**Flank Steak:** A long, fibrous cut of beef which comes from an animal's lower hindquarter. Flank steak is usually tenderized by marinating, then boiled or grilled and cut thinly across the grain.

**Florentine:** Literally, as prepared in Florence. With spinach.

**Flour:** To lightly sprinkle or coat with flour.

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

**Fold:** to delicately blend a fragile food into a heavier mixture without breaking or mashing. To incorporate a light mixture with a heavy mixture, such as beaten egg whites into a 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 at the bottom of the bowl and then up again. This procedure gently turns the mixtures over on top of each other, and is repeated until the two mixtures are combined.

**Food Processor:** a multi-purpose electric utensil with a variety of attachments that can chop, slice, mix, mince, and so on.

**Fricassee:** To cook or stew pieces of sautee'd meat in a sauce, usually with vegetables. Wine is often used as flavoring.

**Frill:** a paper decoration used to cover bone tips of a leg of lamb or poultry.

**Frizzle:** To fry thin slices of meat or other food until the edges curl.

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

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

**Garnish:** To decorate food or the dish on which food is served.

**Ginger:** the spicy, buff-colored, rootlike stem of the ginger plant, used as a seasoning either fresh, or dried and powdered. See also Crystallized Ginger.

**Glaze:** (1) to coat with a glossy mixture; (2) melted mixture of flavored jam or jelly used to coat pastries for a glossy finish.

**Gratinee:** To brown, usually by topping an item with crumbs, cheese, etc.

**Granite':** A mushy, frozen dessert; water rather than milk or cream based.

**Grate:** to reduce food to a fine powder or thin slivers.

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

**Grease:** 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 sources.

**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 mills and food processor.

**Gumbo:** (Soup) Chicken, onions, okra, green peppers and tomatoes.

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

**Harissa:** a fiery-hot North African condiment, based on red chili peppers. Sambal Oelek, an Indonesian chili paste, may be used in its place.

**Herb Bouquet:** a combination of parsley, thyme and bay leaf used in flavoring soups, stews and other dishes. When fresh, the herbs are tied together with string, and removed when the cooking is done. A dried bouquet is wrapped in cheesecloth for easy removal. Other combinations of herbs may also be commercially available.

**Hoisin Sauce** (also called Haisein sauce and Beijing sauce): a thick, dark reddish brown, soybean-based Chinese condiment. Its flavor is at once sweet and spicy.

**Hors d' oeuvre:** Bite-sized appetizers served with cocktails.

**Hot Red-Pepper Sauce:** a hot, unsweetened chili sauce, such as Tabasco sauce.

**Icing Sugar:** confectioner's sugar.

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

**Italian Parsley:** a flat-leaved parsley with a more pronounced flavor than curly-leaved parsley.

**Jalapeno Chili Pepper:** a squat, green, hot chili pepper, essential to a number of Mexican dishes. See also Chili Peppers.

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

**Jicama:** a brown-skinned globular root weighing one to six pounds. Its white flesh is delicately sweet and stays crunchy even after cooking.

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

**Julienne:** to slice into matchstick-size pieces; also the name for the pieces themselves.

**Juniper Berry:** the berry of the juniper tree, used as a key flavoring in gin as well as in pork dishes and sauerkraut. Whole juniper berries should be removed from a dish before it is served.

**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.

**Kneaded Butter:** equal parts of cold butter and flour creamed together.

**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.

**Lemon Grass** (citronella): a long, woody, lemon-flavored stalk that is shaped like a scallion. Lemon grass is available in Asian

markets. To store it, refrigerate it in plastic wrap for up to two weeks or freeze it for as long as three months.

**Lily Buds** (also called golden needles): the dried buds of the day lily, used in Chinese dishes for their tangy, smoky flavor. The buds must be softened by soaking before use.

**Liqueur:** Sweet alcoholic drink usually served after a meal. Liqueurs are usually flavored with aromatic ingredients such as nuts, fruits, flowers or spices, and are frequently used in baked desserts and dessert sauces.

**Macerate:** to soak foods in a liquid; a term usually reserved for fruit soaked in alcohol or liqueur.

**Marengo, a la: Sauteed veal or chicken with mushrooms, tomatoes, olives and olive oil.**

**Marinade:** liquid mixture of a fat element, an acid element and condiments, in which food is soaked to absorb flavor, become more tender or keep longer.

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

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

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

**Medley:** a mixture of diced vegetables and/or fruit.

**Melon Baller:** utensil designed to shape vegetables and fruit into small, decorative balls.

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

**Meringue:** Stiffly beaten mixture of sugar and egg white.

**Meuniere:** Dredged with flour and saute'ed in butter.

**Mexican Oregano:** any of several Mexican varieties of a pungent herb unrelated botanically to the Mediterranean species.

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

**Mirin:** a sweetened Japanese cooking wine that is made from rice. If mirin is unavailable, substitute white wine or sake' mixed with a little sugar.

**Mix:** To blend ingredients.

**Mixer:** a utensil designed to beat, knead or mix ingredients to a smooth consistency.

**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.

**Monounsaturated Fat:** one of the three components of food fat. Monounsaturated fats are believed not to raise the level of cholesterol in the blood. Some oils high in mono-unsaturated fats – olive oil, for example – may even lower the cholesterol level.

**Mousse:** A sweet or savory dish, made with egg whites or whipped cream to give the light, airy texture.

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

**Mushrooms, Dried Asian:** any of several fungi often used in Asian cooking. Before use, dried Asian mushrooms must be covered with boiling water and soaked for at least 20 minutes, then trimmed of their woody stems. To convert the mushroom-soaking liquid into a flavoring agent, let the sand settle out, then pour off and reserve the clear liquid. See also Cloud-Ear Mushrooms; Shitake Mushrooms.

**Nappa Cabbage** (also called Chinese cabbage): an elongated cabbage resembling Romaine lettuce, with long, broad ribs and crinkled, light-green to white leaves. Often confused with celery cabbage, which is more elongated and has broader-ribbed leaves.

**Nonreactive Pan:** a cooking vessel whose surface does not react with the acids in food. The surface may be stainless steel, enamel, glass or an alloy. Untreated cast iron and aluminum may react with acids, producing discoloration or a peculiar taste.

**Okra:** the green pods of a plant indigenous to Africa, where it is called gumbo. In stews, okra is prized for its thickening properties.

**Olive Oil:** any of various grades of cooking oil extracted from olives. Extra virgin olive oil has a full, fruity flavor and the lowest acidity. Virgin olive oil is slightly higher in acidity. Pure olive oil, a processed blend of olive oils, has the highest acidity.

**Orzo:** a rice shaped pasta made of semolina.



**Panbroil:** To cook in a skillet with a very small amount of fat; drippings are usually poured off as they accumulate.

**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.

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

**Pasteurize:** To kill bacteria by liquids to moderately high temperatures only briefly. French scientist Louis Pasteur discovered the solution while he was researching the cause of beer and wine spoilage.

**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 edging. 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.

**Pilaf:** Rice cooked in a savory broth, often with small bits of meat or vegetables, herbs and spices.

**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 tangy flavor.

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

**Poach:** to cook a food in barely simmering liquid.

**Polyunsaturated Fat:** one of the three types of fat found in foods, existing in abundance in such vegetable oils as safflower, sunflower, corn and soybean. Polyunsaturated fats actually lower the level of cholesterol in the blood.

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

**Prepare:** to remove all fat, gristle and other unnecessary parts of meat, poultry or fish prior to cooking.

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

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

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

**Punch Down:** to deflate risen dough by pushing it down with the fist.

**Puree':** to reduce food to a smooth consistency by forcing it through a sieve or a food mill, or by processing it in a blender or food processor.

**Ramekin:** small ovenproof dish – sometimes called a custard cup – in which individual servings can be cooked.

**Recommended Dietary Allowance (RDA):** the average daily amount of an essential nutrient as determined for groups of healthy people of various ages by the National Research Council.

**Reduce:** to boil down a liquid in order to concentrate the flavor or thicken its consistency.

**Refresh:** To run cold water over food that has been parboiled, to stop the cooking process quickly.

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

**Rice:** To press through a sieve.

**Rice Vinegar:** a mild, fragrant vinegar that is less sweet than cider vinegar and not as harsh as distilled white vinegar. Japanese rice vinegar is milder than the Chinese variety.

**Roast:** to cook food in an open pan in the oven, with no added liquid.

**Roll-Cut:** to slice a cylindrical vegetable, such as a carrot or an asparagus stalk, by rolling it a quarter of a turn between diagonal slices. The decorative pieces that result offer increased surface area for seasonings.

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

**Roux:** French culinary term defining a mixture of flour and butter, browned over moderate heat, and used to thicken sauces.

**Rutabaga:** a cruciferous root vegetable that resembles a large turnip but has reddish brown skin and yellow flesh.

**Safflower Oil:** vegetable oil that contains the highest proportion of polyunsaturated fats.

**Saffron:** the dried, yellowish red stigmas (or threads) of the flower of *Crocus sativus*; they yield a slightly bitter flavor and a brilliant yellow color. Powdered saffron may be substituted for the threads, but it is less flavorful.

**Saturated Fats:** one of the three components of food fat. Found in abundance in animal products and in coconut and palm oils, saturated fats raise the level of cholesterol in the blood. Because a high blood-cholesterol level is a risk factor for heart disease, saturated-fat consumption should be held to less than 10 percent of the calories in a daily diet.

**Saute':** to brown a food in oil, butter or a mixture of both, in order to seal in the juices.

**Savoy Cabbage:** a variety of head cabbage with a mild flavor and crisp, crinkly leaves.

**Scald:** To heat a liquid almost to boiling, until bubbles form around the edge of the pan.

**Scallion** (also called green onion and spring onion): a slender member of the onion family, with a white base supporting elongated green leaves.

**Scallop:** a bivalve mollusk. The cylindrical adductor muscle of the animal is the part usually eaten by Americans, although the orange roe is edible too. The bay scallop, harvested from Cape Cod to Cape Hatteras, measures about ½ inch in diameter. The smaller calico scallop, sometimes mislabeled "bay scallop", is found from the Carolinas to Brazil. Sea scallops measure up to 2-1/2 inches in diameter.

**Score:** To cut shallow slashes into ham or other food, to allow excess fat to drain, or to help tenderize.

**Scrape:** To remove vegetable peeling by scraping with a knife.

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

**Seed:** to remove seeds.

**Sesame Oil:** see Dark Sesame Oil.

**Sesame Seeds:** pale, hulled or unhulled seeds that are a good source of calcium. To toast sesame seeds, cook them in a dry skillet over low heat, stirring or shaking the pan gently to prevent burning, until the seeds are golden.

**Shallots:** of the "shallot" family, two varieties are (1) the green onion, a young or spring onion with a small white bulb and long green stem; and, (2) the French (dry) shallot, a small dried onion with a reddish-brown skin that has a slight garlic taste. In recipes specifying only "shallot", choose either variety according to preference.

**Shank** (veal, beef or lamb): the shin portion of the animal's leg.

**Shirr:** To cook whole eggs in ramekins with cream and crumbs.

**Shitake Mushrooms:** a variety of mushroom, originally cultivated only in Japan, that is sold fresh or dried. The dried form should be soaked and stemmed before use. See also Mushrooms, Dried Asian.

**Shortening:** The fat used to make cakes, pastries, cookies and breads flaky and tender.

**Shred:** to cut food into slivers.

**Sichuan Pepper** (also called Chinese pepper, Japanese pepper and anise pepper): the dried berry of a shrub native to China. Its flavor is tart, aromatic and less piquant than that of black pepper. To toast Sichuan peppercorns, cook them in a dry skillet over low heat, gently shaking the pan to prevent burning, until the peppercorns are fragrant.

**Sift:** To pass dry ingredients through a mesh sifter. Incorporates air, which makes food lighter.

**Simmer:** to cook a liquid or sauce just below its boiling point so that the liquid's surface barely trembles.

**Skim:** to remove fat or scum from the surface of a liquid using a spoon.

**Skin:** to remove the skin of poultry or fish prior to cooking.

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

**Snow Peas:** flat green pea pods that are eaten whole, with only the stems and strings removed.

**Soak:** To let stand in liquid.

**Sodium:** a nutrient essential to maintaining the proper balance of fluids in the body. In most diets, a major source of the element is table salt, containing 40 percent sodium. Excess sodium may cause high blood pressure, which is a contributor to heart disease. One teaspoon of salt, with 2,132 milligrams of sodium, contains about two thirds of the maximum "safe and adequate" daily sodium intake recommended by the National Research Council.

**Soy Sauce:** a savory, salty brown liquid made from fermented soybeans, available in both light- and dark-colored variations. One tablespoon of regular soy sauce contains 1,030 milligrams of sodium; lower-sodium variations may contain half that amount.

**Steam:** To cook, covered, over a small amount of boiling water so that the steam circulates freely around the food, making it tender.

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

**Stew:** To cook, covered, in boiling liquid.

**Stir-Fry:** to cook foods in a skillet or wok, tossing or stirring quickly.

**Stock:** a savory liquid made by simmering aromatic vegetables, herbs and spices – and usually meat, bones and trimmings – in water. Stock forms a flavor-rich base for soups and stews.

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

**Sweet Chili Sauce:** any of a group of Asian sauces containing chilies, vinegar, garlic, sugar and salt. The sauce may be used as a condiment to accompany meats, poultry or fish, or it may be included as an ingredient in a dish.

**Tamarind** (also called Indian date): the pulp surrounding the seeds of the tamarind plant, yielding a juice that is considerably more sour than lemon juice. Grown and used throughout Asia, tamarind is available fresh, in pod form, in bricks or as concentrate.

**Tender-Crisp:** doneness of vegetables that are cooked enough to be tender on the surface but crisp in the middle.

**Thicken:** to give a liquid more body by blending in beaten egg, kneaded butter or cornstarch, stirring constantly to keep it smooth.

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

**Tofu** (also called bean curd): a dense, custard-like soybean product with a mild flavor. It is rich in protein, relatively low in calories and free of cholesterol.

**Toss:** (1) to mix foods lightly, using spoons or forks in a lifting motion; (2) to turn over food in a pan by flipping the food into the air.

**Tomatillo:** a small, tart, green, tomato-like fruit vegetable that is used frequently in Mexican dishes. It is covered with an inedible, loose, papery husk.

**Toss:** To mix as for a salad by gently turning ingredients over and over in a bowl, either with the hands or with a large fork or spoon.

**Total Fat:** an individual's daily intake of polyunsaturated, monounsaturated and saturated fats. Nutritionists recommend that fat constitute no more than 30 percent of the calories in a diet. The term as applied refers to the combined fats in a given dish or food.

**Truss:** to secure poultry with string or with small skewers, either to hold its shape while cooking or to seal in stuffing.

**Veal Breast:** the flavorful breast portion of a calf. Veal breast contains gelatinous material that melts during long simmering, lending body to its cooking liquid.

**Virgin Olive Oil:** see Olive Oil.

**Water Chestnut:** the walnut-size tuber of an aquatic Asian plant, with rough brown skin and sweet, crisp white flesh. Fresh water chestnuts may be refrigerated for up to two weeks; they must be peeled before use. To store canned

water chestnuts, first blanch or rinse them, then refrigerate them for as long as three weeks in fresh water changed daily. A crisp, mild vegetable such as jicama or Jerusalem artichoke makes an acceptable substitute.

**Waterbath:** To place a container of food in a large pan of warm water, which surrounds the food with heat.

**Well:** a cavity made in flour to pour in liquid ingredients.

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

**White Pepper:** a powder ground from the same dried berry as that used to make black pepper,

but with the berry's outer shell removed before grinding, resulting in a milder flavor. Ground white pepper is used as a less visible alternative to black pepper in light-colored foods.

**Zest:** the flavorful outermost layer of citrus-fruit rind, cut or grated free of the bitter white pith that lies beneath it.