

## Glossary of Cooking Terms

<b>Bake</b>	To cook by dry heat, usually in the oven.
<b>Beat</b>	To mix foods thoroughly to a smooth consistency using a spoon, fork, whisk, or electric beater/mixer.
<b>Blanch</b>	To cook a food in boiling water for a few minutes and then plunge into cold or ice water to stop cooking further. Blanching seals in color and juices and helps to remove skin or peels. Most vegetables should be blanched before being frozen.
<b>Blend</b>	To combine two or more ingredients by hand, with a blender, or by using an electric mixer.
<b>Boil</b>	To heat a liquid until many bubbles appear on the surface. A full or rapid boil is when the bubbles appear very quickly or appear as rapidly churning bubbles.
<b>Broil</b>	To broil is to cook food (usually meat and veggies) directly under a heat source. For example, you can broil food in a traditional oven or in a toaster oven, on the broil setting. Food turns brown and crispy on the outside and cooks quickly.
<b>Broth</b>	A clear, flavorful liquid made by simmering meat, vegetables, herbs, and other ingredients. Broth is generally seasoned, whereas stock is not.
<b>Brown</b>	To quickly cook a food (usually meat) on the outside only. Browning creates appetizing aromas and flavors and makes meat a more appealing color.
<b>Chill</b>	To place food inside of the refrigerator until it gets cold.
<b>Chop</b>	To cut into small pieces about 1/2 inch in size.
<b>Cored</b>	When a recipe calls for a fruit to be “cored,” it means to remove the center or “core” of the fruit which often has seeds or a pit.
<b>Cream</b>	To blend butter with another ingredient, like sugar, until the mixture is smooth and creamy. To cream fats (such as butter), the fat needs to be at room temperature.
<b>Cube</b>	To cut a food into small cube shapes, usually the size of a 1/2 to 1 inch cube.
<b>Dash</b>	A small amount of dry spices or seasonings. Approximately 1/8 teaspoon.
<b>Deep fry</b>	To cook by immersing food in hot fat.

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<b>Dice</b>	To cut foods into very small pieces of uniform shape and size, about 1/4 inch.
<b>Dilute</b>	To thin a liquid or reduce the intensity of flavor by adding liquid.
<b>Dissolve</b>	To cause a dry substance (like salt) to mix completely with liquid.
<b>Divided</b>	When a recipe calls for an ingredient to be divided, it means that you will use the ingredient more than once in a recipe. Read ahead in the cooking steps to find the measurements you will need.
<b>Drain</b>	To remove the liquid out of a food that you are cooking. A strainer or colander can be used to drain liquid from a food.
<b>Flip</b>	To cook something on one side and then the other, such as pancakes.
<b>Fold</b>	To gently mix a lighter delicate ingredient, like beaten egg whites, into a heavier one, like batter, without releasing air bubbles. Best done with a rubber spatula and an over-and-under turning technique, rather than traditional stirring.
<b>Fry</b>	To cook in hot fat. To cook in a pan with a very small amount of fat is called pan-frying or sautéing; to cook in a 1-2 inch layer of hot fat is called shallow-fat frying; to cook in a deep layer of hot fat is called deep-fat frying.
<b>Garnish</b>	To decorate food with other food items such as herbs like parsley or dill, lemon slices, or vegetables.
<b>Grate</b>	To cut either a soft food such as cheese or a hard food such as carrots into small pieces using a metal tool with small holes called a grater, or by using an electric food processor on the “grate” setting.
<b>Grease</b>	To cover the inside of a pan or dish with fat to prevent food from sticking.
<b>Grill</b>	To cook food on a barbecue grill, stovetop grill, or hibachi grill. This cooking process uses flames to cook the food with high heat.
<b>Grind</b>	To process solids by hand or mechanically to reduce them to tiny particles; typically uses a machine like a food processor or coffee grinder, or a tool such as a mortar and pestle.
<b>Herbs</b>	Any green or leafy part of a plant used for flavoring a recipe, but not used as the main ingredient. Basil, parsley, rosemary, thyme, and dill are all herbs.
<b>Ice bath</b>	A bowl with water and ice cubes used to chill food very quickly.
<b>Julienne</b>	To cut food into long thin strips resembling matchsticks. Most commonly used for vegetables.

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<b>Knead</b>	To work and press dough with the palms of the hands or mechanically to develop the gluten in the flour. Kneading is what gives bread its texture and structure.
<b>Let stand</b>	To let a food cool or set at room temperature before cutting or serving it.
<b>Lukewarm</b>	A medium temperature that doesn't feel either hot or cold to the touch, approximately body temperature.
<b>Marinate</b>	To place food such as meat, chicken, fish, or vegetables in a seasoned liquid in order to give the food additional flavor before cooking.
<b>Measure</b>	Measuring cups and spoons are important for recipes. Pour dry ingredients into measuring cups or spoons and level off with a flat knife so the amount is just right. Use a liquid measuring cup for liquids. This is often a 1 or 2 cup sized clear glass or plastic container with measurements marked on the side.
<b>Mince</b>	To chop a food finely. For example, mincing an onion means to first chop the onion and then cut it even smaller by rocking the knife back and forth and across the food until the pieces are tiny. This process can be done by hand or by using an electric food processor.
<b>Mix</b>	To stir or put together more than one ingredient. This can be done by hand with a spoon or by using an electric mixer.
<b>Pan-fry</b>	To cook in small amounts of fat.
<b>Pare</b>	To cut the skin off a fruit or vegetable with a small knife, to ensure you lose as little of the flesh as possible.
<b>Peel</b>	To take off the outer covering of a food such as an apple. A "peeler" is a kitchen tool that helps with this task. If you use a knife instead, always peel away from your body to avoid cutting yourself.
<b>Pinch</b>	A pinch is a very small amount of an ingredient that is measured between your thumb and index fingers. Approximately 1/16 teaspoon.
<b>Puree</b>	To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.
<b>Reduce</b>	To thicken and intensify the flavor of a liquid by boiling it until the liquid reduces in volume, so the flavor is concentrated. The reduced liquid is called a reduction.
<b>Reserve</b>	To reserve is to temporarily set something aside. For example, sometimes recipes will have you reserve liquid ingredients to add to the recipe later.
<b>Roast</b>	To cook by dry heat in an oven.

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<b>Sauté</b>	To fry lightly with a small amount of butter or oil in a hot pan. This technique is used to cook foods like vegetables, meat, and seafood very quickly, turning the food often while it cooks.
<b>Sear</b>	To brown meat over a high temperature very quickly.
<b>Season</b>	To improve the taste of foods by adding salt, pepper, spices, and other flavors.
<b>Seeded</b>	To remove all of the seeds before cooking or eating.
<b>Shred</b>	To cut or tear in small, long narrow pieces.
<b>Sift</b>	To sift is to put dry ingredients through a kitchen tool called a “sifter” in order to remove lumps and to make dry ingredients lighter.
<b>Simmer</b>	To boil liquid ingredients very gently at a lower temperature so that only tiny bubbles come to the surface.
<b>Slice</b>	To cut large ingredients into similarly shaped flat pieces. Slices can be thin or thick, and the recipe will direct you accordingly.
<b>Spices</b>	Any dried part of a plant, other than the leaves, used to season and flavor a recipe, but not used as the main ingredient. Dried bark, roots, berries, seeds, twigs, or anything else that is not the green leafy part, is considered a spice.
<b>Steam</b>	To cook food over boiling water using a “steamer” basket that is placed inside a pot or by cooking food in a small amount of boiling water.
<b>Steep</b>	To stand a food in water that is just below boiling point to allow the flavors to emerge.
<b>Stir</b>	To mix ingredients in a rotating motion in a bowl by using a spoon or whisk.
<b>Stir-fry</b>	To cook over high heat with a small amount of oil while constantly tossing in a pan or wok. Food is usually cut in small pieces to ensure quick cooking.
<b>To taste</b>	To add salt, pepper, or herbs (the amount is up to the cook) to give the food more flavor.
<b>Toss</b>	To combine ingredients with a lifting motion.
<b>Whip</b>	To beat ingredients at a high speed by hand or with an electric mixer in order to make the mixture lighter.
<b>Whisk</b>	To beat ingredients with a kitchen tool called a “whisk” or a fork in order to make sure the food is well mixed and making the mixture light and airy.