Glossary of Terms

Basting – A method of moistening food with liquid while it is cooking.

Beating – To stir vigorously.

Blanching -– This technique cooks fruits and vegetables by briefly boiling them. Blanching is often followed by then shocking the food in ice water to retain color and crispness.

Breading – A method of coating food with a mixture of flour, egg, crumbs and seasonings.

Boiling – Cooking food in hot water. The “boiling point” is 212 o Fahrenheit or 100 o Celsius.

Brushing – A method of lightly moistening food with liquid before it is cooked utilizing a pastry brush. Typically to coat baked goods with butter, milk or egg.

Bulb Baster – A kitchen tool used to form a vacuum so as to draw liquid into the bulb, which is then expelled over the food when basting.

Creaming – The process of beating ingredients into a creamy consistency to incorporate evenly distributed air bubbles, which in turn helps dough rise evenly. Commonly, but not exclusively, involves butter and white sugar.

Cutting In – The process of mixing solid fat and flour to create pastry dough by making a cutting motion, either by hand, using two butter knives or a pastry blender.

Dredging – A method for coating food that involves rolling food in flour, crumbs or sugar to coat it evenly, which helps prevent food from sticking to a cooking surface. Dredging also forms a crisp golden crust that seals in moisture.

Egg Wash – An egg yolk or egg white mixed with a small amount of water or milk that is brushed over breads, pastry and other baked goods before baking to give them color and gloss.

Folding – A gentle process of mixing two ingredients with different densities.

Food Processor – An electric kitchen appliance that uses interchangeable blades and disks instead of a fixed blade to slice, chop, puree, etc., solid or semi-solid foods using little or no liquid.

Grating – Reducing food into small particles by rubbing against a surface with sharp-edged openings.

Kneading – The process of folding, pressing and stretching to mix and work yeast dough ingredients into a uniform, elastic mass.

Ladle – A spoon-like serving device with a large bowl at the end that is designed for liquids.

Marinating – A coating technique that soaks food in liquid (called a marinade) to flavor and tenderize

Microplane Grater – or zester. A tool that creates small pieces from the skins of citrus fruits.

Mise en place – Refers to being organized in the kitchen. A French term that translates to “everything in its place” (be prepared).

Pan-frying – Cooking with a small amount of hot fat or oil in a frying pan, resulting in food that’s crisp on the outside, moist on the inside.

Pastry Brush – A cooking utensil typically used to coat baked goods with butter, milk, egg, oil or glaze on food.

Peeling – The means of stripping away the skin or the outside of food.

Pith – The bitter-tasting material between the skin and the fruit of oranges, lemons and limes.

Scoring – The process of cutting a small cross in the skin of a fruit or vegetable prior to blanching.

Shaving – The process of cutting food into thin slices or slivers.

Shocking – Taking a piece of fruit or a vegetable out of boiling water and placing it right into ice water so as to more easily remove the skin.

Shredding – A technique similar to grating that tears food into narrow, long pieces.

Spatula – A kitchen utensil with a long handle and a broad, flat edge commonly used in folding.

Stirring – The process of continuously moving one’s hand or an implement, to cool, mix, agitate or dissolve the component parts in a recipe.

Straight Peeler – A kitchen tool with a pointed tip and a blade than runs parallel to the handle; used to remove skins and cut away imperfections from the surface of fruits and vegetables.

Tossing – A preparation technique intended to both mix often fragile ingredients together, while coating them with a dressing.

Whipping – The process of mixing food with a rapid, sweeping stroke, using either a hand mixer, or a whisk.

Whisk – A long, narrow handled cooking utensil with a series of wire loops that are joined at the end; used to blend ingredients.

Y–Peeler – A kitchen tool with a blade that runs perpendicular to the handle; used to remove skin from fruits and vegetables.

Yeast – A microbe used for baking and fermentation; it produces carbon dioxide that creates bubbles.

Zesting – A special type of grating that creates small pieces from the skins of citrus fruits.