



Cooking Terms

bake - to cook in an oven

beat - to mix fast with beater or spoon

blend - to mix ingredients until smooth

boil - to cook until liquid bubbles

chill - to place in refrigerator to lower temperature of food

chop - to cut into small pieces

coat - to cover a food completely, usually with flour

combine - to mix the ingredients

cream - to beat until soft and fluffy

cube - to cut food into small pieces with six sides

cut in - to mix shortening with dry ingredients, using two knives

dice - to cut food into very small pieces, about the same size

dot - to place small pieces of one food on top of another

drain - pour off liquid or allow to run through holes in colander

firmly packed - pack into measuring cup for correct amount

freeze - place in freezer until set

fry - to cook in hot shortening or oil

grate - to break into fine pieces by rubbing on a grater

grease - to rub pan or utensil with shortening to prevent sticking

knead - to fold and press down with hands

melt - to heat until solid becomes liquid

mince - cut into tiny pieces

pare or peel - to remove outer skin

pinch - very small amount of an ingredient like salt, that can be held between the index finger and thumb

shred - to cut into thin strips

shortening - fats including butter, margarine, lard, and vegetable oil

sift - to shake dry ingredients through a sieve

simmer - to cook over low heat until food barely bubbles

stir - to mix slowly with a spoon or fork

whip - to beat very fast

