

Cutting Terms	Definition
<i>Chop and Mince</i>	Chopping means to cut foods into small irregular pieces. To mince is to chop finely. Use a chef's knife for both tasks. Hold the knife handle with one hand, pressing the top against the cutting board. Guide the blade by resting the other hand lightly on the back of the blade, rocking up and down carefully, keeping the tip of the blade on the board as the blade cuts the food.
<i>Cube and Dice</i>	To cut foods into small, square pieces. Cubed pieces are about ½ inch squares and diced pieces are 1/8 to ¼ inch squares.
<i>Pare</i>	To cut off a very thin layer of peel with a paring knife or peeler.
<i>Peel</i>	To pull off the rind or outer covering of certain fruits and vegetables.
<i>Score</i>	To make straight, shallow cuts with a knife in the surface of a food.
<i>Slice</i>	To cut food into large, thin pieces with a knife using a sawing motion while pressing the knife down gently.
<i>Crush</i>	To pulverize food into crumbs, powder, or paste with a rolling pin, blender, or food processor.
<i>Flake</i>	To break or tear off small layers of food, often cooked fish, with a fork.
<i>Grate and Shred</i>	To cut food, such as cheese or carrots, into smaller pieces or shreds by pressing and rubbing the food against the rough surface of a grater. For cooked meat, pull it apart with a fork.
<i>Grind</i>	To use a grinder to break up a food such as meat or coffee beans into coarse, medium, or fine particles.
<i>Julienne</i>	To cut into very narrow, long strips.
<i>Mash</i>	To crush food into a smooth mixture using a masher or an electric mixer.
<i>Puree</i>	To grind or mash cooked fruits or vegetables until they are smooth. Tools for this task include a blender, food processor, food mill, and sieve.
<i>Quarter</i>	To divide food into four equal parts.
<i>Snip</i>	To cut food into small pieces with kitchen shears. This technique is usually used with fresh herbs.

Mixing Terms	Definition
<i>Blend, Mix, Combine</i>	To put together two or more ingredients, usually by stirring. Utensils include spoon, whisk, rotary beater, or electric mixer.
<i>Beat</i>	To mix thoroughly and add air to foods. Use a spoon and a vigorous over-and-over motion or a mixer or food processor.
<i>Cream</i>	To beat ingredients, such as shortening and sugar, combining until soft and creamy.
<i>Cut-in</i>	To mix solid shortening with dry ingredient(s) by cutting and mixing with a pastry blender or two knives until the solid shortening is broken into small pieces and is completely covered with the dry ingredient mixture.
<i>Flute</i>	To form a standing edge on pastry, such as a pie crust, before baking. Press the dough with the fingers to create this scalloped edge.
<i>Fold (Fold-in)</i>	Used to gently mix a light, fluffy mixture into a heavier one. Egg whites are often folded into a cake batter, for instance. Place the lighter mixture on top of the heavier one in a bowl. With a rubber scraper or spoon, cut down through the mixture and move the tool across the bottom of the bowl to the side. Bring it back to the surface, along with some of the mixture from the bottom. Don't lift the tool out of the mixture. Give the bowl a quarter turn and repeat until well blended.
<i>Knead</i>	To work dough by folding, pressing and turning until it is smooth and elastic. Place dough on a floured board, fold it in half, press with the heels of your hands, turn a quarter turn and repeat.
<i>Stir</i>	Often applies to food that is cooking. Mix with a spoon or wire whisk in a circular motion. This distributes heat and keeps foods from sticking to a pan.
<i>Toss</i>	To mix ingredients, such as salad greens and dressing, by tumbling them with tongs or a large spoon and fork.
<i>Whip</i>	To beat quickly and vigorously to incorporate air into a mixture, making it light and fluffy.
Coating Terms	Definition
<i>Baste</i>	To pour liquid over a food as it cooks, using a

	baster or spoon. Foods are often basted in sauces or pan juices.
<i>Bread</i>	To coat a food with three different layers. The food is first coated with flour. This provides a dry surface for the next layer, which is a liquid such as milk or beaten egg. Finally, the food is usually coated with seasoned bread crumbs or cornmeal.
<i>Brush</i>	To use a pastry brush to coat food with a liquid, such as melted butter or a sauce.
<i>Dot</i>	To put small pieces of food, such as butter, on the surface of another food.
<i>Dredge</i>	To coat food heavily with flour, breadcrumbs, or cornmeal.
<i>Dust</i>	To lightly sprinkle a food with flour or confectioners' sugar.
<i>Flour</i>	To coat food, such as chicken or fish, with flour.
<i>Glaze</i>	To coat a food with a liquid that forms a glossy finish.
Other Terms	Definition
<i>Blanch</i>	To dip food briefly in boiling water and then in cold water to stop the cooking process. Blanching is one step in canning and freezing fruits and vegetables. Blanched peppers and almonds are more easily peeled for roasting.
<i>Brown</i>	To make the surface brown in color by frying, broiling, baking, or toasting.
<i>Candy</i>	To cook a food in a sugar syrup. Some root vegetables, fruits, and fruit peels are prepared this way.
<i>Caramelize</i>	To heat sugar until it liquefies and darkens in color. Other foods may be caramelized to release their sugar content.
<i>Clarify</i>	To make a liquid clear by removing solid particles. A broth is clarified by removing the fat and straining. Clarified butter has been melted and the butterfat poured off from the milk solids.
<i>Cool</i>	To let stand at room temperature until the food is not longer warm to the touch.
<i>Core</i>	To remove the center of a fruit, such as an apple or pineapple.
<i>Deglaze</i>	To loosen the flavorful food particles in a pan after food has been browned. The food is

	removed from the pan and excess fat poured off. A small amount of liquid is added, stirred, and simmered. The resulting sauce is served with the cooked food.
<i>Dissolve</i>	To mix a solid ingredient with a liquid until they form a solution.
<i>Drain</i>	To separate water from solid food, such as vegetables or cooked pasta, by putting the food in a colander or strainer.
<i>Marinate</i>	To add flavor to food by soaking it in a cold, seasoned liquid. The liquid is usually discarded.
<i>Mold</i>	To shape a food by hand or by placing it in a decorative mold.
<i>Par-boil</i>	To boil food in liquid until partially cooked.
<i>Pit</i>	To remove a stone or seed from fruit using a sharp knife.
<i>Reconstitute</i>	To add water to a concentrated food, such as orange juice, to return it to its natural state.
<i>Reduce</i>	To boil a mixture in order to evaporate the liquid and intensify the flavor. Also called “cooking down.”
<i>Rehydrate</i>	To soak or cook dried fruits and vegetables in order to replace the water lost in drying.
<i>Scald</i>	To heat liquid to just below the boiling point, also, to blanch food.
<i>Sear</i>	To cook meat quickly at a very high temperature either on top of the range or in the oven until it becomes brown and the juices are sealed in.
<i>Season</i>	To add such flavorings as herbs and spices to food.
<i>Shell</i>	To remove the tough outer coating of a food, such as eggs or nuts.
<i>Skim</i>	To remove the top layer from a liquid, such as fat from gravy.
<i>Steep</i>	To soak dry ingredients, such as tea or herbs, in hot liquid to extract flavor or soften the texture. The mixture is strained and particles are discarded.
<i>Strain</i>	To separate solid particles from a liquid, such as broth, by pouring the mixture through a strainer or sieve.
<i>Vent</i>	To leave an opening in a container so steam can escape during cooking.

RECIPE NOTATIONS

Recipe Sources

The Recipes in this lab manual have been printed using the MasterCook, Version 7.0. This software is produced by Sierra Home division. More information about Master Cook may be accessed at <http://www.mastercook.com/>

This software program includes recipes and permits the user to add recipes from their own files. The recipes used for the Food Study lab include recipes from the MasterCook as well as recipes and experiments that were added for the purpose of the course.

Recipe Notations

Recipes that have been scaled to produce more or less than the original recipe will provide the correct ingredients in the ingredient listing. However, take note that any ingredient quantities stated in the recipe directions will reflect the quantities needed for the original quantity of the recipe. Therefore, adjustments of ingredients noted in recipe directions must be made by the user of the recipe.