

## *Recipe Terms and Definitions*

### **Cooking Terms**

- Bake: to cook with dry heat, usually in an oven \_\_\_\_\_
- Boil: to heat a liquid until bubbles rise constantly to the surface \_\_\_\_\_
- Broil: to cook by direct heat as in a broiler \_\_\_\_\_
- Fry: to cook in hot fat such as grease \_\_\_\_\_
- Melt: to heat a solid food, such as butter, until it becomes a liquid \_\_\_\_\_
- Roast: to cook meat or poultry in the oven by dry heat \_\_\_\_\_
- Sauté: to cook in a small amount of fat \_\_\_\_\_
- Simmer: to cook in liquid that is just below the boiling point \_\_\_\_\_
- Steam: to cook over boiling water \_\_\_\_\_

### **Mixing Terms**

- Beat: to mix ingredients with an over-and over motion \_\_\_\_\_
- Blend: to mix two or more ingredients together \_\_\_\_\_
- Cream: to blend ingredients until soft and smooth, such as butter with sugar \_\_\_\_\_
- Cut in: to combine shortening & dry ingredients with a a pastry blender or two knives
- Knead: to press and fold dough with the hands until it is smooth \_\_\_\_\_
- Mix: to combine two or more ingredients by beating or stirring \_\_\_\_\_
- Sift: to put dry ingredients through a sifter to break up particles & mix thoroughly
- Toss: to mix ingredients lightly \_\_\_\_\_
- Whip: to beat rapidly until the mixtures is fluffy \_\_\_\_\_

### **Preparation Terms**

- Bread: to place a coating over a food, such as bread crumbs \_\_\_\_\_
- Chill: to refrigerate a food until it is completely cold \_\_\_\_\_
- Cool: to lower the temperature of a food usually to room temperature \_\_\_\_\_
- Grease: to rub a surface with fat, such as shortening, oil, or butter \_\_\_\_\_
- Marinate: to soak food in a sauce before cooking to make it tenderer or more flavorful
- Preheat: to bring a heating unit, like an oven, to a certain temperature before using it
- Season: to add salt, pepper, herbs, and other seasonings to a food

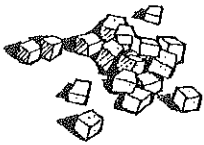
## Cutting Terms

Cutting terms generally apply to the shape of pieces – and sometimes to size. The size and shape can affect a dish's texture, volume, cooking rate, and cohesiveness.

Chop: to cut into small pieces \_\_\_\_\_



Cube or dice: to cut food into small straight-sided cubes \_\_\_\_\_



Grate: to break food into small pieces by rubbing it against a grater \_\_\_\_\_



Julienne: to cut into long, thin strips \_\_\_\_\_

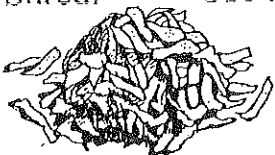


Mince: To cut into very small pieces \_\_\_\_\_



Pare: To remove a thin layer of skin or peeling from fruits and vegetables. \_\_\_\_\_

Shred: Use a knife or shredder to cut food into long thin strands \_\_\_\_\_



Slice: To cut food into flat sided pieces. \_\_\_\_\_



Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

### RECIPE TERMS PUZZLE

Directions: complete the puzzle on the following page by filling in the correct recipe terms.

#### Down

1. \_\_\_\_\_ To cut into long, thin strips.
2. \_\_\_\_\_ To beat rapidly until the mixture is fluffy.
3. \_\_\_\_\_ To heat a solid food until it becomes a liquid.
5. \_\_\_\_\_ To blend in ingredients until they are soft and smooth.
7. \_\_\_\_\_ To combine two or more ingredients by beating or stirring.
8. \_\_\_\_\_ To cook meat or poultry in the oven by dry heat.
9. \_\_\_\_\_ To cook by direct heat, as in a broiler.
10. \_\_\_\_\_ To cook in a small amount of fat.
12. \_\_\_\_\_ To rub a surface with fat such as shortening, oil, or butter.
14. \_\_\_\_\_ To add salt, pepper, herbs, and other seasonings to a food.
16. \_\_\_\_\_ To cook with dry heat, usually in an oven.
17. \_\_\_\_\_ To cook over boiling water.

#### Across

4. \_\_\_\_\_ To combine shortening and dry ingredients with a pastry blender or two knives.
5. \_\_\_\_\_ To refrigerate a food until it is completely cold.
6. \_\_\_\_\_ To cook in liquid that is just below the boiling point.
11. \_\_\_\_\_ To soak food in a sauce before cooking to make it more tender or more flavorful.
13. \_\_\_\_\_ To mix ingredients lightly.
15. \_\_\_\_\_ To cook in hot fat such as grease.
16. \_\_\_\_\_ To heat a liquid until bubbles rise constantly to the surface.
18. \_\_\_\_\_ To mix ingredients with an over-and-over motion.
19. \_\_\_\_\_ To put dry ingredients through a sifter to break up particles and mix thoroughly.
20. \_\_\_\_\_ To break food into small pieces by rubbing it against a grater.
21. \_\_\_\_\_ To press and fold dough with the hands until it is smooth.

