

DEFINITION OF TERMS USED IN FOOD PREPARATION

Bake.....	To cook by dry heat in an oven, either covered or uncovered.
Barbecue.....	To roast or cook slowly, basting with a highly seasoned sauce.
Baste.....	To moisten food with liquid or melted fat during cooking to prevent drying of the surface and to add flavor.
Batch Preparation.....	A predetermined quantity or number of servings of food that is to be prepared at selected time intervals in progressive cookery for a given meal period to ensure fresh, high quality cooked food to customers.
Beat.....	To make a mixture smooth by using a fast regular circular and lifting motion which incorporates air into a product.
Blanch.....	To partially cook in deep fat, boiling water or steam.
Blend.....	To mix two or more ingredients thoroughly.
Boil.....	To cook in liquid at boiling point (212° F.) in which bubbles rise and break at the surface.
Braise.....	To brown in small amount of fat, then to cook slowly in small amount of liquid below the boiling point in a covered utensil.
Bread.....	To cover with crumbs or other suitable dry coating ingredient; or to dredge in a mixture of flour seasonings, and/or condiments, dip in a mixture of milk and slightly beaten eggs and then dredge in crumbs.
Broil.....	To cook by direct exposure to heat.
Brown.....	To produce a brown color on the surface of food by subjecting it to heat.

Chop	To cut food into irregular small pieces.
Cream	To mix until smooth, so that the resulting mixture is softened and thoroughly blended.
Crimp	To pinch together in order to seal.
Cube.....	To cut any food into square-shaped pieces.
Dice	To cut into small cubes or pieces.
Dock	To punch a number of vertical impressions in a dough with a smooth round stick about the size of a pencil to allow for expansion and permit gases to escape during baking.
Dredge	To coat with crumbs, flour, sugar or corn meal.
Fermentation.....	The process by which yeast acts on the sugar and starches in the dough to produce carbon dioxide gas and alcohol, resulting in expansion of the dough. During this period, the dough doubles in bulk.
Flake	To break lightly into small pieces.
Fold	To blend two or more ingredients together with a cutting and folding motion.
Fry	To cook in hot fat.
Garnish	To decorate with small pieces of colorful food.

- Glaze..... A glossy coat given to foods, as by covering with a sauce or by adding a sugary syrup, icing, etc.
- Gluten A tough elastic protein that gives dough its strength and ability to retain gas.
- Grate To rub food on a grater and thus break it into tiny pieces.
- Grill To cook, uncovered, on a griddle, removing grease as it accumulates. No liquid is added.
- Knead..... To work dough by folding and pressing firmly with palms of hands, turning between foldings.
- Marinade..... A preparation containing spices, condiments, vegetables, and aromatic herbs, and a liquid (acid or oil or combination of these) in which a food is placed for a period of time to enhance its flavor or to increase its tenderness.
- Marinate..... To allow to stand in a marinade to add flavor or tenderness.
- Mince..... To cut or chop into very small pieces.
- Panbroil To cook uncovered in a hot frying pan, pouring off fat as it accumulates.
- Pare To cut away outer covering.
- Peel To remove the outer layer of skin of a vegetable or fruit, etc.

Progressive Cookery.....	The continuous preparation of food in successive steps during the entire serving period (i.e., continuous preparation of vegetables, cook-to-order hamburgers, steaks, fried eggs, pancakes). This procedure ensures fresh, high quality cooked food to customers on a continuous basis. See Batch Preparation.
Proof.....	To allow shaped and panned yeast products like bread and rolls to double in size under controlled atmospheric conditions.
Reconstitute.....	To restore to liquid state by adding water. Also to reheat frozen prepared foods.
Rehydrate.....	To soak, cook, or use other procedures with dehydrated foods to restore water lost during drying.
Roast.....	To cook by dry heat; usually uncovered, in an oven.
Roux.....	Roux is a French word for a mixture of flour and fat, cooked to eliminate the raw, uncooked taste of flour.
Sauté.....	To brown or cook in small amount of fat.
Scald.....	To heat a liquid over hot water or direct heat to a temperature just below the boiling point.
Scale.....	To measure a portion of food by weighing.
Scant.....	Not quite up to stated measure.
Score.....	To make shallow cuts across top of a food item.
Seasoned Flour or Crumbs.....	A mixture of flour or crumbs with seasonings.

Shred.....	To cut or tear into thin strips or pieces using a knife or a shredder attachment.
Sift.....	To put dry ingredients through a sieve.
Simmer.....	To cook gently in a liquid just below the boiling point (190° F. - 210° F.); bubbles will form slowly and break at the surface.
Slurry.....	A lump-free mixture made by whipping cornstarch or flour into cold water or other liquids
Steam.....	To cook over or surrounded by steam.
Stew.....	To simmer in enough liquid to cover solid foods.
Stir.....	To mix two or more ingredients with a circular motion.
Temper.....	To remove from freezer and place under refrigeration for a period of time sufficient to facilitate separation and handling of frozen product. Internal temperature of the food should be approximately 26° F. to 28° F.
Thaw.....	To remove from freezer and place under refrigeration approximately 18-48 hours. Internal temperature should be above 30° F.
Toss.....	To mix ingredients lightly.
Wash.....	The liquid brushed on the surface of unbaked pies or turnovers to give a golden brown color to the crust or on the surface of proofed breads and rolls before baking and on baked bread and rolls to give a shine to the crust.
Whip.....	To beat rapidly with wire whip to increase volume by incorporating air.