



Before you start cooking, take a look at our list of **COMMON CULINARY TERMS**

Al dente

To cook food until just firm, usually referring to pasta, but can include vegetables

Bake

To cook food in an oven using dry heat

Baste

To moisten food while cooking by spooning, brushing, or squirting a liquid, such as meat drippings to stock, to add flavour and prevent it from drying out

Beat

To stir rapidly in a circular motion to make a smooth mixture, using a whisk, spoon, or mixer

Braise

To cook first by browning the food in butter or oil, then gently simmering in a small amount of liquid over low heat for a long period of time in a covered pan until tender

Broil

To expose food to direct heat on a rack or spit, often used for melting food like cheese

Brown

To cook over high heat (usually on the stove-top) to brown food

Caramelize

To heat sugar until it liquefies and becomes a syrup

Chop

To cut vegetables into large squares, usually specified by the recipe

Cream

To beat ingredients (usually sugar and a fat) until smooth and fluffy

Cube

Like chopping, it is to cut food into small cubes, usually about 1/2 inch

Dash

1/8 teaspoon

Dice

To cut into small pieces, usually 1/4 to 1/8 chunks

Dollop

A spoonful of a semi-solid food, like whipped cream or mashed potatoes, placed on top of another food

Dredge

To lightly coat uncooked food with a dry mixture, usually with flour, cornmeal, or bread crumbs, to be pan fried or sautéed

Dress

To coat foods with a sauce, such as salad

Drizzle

To pour liquid back and forth over a dish in a fine stream, usually melted butter, oil, syrup, or melted chocolate

**Dust**

To coat lightly with a powdery ingredients, such as confectioners' sugar or cocoa

Fillet

To cut the bones from a piece of meat, poultry, or fish

Flambé

To drizzle a flammable spirit over a food while its cooking, to ignite the just before serving

Fold

To combine light ingredients, such as whipped cream or beaten eggs whites, with a heavier mixture, using a over-and-under motion

Glaze

To coat foods with mixtures such as jellies or sauces

Grate

Creates tiny pieces of food, best for things like cheese to melt quickly or a vegetable used in a sauce

Grease

To coat the interior of a pan or dish with shortening, oil, or butter to prevent food from sticking during cooking

Julienne

Cutting vegetables until long, thin stripes, approximately 1/4 inch thick and 1 inch long

Knead

The process of mixing dough with the hands or a mixer

Marinate

To soak in a sauce or flavoured liquid for a long period of time, usually a meat, poultry or fish

Mince

To cut as small as possible, most commonly used with garlic

Pan Fry

Cook larger chunks of food over medium-heat, flipping once only

Parboil

To partially cook by boiling, usually to prepare the food for cooking by another method

Poach

To cook gently over very low heat, in barely simmering water just to cover

Pinch

1/16 teaspoon

Purée

To mash or grind food until completely smooth

Roast

Like baking but concerning meat or poultry, it is to cook food in an oven using dry heat

Sauté

To cook small pieces of food over a medium-high heat with oil in a pan, usually to brown food

Scald

To heat liquid almost to a boil until bubbles begin forming just around the edge

Sear

To brown the surface of meat by quick-cooking over high heat into order to seal in the meat's juices



Shred

Done on a grater with larger holes, resulting in long, smooth stripes to cook or melt

Simmer

Bring a pot to a boil, then reduce the heat until there are no bubbles

Skim

To remove fat or foam from the surface a liquid

Slice

To cut vertically down, thickness sometimes specified by the recipe

Smidgen

1/32 teaspoon

Steam

To cook food on a rack or in a steamer set over boiling or simmering water

Steep

To soak a dry ingredient in a liquid just under the boiling point to extract the flavour, such as with tea

Stew

To cook covered over low heat in a liquid for a substantial period of time

Whip

To beat food with a whisk or mixer to incorporate air and increase volume

Whisk

To beat ingredients with a fork or a whisk

Zest

The outer, coloured peel of a citrus fruit