

# Cooking Terms



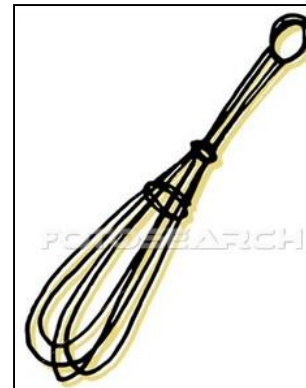
# 1. Bake

To cook by dry heat, usually in an oven.



# 2. Beat

To make a mixture smooth by lifting it over and over quickly with a big beating stroke or to incorporate air through the mixture. (Usually with an electric mixer or wire whisk.)



### **3. Blend**

To mix two or more ingredients together until well combined.



### **4. Boil**

To cook in water or other liquid in which bubbles rise continually and break on surface.



## 5. Cream

To work sugar and fat together until the mixture is soft and fluffy.



## 6. Cut-In

To cut fat into flour with two knives or a pastry blender.



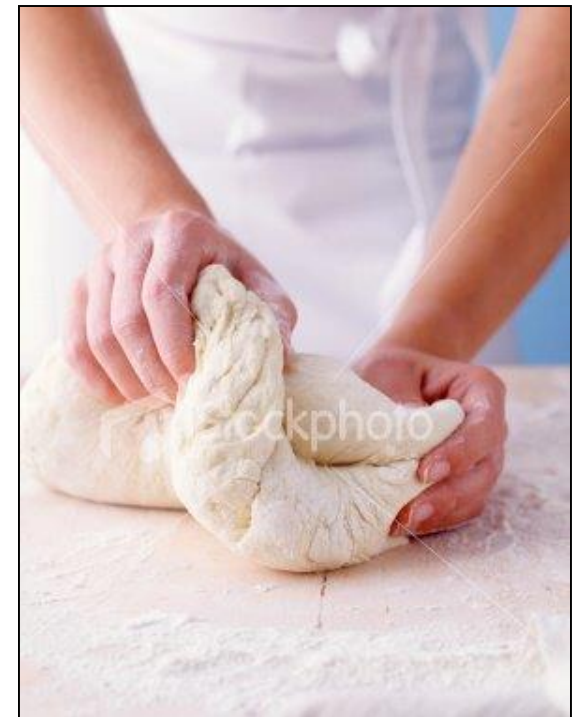
# 7. Grate

To rub food on a surface with sharp projections.



# 8. Knead

To work dough by pressing and folding until it becomes elastic and smooth.





## 9. Mix

To combine ingredients together, usually by stirring.



## 10. Preheat

To heat an oven prior to using in order to obtain the correct cooking temperature.



# 11. Saute

To brown or cook food in a small amount of fat.



# 12. Simmer

To cook food just below the boiling point.



# 13. Stir

To mix by using a circular motion, going around and around, until the food is blended together.



# 14. Whip

To beat rapidly to incorporate air and to increase volume.





# Kitchen Equipment



# **1. Rubber Scraper**

Removes food from spoons, sides of bowls and pans.



# **2. Spatula**

Used to level off dry ingredients.

# **3. Turner**

Used to turn or flip foods like pancakes.



### **3. Custard Cup**

Used to hold small amounts of ingredients or to crack eggs separately.



### **4. Mixing Spoon**

Used to mix and combine ingredients.



# 5. Dry Measuring Cups

Used to measure dry ingredients like sugar or flour.



# 6. Liquid Measuring Cup

Used to measure liquid ingredients like water or oil.



# 7. Measuring Spoons

Used to measure small amounts of ingredients, liquid or dry.



# 8. Whisk

Used whip “liquidy” ingredients to add volume and air.





## **9. Sauce Pan**

Pan with tall sides used to cook foods like sauce or to boil water.



## **10. Skillet / Frying Pan**

Pan with short/shallow sides used to cook foods like ground hamburger or bacon.

