

Baking and Cooking Terms (Key)

Use your textbook or the Internet to locate the definition to the baking and cooking terms.

Baking and cooking techniques

1. **Bake** – To cook in an oven
2. **Boil** – To heat a food so that the liquid gets hot enough for bubbles to rise and break the surface
3. **Broil** – To cook under direct heat
4. **Brown** – To cook over medium or high heat until the surface of food browns or darkens
5. **Sauté** – To cook quickly in a little oil, butter, or margarine
6. **Simmer** – To cook in liquid over low heat (low boil) so that bubbles just begin to break the surface
7. **Steam** – To cook food over steam without putting the food directly in water (usually done with a steamer)
8. **Stir Fry** – To quickly cook small pieces of food over high heat while constantly stirring the food until it is crisply tender (usually done with a wok)

Cutting foods

9. **Chop** – To cut into small pieces
10. **Dice** – To cut into small cubes
11. **Grate or Shred** – To scrape food against the holes of a grater making thin pieces
12. **Peel** – To strip off the outside skin from a fruit, vegetable or shrimp
13. **Slice** – To cut a food into large, thin pieces with a slicing knife
14. **Mince** – To cut into very small pieces, smaller than chopped or diced pieces

Mixing ingredients

15. **Beat** – To mix ingredients together using a fast, circular movement with a spoon, fork, whisk, or mixer
16. **Blend** – To mix ingredients together gently with a spoon, fork, or until well-combined
17. **Cream** – To beat ingredients, such as shortening and sugar, until they are soft and creamy
18. **Fold** – To gently mix a light, fluffy mixture into a heavier one
19. **Knead** – To press, fold and stretch dough until it is smooth and uniform, usually done by pressing with the heels of the hands
20. **Mash** – To squash food with a fork, spoon or masher
21. **Mix** – To stir ingredients together with a spoon, fork, or electric mixer until well-combined
22. **Toss** – To mix ingredients, such as salad greens and dressing, by tumbling them with tongs or a large spoon and fork

Other recipe terms

23. **Drain** – To remove all the liquid using a colander or strainer
24. **Grease** – To lightly coat with oil, butter, margarine, or non-stick spray so food does not stick when cooking or baking
25. **Marinate** – To soak food in a liquid to tenderize or add flavor to it (the liquid is called a “marinade”)
26. **Preheat** – To turn oven on ahead of time so that it is at the desired temperature when needed (usually takes about five to ten minutes)
27. **Season** – To add flavorings such as salt, pepper, herbs and spices to a food before or during cooking