

Cooking Terms

The terms you “KNEAD” to know!



Mini Lab Microwave Bubble Bread

- Read & follow directions
- Browning?
- Standing time?

Chop

To cut into small pieces.



Equipment To Use:

Cutting Board, Knife

Chop

(in ACTION)

Dice

To cut into very small cubes.



Equipment To Use:

Cutting Board, Knife

Dice

(in ACTION)

Mince

To cut food into the smallest possible pieces.



Equipment To Use:

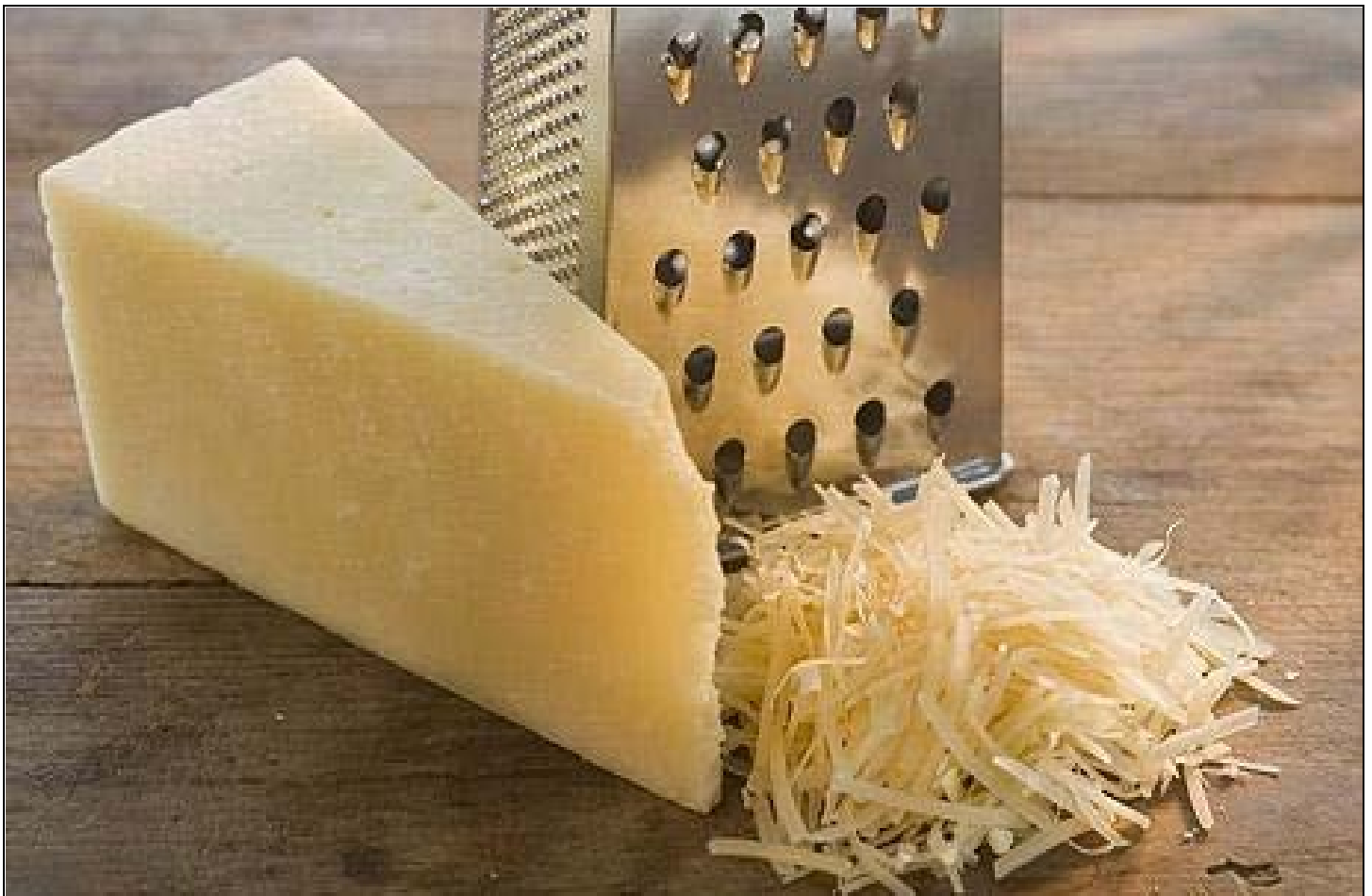
Cutting Board, Knife

Mince

(in ACTION)

Grate

To rub food on a surface with sharp projections.



Equipment To Use:

Grater

Grate

(in ACTION)

Cream

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



Equipment To Use:

Electric Mixer

Cream

(in ACTION)



Cut-In

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



Equipment To Use:

Two Knives or Pastry Blender

Cut-In

(in ACTION)



Fold-In

To combine two mixtures by gently cutting down through the mixture, across the bottom, and turning over near the surface.



Equipment To Use:

Rubber Spatula, Bowl

Fold-In

(in ACTION)



Knead

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



Equipment To Use:

Hands

Knead

(in ACTION)



Whip

To beat rapidly to incorporate air and to increase volume.



Equipment To Use:

Electric Mixer or Whisk

Whip

(in ACTION)

Sauté

To brown or cook food in a small amount of fat over a low or medium heat.



Equipment To Use:

Skillet

Sauté

(in ACTION)

Simmer

To cook food just below the boiling point.



Equipment To Use:

Saucepan or Pot

Simmer

(in ACTION)



Steam

To cook by the vapor produced when water is heated to the boiling point.



Equipment To Use:

Steamer and/or Saucepan

Steam

(in ACTION)

Flour

To sprinkle or lightly coat with a powdered substance, often with crumbs or seasoning.



Equipment To Use:

Flour or Other Coating, Pan

Flour

(in ACTION)

Dredge

To coat a food **HEAVILY** with flour, breadcrumbs or cornmeal.



Equipment To Use:

Flour/Breadcrumbs/Cornmeal, Pan

Dredge

(in ACTION)



Peel/Pare

To remove or strip off the skin or rind of some fruits and vegetables.



Equipment To Use:

Paring Knife or Vegetable Peeler

Peel/Pare

(in ACTION)

