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