

Kitchen Terminology (Lecture 21)

Barbecue

To roast meat slowly on a spit or grill over coals or in the oven, basting frequently with a highly seasoned sauce.

Baste

To moisten food during cooking with drippings, water or seasoned sauce, to prevent drying or to add flavor.

Blanch

To immerse fruits, vegetables or nuts in boiling water to remove skins or make easy to peel: also to dip fruits and vegetables in boiling water in preparation for canning, freezing or drying.

Braise

To brown meat or vegetables in small quantity of hot fat, then to cook slowly in small amount of liquid either in the oven or the top of the stove. Braising is an ideal way to prepare less tender cuts of meat, firm fleshed fish and vegetables.

Broil

Cook by exposure to direct heat under the broiler of a gas or electric range, in an electric broiler or over an open fire.

Caramelize

To melt sugar slowly over very low heat until sugar is liquid, deep amber in color and caramel flavored.

Coddle

To cook gently just below the boiling point. Most commonly refers to eggs, where the egg is cooked for 1 minute in the shell.

Congeval

To turn liquid into solid by chilling.

Chill

To refrigerate food or let it stand in ice or iced water until cold.

Curdle

To coagulate or separate into solids and liquids. Egg and milk based mixtures are susceptible to curdle if they are heated too quickly or combined with an acidic ingredient such as lemon juice or tomatoes.

Deep Fry

Cooking in enough fat to cover the food completely. The aim is to produce foods with a crisp golden brown crust and a thoroughly cooked interior without letting them absorb too much fat. The kind, quantity and temperature of the fat are important in accomplishing this result.

Dice

To cut food into small cubes of uniform size and shape, usually about ¼ inch in size.

Drizzle

To slowly pour a liquid, such as melted butter or a glaze in a fine stream, back and forth over food.

Dust

To sprinkle a food or coat lightly with flour, sugar, cornmeal or cocoa powder.

Emulsify

To bind liquids that usually cannot blend smoothly such as oil and water. The trick is to add one liquid, usually the oil, to the other in a slow stream while mixing vigorously. You can also use natural emulsifiers i.e egg yolk or mustard, to bind mixtures.

Garnish

To decorate any foods, nuts, olives, parsley, citrus zest and so forth are called garnishes when used to give a finish to a dish.

Knead

To work and press dough with the heels of your hands so the dough becomes stretched and elastic.

Leavening

Any agent that causes a dough or batter to rise. Common leaveners include baking powder, baking soda and yeast. Natural leaveners are air (when beaten into the eggs) and steam (in cream puffs),

Marinate

To let food stand in a marinade, usually an acid-oil mixture of oil and vinegar, often flavored with spices and herbs.

Pipe

To force a food (typically whipped cream) through a pastry tip to use as a decoration or garnish or to shape the dough.

Poach

To cook eggs, fish, chicken, fruit and other delicate foods in hot liquid (below the boiling point) being very careful that food holds its shape.

Proof

Proofing refers to the rising stage for yeast dough. To test yeast potency: If you are not sure that yeast is fresh and active then dissolve it in warm water (40-45 °C) with a pinch of sugar. If mixture foams after 5-10 minutes, the yeast is fine to use.

Scald

To heat a liquid just below the boiling point. Milk has reached a scalding point when film forms on the surface.

Score

To cut narrow grooves or gashes part way through fat, in meat before cooking e.g. in steaks to prevent curling or to cut diamond shaped gashes through the fat in ham just before glazing.

Scramble

To stir or mix food gently while cooking e.g. eggs.

Skewer

A long, thin metal or wooden pin used to secure or suspend meat or vegetables during cooking. To thread food such as meat, fish, poultry, vegetables with a wooden or metal skewer so they hold their shape during cooking.

Steep

To allow food such as tea to stand in hot liquid to extract flavor and color.

Whip

To rapidly beat eggs, heavy cream, etc. in order to incorporate air and expand the volume.

Whisk

To beat ingredients (such as cream, eggs, salad dressing, sauces) with a fork or the looped wire utensil called a whisk so as to mix or blend or incorporate air.