

When you learn basic cooking terms, you're able to follow recipes more accurately and expand the range of healthful food you can prepare.

Common Terms

Boil: to cook food in liquid hot enough to have bubbles rise and break the surface

Braise: to brown meat in a small amount of fat, then cook slowly in a small amount of liquid

Broil: to cook directly over or under heat in an oven

Brown: to cook foods in a skillet, broiler, or oven to give the food a rich, brown color

Chop: to cut with knife into small pieces

Cream: to mix one or more foods together until creamy

Cut in: to work fat into dry ingredients using a pastry blender or two knives

Dice: to cut into cubes

Fold: to mix by turning foods over and over

Grate (shred): to rub foods against a grater or shredder so that food is cut up into very fine pieces

Knead: to mix using a pressing motion, usually with the palms of your hands

Marinate: to flavor or tenderize foods by soaking them in oil and acid, such as Italian dressing

Roast: to bake in the oven

Saute: to cook in a small amount of fat

Simmer: to cook liquid below the boiling point

Slice: to cut into thin, flat pieces

Steam: to cook in steam in a covered container

Stir: to mix in a circular motion

Whip: to mix quickly to add in air



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