



Physical Activity & Nutrition Outside School Hours

NUTRITION FACT SHEET #7

COOKING TERMS

Reading a recipe can be challenging, particularly when there are many different words and terms for processes that may need to be used as part of the recipe. The following is a list of the most common cooking terms to assist children and educators when participating in cooking experiences and activities.

Bake - To cook in the oven.

Baste - To brush liquids such as fat, meat drippings, marinade, water or juices over meat during roasting to add flavour and to prevent it from drying out.

Batter - A mixture of flour, butter, shortening or oil, and liquid. Batter usually describes cakes, cookies or muffins. A batter is different from dough because dough can be formed into a ball and it keeps its shape.

Beat/Blend - To beat means to stir or mix ingredients with a whisk, spoon or a mixer.

Boil - To cook a liquid such as water or broth so it reaches a boiling temperature. You will see bubbles in the pan.

Chop - To cut food into pieces with a knife, food chopper, blender, or food processor.

Coat - To cover both sides of a food with flour, crumbs or batter.

Combine - Adding ingredients together and stirring.

Cream - Mixing butter, shortening or margarine with sugar until smooth and creamy.

Crumb - To bread something is to coat it with bread crumbs, cracker crumbs, or other crumb mixture before cooking it.

Crush - To crush a food into tiny pieces with a rolling pin or kitchen mallet.

Deep Fry - To cook food completely covered in hot oil.

Dice - To cut food into small cubes.

Dilute - To thin a liquid by adding more liquid, usually water or milk, to it.

Direct heat - Direct heat is when food is placed directly on a cooking source such as toasting or grilling.

Dissolve - To dissolve something is to blend food together to make a liquid. For example, add water and sugar together and stirring until sugar is dissolved.

Dough - A dough is a combination of flour, liquid and other ingredients to make a firm mixture usually for bread or cookies.

Drizzle - Pouring a liquid over food in a slow, light trickle.

Dust - To sprinkle food with flour, spices or sugar. For example before kneading bread dust the counter top with flour.

Egg wash - Blending eggs with water and then coating or brushing baked goods.

Fold - To combine ingredients together carefully by stirring through the mixture and bringing the spoon back up to the top gently.

Fry - To cook food in hot oil or butter until browned or cooked through.

Garnish - To add an edible decoration to make food more attractive.

Glaze - To coat food with a mixture that gives a shiny appearance. For example, a chocolate glaze on a dough nut.



Grate - To shred food into tiny pieces by rubbing against a grater.

Grease - To coat or rub a pan with oil or shortening. For cakes you grease and dust the pan with flour.

Grill - To cook food over direct heat in a grill or direct flame.

Ice - To spread a glaze or frosting on a cake or to cool food down by placing on ice.

Knead - Massage dough with your hands in a back and forth pressing and folding motion for several minutes until dough is smooth.

Marinate - To season food by placing it in a flavourful mixture called a marinade.

Mash - To press food to remove lumps.

Meringue - Egg whites beaten until stiff. Then add sugar to the egg whites. This is used for topping pies or other baked items.

Microwave - to cook food in a microwave.

Mince - To chop in tiny pieces.

Mix - Stirring ingredients together with a spoon or a mixer until well combined.

Moisten - Adding liquid to dry ingredients to make wet but not too wet.

Parboil - To cook food partly in boiling liquid. Also called blanching.

Peel - to remove the outer skin of fruit and vegetables with a knife or vegetable peeler.

Pinch - To add less than 1/16 teaspoon.

Poach - to simmer in boiling liquid.

Purée - To blend food together until it becomes completely smooth.

Reduce - To boil liquids down to enhance flavour or thicken.

Re-hydrate - To soak or cook dried foods in liquid.

Roast - To cook in an oven uncovered.

Roux - A thickened paste made from butter and flour usually used for thicken sauces.

Rub - A mixture of ground spices that is rubbed over meat and then baked or roasted.

Sauté - Cooking food in hot oil in a pan.

Sear - To cook meat in a frying pan under high heat to seal in juices. Then the meat is usually cooked in the oven after searing.

Season - To flavour meat with salt, pepper or other seasonings.

Set - Allowing food to become solid.

Shred - To cut with a knife, tear with your hands, or use a grater to cut food into long strips. For meat, two forks can be used to shred cooked roasted meat.

Sift - To remove lumps from dry ingredients with a mesh strainer or flour sifter.

Simmer - To cook over low heat so food or liquid doesn't reach the boiling point.

Skewer - Used for cooking on a stick. Usually wood or metal stick.

Steam - To cook food in a covered pan with a small amount of boiling water.

Stir - To blend ingredients together.

Stir-Fry - Frying cut meat and vegetables on high heat with a small amount of oil.

Strain - To use a colander or strainer to drain liquid off cooked food.

Thicken - To stir together corn flour and cold water and then add to food to thicken.

Thin - To add more liquid to food.

Toss - Mix ingredients gently together to combine.

Whip - To beat ingredients together quickly with a spoon or mixer until light and fluffy.

Whisk - To mix together by beating with a whisk or mixer.

Zest - To remove the outer part of citrus fruits with a small grater.

