

RECIPE TERMS TO KNOW

BASTE

To keep food moist during cooking by spooning or pouring melted fat, meat drippings, fruit juice, or sauce over it.

BEAT

To make a mixture smooth by adding air using a brisk stirring or whipping motion with a spoon or an electric mixer.

BLEND

To combine two or more ingredients until smooth and of uniform consistency.

BREAD

To dip food into a mixture, such as beaten eggs and milk, and then roll it in crumbs.

BROWN

To cook food quickly at a high temperature so the surface becomes brown.

CHOP

To cut into pieces with a knife, scissors, or food chopper.

CREAM

To stir or beat solid fat, such as shortening or butter, with sugar until the mixture is soft, smooth, and creamy.

CUT IN

To mix dry ingredients into shortening by using a pastry blender, two knives, or a fork.

DICE

To cut into small even pieces, smaller than 1/2 inch.

DREDGE

To dip into or sprinkle with flour.

FOLD

To combine ingredients into a light, airy mixture using a down, across, up, and over motion with a rubber spatula.

KNEAD

To use a fold-push-turn motion when working with doughs.

MARINATE

To let a food, such as meat, stand in a liquid to increase the flavor and/or tenderness of the food.

MASH

To crush food until it has a smooth texture.

MINCE

To cut with a sharp knife or scissors into very small pieces.

MIX

To combine ingredients until evenly distributed or blended.

RECONSTITUTE

To restore foods to their normal state by adding water.

SCALD

To heat milk just below the boiling point.

SEAR

To brown the surface of meat quickly with intense heat.

SIFT

To pass dry ingredients through a mesh or screen to add air or to combine dry ingredients.

SLICE

To cut or divide into flat pieces.

STIR

To mix foods with a circular motion.

WHIP

To beat rapidly to incorporate air and to increase volume.