**Culinary Operations, 3N0549, Tutor Manual**

**Glossary**

**This glossary is divided into three sections:**

* **Glossary of foods, ingredients and spices**
* **Glossary of kitchen-related terms**
* **Glossary of cooking methods**

**Glossary of foods, ingredients and spices**

**Abats -** The French cookery term for [offal](http://www.cookeryonline.com/Resource/GlossaryM.html).

**Acidulated Water -** Water with acid added, such as lemon juice or vinegar. This prevents ingredients such as fruit and vegetable from discolouring.

**Agar -** A vegetarian alternative to gelatine, made with seaweed.

**Aïoli -** A form of garlic mayonnaise.

**Allspice** - The berry of an evergreen tree native to South America and the West Indies. It is pickled before it ripens and has a flavour similar to a mix of cloves, cinnamon and nutmeg. Used in sweet dishes or savoury dishes.

**Angelica** - A parsley-like plant with a sweet flavour. Its leaves can be added as flavouring to salads or sweet custards. The most commonly available form is crystallised stalks of young plants used as decoration for pastries and desserts. The seed is used to flavour vermouth.

**Anise** - Aromatic, oval seeds. Anise is one of the oldest known spices, mildly sweet and liquorice-like in flavour. It is native to the Middle East, where it is used to flavour soups, stews and breads. It is most commonly used today in drinks such as pastis, ouzo and anisette, and in the confectionery and medicinal trade. Ground seeds should be used quickly as the flavour dissipates rapidly.

**Anise pepper** - The dried reddish-brown berry of the Chinese variety of the small prickly Ash tree. The flavour is woody and aromatic with a sharp after-taste. The berries are hollow and split open and sometimes have bits of stalk attached. Any lose black seeds sometimes still in the centre of the berries should be discarded as they are bitter. Widely used in Chinese cookery - it is one of the ingredients of Chinese five-spice powder. Crush or grind the berries and dry roast for more flavour. Used to flavour roast duck, good with chicken and meat.

**Aniseed** - Tiny oval seeds of the anise plant, with a pungent liquorice-like flavour. In Mediterranean countries it is used to flavour drinks such as pernod and ouzo. In central and Northern Europe, it is used in baking. In Southeast Asia and India it is used in curries. Sold as whole seed.

**Antipasta (o) -** Italian for ‘before meal’ - usually a selection of various cold vegetable, meat, fish or cheese.

**Arame -** An edible seaweed.

**Artichoke** – A tall Mediterranean composite herb (*Cynara scolymus*) resembling a thistle with coarse pinnately-incised leaves. Its edible immature flower-head is cooked as a vegetable

**Asafoetida** - The Hindu alternative to garlic, it is hard resin formed from the roots of plants native to Iran and India. It has a pungent, unpleasant smell, which disappears when cooked and a delicate garlic flavour develops. Usually available as ground powder.

**Asparagus -** The shoots of an underground stem. Asparagus is seasonal in Europe and at its best from April to June - May being the prime month. It is also grown in North Africa, Israel, Thailand and the States. There are three main varieties of Asparagus - green, white and wild. The bottom of the spears are usually snapped off or trimmed, to remove any woodiness. Sometimes the base is peeled if the skin is tough and stringy. Boil or steam for two or three minutes until tender but still firm. Often served with melted butter or [hollandaise](http://www.cookeryonline.com/RECIPES%20HTML/Sauces/Hollandaise.html).

**Aubergine** - Belongs to the tomato family and is native to tropical Asia. The most common variety is large, oval-shaped and purple in colour. White, mauve, green and miniature varieties are also occasionally available. The flesh is white and spongy, but discolours when cut. The flavour is mild and watery, and is best eaten cooked - boiled, baked, grilled or fried. Salting aubergines is common to remove their mild bitterness. (Sprinkle slices with salt, and let them drain in a colander for about 30 minutes, then rinse well and pat them dry).

**Au gratin -** Describes a dish which is gratinated (browned) either in an oven or under a grill. The topping is usually made from breadcrumbs or cheese or a mixture including either or both.

**Au jus -** Roasted meat served with natural pan juices that accumulate during cooking.

**Baker’s cheese** - A term that covers all un-ripened soft cheeses. Low/medium-fat soft cheeses with a tangy flavour are good for baking because they retain a moist texture. Other un-ripened cheeses include varieties such as Quark, fromage blanc and skimmed-milk soft cheese (all good for reducing the fat content in recipes that require cream). Cottage cheese is a lumpier form of soft cheese with a mild fresh taste. Ricotta cheese is an Italian cheese that bakes well and adds a creamy nuttiness. Cream cheese adds a very creamy texture to dishes.

**Baking powder** - A raising agent used in making biscuits, breads and particularly cakes. It consists of bicarbonate of soda (alkaline), cream of tartar (tartaric acid) and a dried starch or flour. You can make your own by combining 15ml (1 tbsp) bicarbonate of soda with 30ml (2 tbsp) cream of tartar. Always measure carefully as too much or too little can upset the balance of the recipe and spoil the flavour.

**Baklava -** A Greek sweet consisting of very thin pastry ([phyllo](http://www.cookeryonline.com/Resource/GlossaryP-R.html)) layered with nuts (pistachio, almonds, walnuts mixed with sugar and baked), then steeped in honey, lemon juice and rose water.

**Balsamic vinegar** - Is made from grape juice, reduced and thickened before fermentation over several years in oak or chestnut barrels. The older and more expensive the vinegar, the greater the flavour and colour. It is dark brown in colour, like soy sauce, and has a spicy oaky sweet/sour flavour. Unlike other vinegars, balsamic should be regarded as a condiment or seasoning. Used in hot dishes towards the end of cooking to add flavour. It can be sprinkled over salads, soft fruits, cheeses, roasted vegetables and cold meats.

**Bamboo shoots** - The edible shoots of varieties of large grasses, common to eastern Asia. They are harvested just before they appear above ground. Bamboo shoots are sold fresh in Asian markets and require lengthy boiling. Canned, bamboo shoots are now widely available. Pale yellow in colour and crisp in texture, they have a mild sweetish flavour. Bamboo shoots are used in a variety of dishes including stews, soups, stir-fries and salads.

**Banana** - The fruit of the banana tree, originating in India and grown in tropical climates, particularly in the West Indies, Africa and South America. There are two major types of banana, the Plantain banana and the fruitbanana. Plantain are green-skinned with a frim pinkish flesh and are cooked as vegetables. Fruit bananas are cut for export when they have reached their full size but are still green. Some varieties are smaller, but all go from green to pale yellow and become flecked with brown as they ripen. The creamy flesh sweetens as ripening proceeds, and will discolour if cut and not used immediately after peeling. They will blacken if refrigerated. Very small 'apple bananas' and red-skinned bananas are much sweeter.

**Barbados sugar** - A sugar made from the first stage of crystallisation. Crude, brown and sticky, Barbados sugar is rather like crystallised treacle, and has a strong taste.

**Barbary duck** - A well-flavoured lean duck that is best cooked medium rare. It is also called Muscovy duck.

**Barbary fig** - The fruit of the prickly pear cactus. They are pinkish-yellow in colour and usually covered in tiny, sharp hairs which can be very irritating to the skin. The flesh is sweet and with seedy: the seeds can be sieved out or eaten with the fruit. Barbary figs taste vaguely like cucumber and can be eaten raw sprinkled with lime juice. They are a good addition to a fruit salad.

**Barcelona nut** - Grows in Europe, especially in Spain, and in Asia and America, and have been eaten since the Bronze Age. Cultivated hazelnuts derive from the cob which grows wild in Britain. The filbert grows in Southern Europe. The shell is round, shiny and deep brown, with a slightly flat side. The nut inside is creamy coloured and quite dry. It is strongly-flavoured and has the lowest fat content of nuts. Available whole, chopped, or ground. Frequently used with chocolate in praline, but is good added to nut loaves and burgers for a savoury flavour.

**Bard -** To cover meat or poultry with a slice of fat. Barding protects the meat from drying from the heat of the oven.

**Barley** - The earliest-known cereal to be cultivated by man. Although it was used for bread-making before wheat it is low in gluten and thus makes poor bread. Pearl barley is used in cooking: it is barley that has been hulled and milled. Mainly added to soups, broths and stews, it is also boiled to produce a liquid for barley water. It is also made into flakes and flour. Barley has an individual taste that is slightly sweet and nutty. Requires soaking and boiling - about 45 minutes for pearl barley.

**Basmati rice** - A scented tasting long-grain white rice with slim, pointed grains. Brown basmati is also available. Used particularly in pilaf and salads and in Indian and Middle Eastern cooking as an accompaniment or as part of a dish, such as Biriyani. Can be cooked by braising or steaming, using one measure of rice to two measures of stock or water. Bring to the boil, cover, and cook in an oven or over low heat, undisturbed for 10-15 minutes until tender and all the liquid is absorbed.

**Bean sprouts** - Most beans can be used to produce bean sprouts, usually mung beans, green or brown lentils, aduki beans and soya beans. Take between two and five days to germinate. They are usually added to salads and stir-fries.

**Béchamel -** A milk-based sauce thickened by a white [roux](http://www.cookeryonline.com/Resource/GlossaryP-R.html), usually flavoured with a studded onion and nutmeg.

**Beef dripping** - The fat and juices left after roasting a joint of beef. They set on cooling and separate into jelly beneath and fat on top. Traditionally spread on bread and sprinkled with salt.

**Beetroot** - A root vegetable, usually red-purple in colour; white and golden varieties are also available. Shaped like small globes with bushy green leaves, which are also edible and taste like spinach. Beetroot has an earthy, mildly nutty flavour. Cook fresh beetroot whole in boiling water, without damaging the skin (to avoid the colour leeching out during cooking). Once cooked, peel away the skin. Serve hot with soured cream and black pepper, or cool and shred or grate into salads. It is delicious with fresh orange. Can be pickled in vinegar.

**Belgian endive** - Related to the dandelion family. Consist of forced heads of pointed leaves, which are white with green or yellow tips. They have a characteristically bittersweet taste. Choose yellow tips as these are sweeter. They require simple trimming at the base before use. Their crisp texture makes them good in salads, and they are delicious served with orange segments and juice as a refreshing starter. Can be baked as a gratin, wrapped in ham and baked in cheese sauce.

**Beurre Manié -** Kneaded butter and plain flour, whisked in small pieces into a sauce at the end of cooking. Use 30g beurre manié to 250ml liquid.

**Bicarbonate of soda** - An alkaline raising agent used in recipes that contain an acid ingredient such as buttermilk or lemon juice. Ideal for soda bread. It is one of the ingredients of baking powder. It can be mixed with cream of tartar to produce a darkening effect in recipes containing chocolate, or in ginger cakes. Bicarbonate of soda can also help neutralise strong fruit acids like those in rhubarb or blackcurrants, alleviating the sour flavour.

**Bird-eye chilli** - A small, very hot chilli.

**Bismark herrings** - Flat fillets of [herring](http://www.cookeryonline.com/Fish/FishD-Q.html) cured in a mixture of onions and spiced vinegar.

**Bitters** - Alcohol flavoured with bitter plants and plant products. Bitters are widely used in liqueurs and can be added to fruit salads and sauces. Angostura bitters is one of the best known as in famous in drinks such as Pink Gin.

**Blachan** - A firm dark brown paste made of matured shrimp that is widely-used in Southeast Asian cookery. Very strong smelling, it is used as a flavouring and can be bought in some delicatessen and oriental grocers. It needs to be warmed before it is soft enough to use.

**Black bean** - A small black bean that comes from a yellow pod. It has a meaty, mushroom flavour, and is used in many South and Central American dishes. Frijoles Negros is a well-known Mexican dish of fried black beans. They are also well used in many soups and stews. These dried beans need soaking prior to cooking. Cook for about 50 minutes in simmering water to produce a thick black sauce.

**Black bean** **sauce** - A commercially-prepared sauce made from fermented soya beans, used to flavour many Asian dishes. Some varieties are thick and contain chopped beans; others are smooth and thin. The flavour is salty, spicy and strong, so use sparingly. Once opened, the bottle or jar should be sealed and stored in the fridge. If unavailable as a sauce, you can use plain, salted black beans. These also have a strong, powerful flavour.

**Black lumpfish caviar** - Seasoned roe (eggs) taken from the north Atlantic black lumpfish before it spawns. Usually served as a starter, it is a cheaper alternative to the traditional caviar from the sturgeon.

**Black salsify** - The name means black serpent. A long, black root-vegetable very similar to salsify. It is related to the daisy family and originates from Spain. The roots should be washed and scraped before cooking. It can be eaten raw in salads and makes an interesting addition added to other grated roots. It can also be boiled and served tossed in butter. The flavour is delicate, said to be like oysters, so it shouldn't be cooked with strong flavours. Best flavoured simply with chopped fresh herbs.

**Black treacle** - A thick, sticky, dark liquid that is a by-product of the sugar-refining process. It is mostly used in cake and biscuit making.

**Black-eyed bean** - There are many varieties but the most familiar are small and kidney-shaped, creamy in colour and have a distinctive black spot. Good earthy, nutty flavour. Retains its texture well once cooked. Native to Africa, but also popular in South America, United States and India. Needs to be pre-soaked and then cooked for about 40 minutes. Perfect for stews, soups, and casseroles and once cold are good in salads.

**Blackberry** - It looks like a black raspberry and has a juicy texture, with many seeds, and a fragrant delicate flavour. Similar to dewberries that grow in less prickly bushes, they have a blue bloom like that of plums. Cultivated varieties of blackberry are large, juicy and often seedless, and the flavour is watery and indistinct. Wild blackberries that grow in the hedgerows are rarer but worth hunting out. Always wash them well and avoid those that grow near to the ground. Very tasty when stewed with apple or pear, they go well with soft, fresh goats' cheese.

**Blackcurrant** - A close relative of the redcurrant, it grows well in north Europe and Asia. The small, shiny black berries have an intense flavour, but are too sour to eat raw. Perfect sweetened and stewed, and then used to fill pies and puddings, or used for jam-making. A rich source of vitamin C. In France, blackcurrants are used to make the alcoholic cordial Créme de cassis, which can be spooned over ice cream and added to chilled, cooked blackcurrants.

**Blancmange** - Meaning ‘white food’ in French, it is a popular dessert since the middle ages when it was often made with a white meat jelly. Nowadays usually a sort of jellied almond cream.

**Blood pudding (Blood sausage**) - Traditional sausage made from pig's blood mixed with spices, onion, cereal, onion and salt. Rich and dark in flavour and colour, although commercial black puddings are dyed black. They are ready-cooked, but are intended to be eaten sliced and fried. Often included as part of a mixed grill or a full English breakfast. They only keep a few days in the fridge, but they can be frozen. Try serving with some pan-cooked apple or pear to accompany and soften the flavour.

**Blueberry** - Small blue-black berries native fruit to Northern America. They have a sweet, mildly-spicy flavour and can be eaten raw or are good in fruit salads or with cheeses. They are good to use whole in cakes and muffins because they retain their shape well. Also, good stewed and flavoured with lemon, ginger or cinnamon. Blueberries freeze well, and retain their shape after defrosting.

**Bocconcini di mozzarella** - Small balls of mozzarella cheese.

**Bok choi** - Aka pak choi, mustard greens and Chinese white cabbage, this has broad, juicy white stems, with wide, mildly mustard-flavoured green leaves. Similar to Swiss chard (they can substituted for each other) the stems and leaves are best cooked separately - the leaves require only brief cooking. Both can be added to stir-fries, noodle dishes or served as a braised side-dish. Try shredding very finely and deep-frying until crisp. Drain and serve sprinkled with salt and sugar.

**Boletus** - A wild mushroom that can be recognised by the spore-bearing tubes on the underneath of its cap. The best known species is the cep or porcini. Dried [cep](http://www.cookeryonline.com/Resource/GlossaryC.html) mushrooms are probably the most commonly-used form, although fresh are better if you can get them. They are widely available from Italian delicatessens and large supermarkets, usually in small bags, ready-sliced. Once soaked they will give an earthy flavour and meaty texture to a dish; they require more seasoning than the fresh - sometimes adding a touch of sweetness brings out their flavour. Always use the soaking liquid as a stock as well for more flavour but strain through kitchen paper to remove grit. Add to soups and casseroles; also good stirred into a risotto or cooked pasta.

**Bologna -** A smooth mild Italian sausage variety.

**Borage flowers** - Bright blue flowers of the borage plant, which can be crystallised for decoration.

**Borage leaves** - Cucumber-flavoured leaves of the borage plant, which can be cooked like spinach.

**Bortsch** - An Eastern soup of various styles from broth to consommé, flavoured with beetroot and other vegetables and often finished with sour cream. It can have main ingredients as diverse as fish or duck!

**Borecole** - They are cabbages which do not heart. Scottish kale is perhaps the most famous as it has curly dark green leaves. It is rich in calcium and B vitamins. The cabbage flavour is very strong and not to everyone's taste. The young leaves are the best and should be well-washed to remove any grit. Tough stems should be removed, and placed in boiling water and cooked until tender. Drain well and toss in butter. It is also good topped with crispy bacon and seasoned with nutmeg.

**Borlotti bean** - Similar to kidney beans, they are speckled brown or brown all over and make an attractive addition to a mixed bean salad. After soaking, they will take about 50 minutes to cook in simmering water. Can replace kidney beans in a dish or vice versa. They hold their shape well in cooking, and have a lovely floury texture and taste. Available dried and more conveniently in cans.

**Boudin blanc** - A white French charcuterie sausage. A delicately-flavoured creamy mixture about 15cm (6 inches) long made from pork and chicken, milk or cream, eggs, cereal, onion and light spices. They are ready-poached, but are usually fried in butter or grilled. English white pudding is a poor substitute.

**Boudin noir** - A black French charcuterie sausage. It contains pig's blood and the French spice mix quartre epices. Has a much stronger flavour then the white variety (boudin blanc). It is more refined in flavour than English black pudding.

**Bouillon -**The French word for [Broth](http://www.cookeryonline.com/Resource/GlossaryB.html#Broth) - a liquid in which any bones, meat, poultry, fish or vegetables have been boiled. It is concentrated, flavoured with herbs and spices and salted to make a soup. It is served cloudy, not clarified. Used in recipes when a stronger flavour is required - simple stock is less flavoured, watery and never substantial enough to serve as a dish on its own. Bouillon powder and granules are available from supermarkets and make a suitable substitute when time is short.

**Bouquet garni -** A faggot of herbs either tied in muslin or inside leak leaves containing thyme, parsley and bay leaves. Black peppercorns are sometimes included. Bouquet garnis are used to flavour soups, sauces and stews.

**Bramble jelly** - A jam-like spread made from blackberries which has a dark colour but is completely clear and smooth. Sweet to the taste and used on breads and toast, or in yogurt.

**Bran** - Outer layer of cereal grains, left in wholemeal flour. Also used for making high-fibre breakfast cereals.

**Brandy snaps** - Sticky biscuit rolls traditionally made from syrup, ginger, flour and butter. Cooked in small rounds for a few minutes in a moderate oven, they are rolled round the handle of a wooden spoon while warm. They can be formed into basket shapes to make brandy snap baskets.

**Brazil nut** - It is the seed of a giant tree that grows wild in the tropical South American jungle. The nuts grow packed together like the segments of an orange inside a large, spherical woody fruit. The shell of a Brazil nut is hard and greyish-brown, the nut inside is creamy in colour and creamy and delicate in taste. It is rich in fat, thiamine and magnesium. These nuts are not widely-used in cooking, but are a traditional addition to the fruit bowl at Christmas. They are very tasty eaten raw in muesli, or chopped as part of a nut loaf, or rich fruitcake.

**Breadcrumbs** – Crust-less white or brown bread reduced to granules with a cheese grater, in a blender or food processor, or worked through a sieve. Fresh breadcrumbs are used in stuffing and to thicken sauces; dry breadcrumbs are used for coating food, or sprinkled onto dishes to add colour and crunch.

**Brioche -** A rich bread made with a high proportion of eggs and butter, traditionally baked in a distinctive fluted (wavy)mould. It is often eaten warm and sometimes filled.

**Broad bean** - It has been cultivated in Europe and Asia since the Stone Age. Very young green pods can be eaten whole, simply top and tail. Young bright-green shelled beans can be eaten raw in salads and have a sweet flavour. Slightly older broad beans are greyer in colour and tougher in texture, they are best shelled and boiled and served with butter and chopped parsley. Older beans are dried and used in soups and stews.

**Broccoli** - A type of cauliflower which may be in the form of a compact head or individual sprouts. Sometimes described as the poor man's asparagus. It has a mild cabbage-like flavour, and varieties can be dark green or purple. To prepare, remove the toughest part of the stems and pare the stems down so they will cook in the same time as the more tender heads. The stems are edible and can be sliced thinly and cooked along with the heads if liked. Good in stir-fries or with cheese sauce.

**Brown mushroom** - Also called chestnut, they are a variety of cultivated mushroom and can vary in size. They resemble the open-cup mushrooms in shape, although the cap is browner and they are firmer in texture. Nutty and slightly earthy in flavour; sour when raw. They hold their shape well in prolonged cooking and are good in stews or braises.

**Brown rice** - A rice with just the inedible outer husk removed. There are many varieties of brown rice which has a higher fibre content than white, polished varieties. Brown basmati, short-grain and long-grain are available as well as brown rice flakes and brown rice flour. Brown rice has a nutty flavour and chewier texture and takes longer to cook than white rice.

**Brussels sprouts** - A miniature relation of green cabbage said to originate from Brussels in the thirteenth century. The smaller, firm sprouts are the sweetest. Prepare by trimming outer leaves and, if desired, cut a cross in the base before boiling in a little salted water for 3-5 minutes. A traditional Christmas and winter vegetable served with chestnuts and tossed in nutmeg and butter. Can be shredded and deep-fried or added to stir-fries, or used to make a soup and blended with cream and blue cheese.

**Bresaola** - A dried tenderloin of beef of Italian origin which is aged for about two months. It is served raw with olive oil, lemon juice and parsley as an hors d'oeuvre.

**Brine** - A salt solution used to preserve meat, fish and vegetables. Brine sometimes also contains [saltpetre](http://www.cookeryonline.com/Resource/GlossaryS-Z.html), sugar and flavourings. Brine usually contains about 18% salt.

**Broth -** The unclarified liquid in which meat or vegetables have been cooked, it is used for making soups and sauces. Also, a style of soup which has meat and/or vegetables cooked in a clear stock. [Minestroni](http://www.cookeryonline.com/RECIPES%20HTML/Soups/Minestroni%20Soup.html) is a broth-style soup.

**Brunoise -** A small dice of vegetables 2mm x 2mm (1/12 inch).

**Bucatini** - A very small type of macaroni or tube-shaped pasta.

**Buckwheat** - A cereal plant originating from the orient. Its triangular-shaped seeds resemble beechnuts of a plant related to rhubarb. It is also known as Saracen corn. It can be bought as grains (roasted or unroasted), or as a milled flour. Roasted buckwheat can be boiled for 10 minutes and served in plate of rice, traditionally with [Bortsch](http://www.cookeryonline.com/Resource/GlossaryB.html#Bortsch) or Stroganov. The flour is used in pancakes or galettes, and gives a fragrant nuttiness to the mixture.

**Bulgur** - Bulgar wheat is often described as cracked wheat, and also called Burghul or Pourgouri. It is cracked by boiling, and is a staple in the Middle East, where it is the base for [Tabbouleh](http://www.cookeryonline.com/Resource/GlossaryS-Z.html) and Kibbeh. It is easy to prepare: soak for 30 minutes and then drain and either gently fry with flavourings for 5 minutes until hot, or bake in a moderate oven with a little oil for 15-20 minutes until light and soft. It has a nutty, wheat flavour and can be served hot or cold in salads. It is good for binding and can be used in stuffing or with minced meat.

**Butter** - An ancient way of preserving milk. It is rendered to a form of pure animal fat and will keep for several weeks. The milk of most mammals (except camels) can be used to make butter by churning until it goes thick and then grainy, forming flecks of butter. It is strained and washed to remove the sour buttermilk, and then salted or left plain. Salted butter keeps better. The flavour of different varieties of butter relies on the pastures where the cows graze; butter from Normandy and the Alps produce a fine product with a smooth, clean, fresh taste.

**Cajun seasoning -** A dried mixture of Cajun spices found in the spice section of the grocery store.

**Capocollo -** A specialty of the Parma region of Italy, capocollo is a sausage made from pork shoulder and flavoured with sweet red peppers. It is pressed (rather than chopped), put into casings, and air-dried.

**Capon -** The term for a castrated chicken that is fed a special diet until it is slaughtered at the age of 6 to 9 months.

**Cawl -** see [Crépine](http://www.cookeryonline.com/Resource/GlossaryC.html#Crepine).

**Cardamon -** The dried unripened fruit of a plant from the ginger family. The pods are perfumed and rich in flavour.

**Carraway -** The seed of a member of the parsley family which has warm aniseed undertones.

**Cep -** The edible [boletus](http://www.cookeryonline.com/Resource/GlossaryC.html#Boletus) mushroom with a large bulbous stalk. Always better when young, they can be eaten raw in salads (cut into thin slices) but are great cooked in stews, omelettes or cooked in a white sauce. Dried they add a distinctive flavour to sauces. In Italy they are known as porcini.

**Chiffonade –** Finely-shredded leaf vegetables or herbs.

**Chitterlings -** The small intestines of animals, usually pigs. They are cleaned, simmered, then served with a sauce or used as a sausage casing. Chitterlings are also added to soups or battered and fried.

**Chop -** To cut food into pieces. Can range from small to large in size.

**Chorizo -** A spicy, highly-seasoned, coarsely-ground pork sausage flavoured with garlic, chili, and other spices. Widely used in Mexican and Spanish cooking.

**Choux Paste -** A pastry made by boiling water or milk and butter, adding flour and beating in eggs. Choux Pastry is used to make [profiteroles](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Profiteroles), éclairs and [Paris Brest](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Paris).

**Chutney -** A sauce or relish containing fruits, spices and herbs.

**Cinnamon -** A spice made from the curled inner bark of a species of laurel.

**Clarified butter -** To heat butter until melted and milk solids rise to the top. Skim off milk solids, or use gravy separator before using butter for sautéing. This helps keep butter from burning.

**Clove -** One small section of a segmented bulb, such as garlic. Also a spice.

**Coriander -** A delicately-flavoured herb with a spicy seed.

**Corn –** Several varieties, as outlined here.

* **Blue Corn** - Simply a variety of flint corn with a dark bluish- to red- colour that, when ground, produces a blue-colour flour. Blue corn is grown predominantly in the South-western part of the United States. It has been a staple food of the Pueblo Indians for centuries. The corn has a coarser texture and a nuttier flavour than other varieties of corn used for flour.

Far less of this corn is commercially harvested for a variety of reasons.The corn is simply not as hearty as 'dent' corn varieties.  It frequently produces multiple stalks that fall over and cause problems with harvesting equipment and in general produces a lower yield.

The primary use for blue corn is to produce blue corn tortillas. Tortillas made from blue corn flour are frequently denser than a white corn tortilla, buy have more flavour.  It is also used to produce Nixtamal which in turn is used for tamales, tortillas, or pozole.
* **Corn Husks** - The outside sheath that covers a cob of corn.  The husks can be used fresh or dried. Normally the dried husks are soaked and used to wrap foods such as tamales.
* **Flint Corn** - Called flint because of its dense, hard exterior, it is also referred to as Indian corn.  Both red and blue corn, as well as popping corn, are types of flint corn. This type of corn is primarily used for animal food.
* **Hominy** - Essentially it is the same as nixtamal - dried field corn that has had the hull and germ removed. The fresh version bears little resemblance to the canned product. Hominy is used to make traditional Mexican dishes such as Pozole (soup). It can also be dried and ground and used for hominy grits.
* **Maize** - From the American Native Indian word, *mahiz*. This is the term the Europeans gave ‘corn.’
* **Masa** - Masa is the Mexican word for ‘dough’.  It refers to the corn dough used to make tortillas, tamales, as well as other traditional Mexican dishes.
* **Masa Harina** - Is ‘dough flour’.  The fresh masa is force-dried and ground into a fine powder.  It may then be reconstituted with water or other liquids and used to make tortillas.
* **Nixtamal (nixtamalado)** -  Dried maize which has been lime-treated and partially-cooked.  Available in Mexican grocery stores. This can be used to grind and make tamales or tortillas, or used for hominy or pozole.
* **Red Corn** - Another type of Flint or Indian corn. Occasionally used to make flour for tortillas.  Normally used for animal feed.

**Coulis -** A liquid purée of fruit, vegetables or seafood. Coulis can be used as sauce or are added to soups and sauces to give body and flavour. They are named after a *couloir,* which is a type of funnel.

**Courgettes** - Baby marrows are available in many varieties, shapes and sizes. The colour varies from green to yellow and the shape from long and thin to spherical. The flavour is watery and earthy. The tenderest, sweetest courgettes are those about 10-15cm (4-5 inches) long. Courgettes are prepared by slicing off the top and end, then either leaving whole for roasting or stuffing, slicing for stir fries and soups, dicing or making matchsticks for casseroles. They can be grated or julienned and tossed in lemon juice and served raw as a salad. Try steaming in slices and tossed in butter with chopped mint.

**Couscous –** Apasta made from durum wheat which resembles grain. The finished dish is served with a [tagine](http://www.cookeryonline.com/Resource/GlossaryS-Z.html#Tagine) and/or harissa.

**Crépine -** A thin membrane veined with fat that encloses the stomach of animals - used to make crépinettes. Also known as cawl or toilette, it is used to hold together ingredients in certain dishes such as terrines, [faggots](http://www.cookeryonline.com/Resource/GlossaryE.html#Faggots), or stuffed cabbage leaves.

**Crosne** (or Chinese or Japanese artichoke) - Also known as chorogi, crosne is a spiral-shaped tuber that looks a bit like a giant caterpillar, though it tastes similar to a Jerusalem artichoke. Prepare by rubbing with coarse salt to remove the skin or cook unpeeled. They are popular in France and can sometimes be obtained from oriental and Asian Markets.

**Crouton -** Hard toasted or fried pieces of bread used to garnish.

**Crudités -** Raw vegetables and or fruits served as an appetiser. These are generally cut into sticks or batons or thinly-sliced and served with dips or cold sauces. Carrots, celery, peppers, red cabbage, mushrooms, fennel, fresh broad beans, radishes, sliced of avocado, or tomatoes, amongst others, can be used.

**Cumin -** Also known as jeera, cumin is the seed of a plant similar to cow parsley and has a distinctive spicy-warm rather than hot flavour.

**Darne -** A slice or steak of a round fish cut through the bone.

**Enoki mushroom -** A member of the mushroom family. Looks like cooked spaghetti topped with tiny button caps.

**Espagnole -** A basic brown sauce made from a brown stock to which a brown [roux](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Roux) , a [mirepoix](http://www.cookeryonline.com/Resource/GlossaryM.html#mirepoix), and tomato purée are added.

**Faggot -** A ball of coarsely-minced liver and pork mixed with herbs, onion and breadcrumbs, usually wrapped in [crépine.](http://www.cookeryonline.com/Resource/GlossaryC.html#Cr%8Epine) Typically served in a thickened gravy, with onions and mushy peas. There are many regional variations on the recipe, especially in the U.K.

**Farce -** The French term for stuffing/[forcemeat](http://www.cookeryonline.com/Resource/GlossaryE.html#Forcemeat).

**Fécule -** Fine potato flour.

**Fenugreek -** An aromatic Mediterranean plant whose seed is used in the west mainly as part of curry powder. Is traditionally used in Africa to fatten women.

**Fool -** A dessert made of fruit purée which is sieved, sweetened and chilled, shortly before serving. Double its volume of whipped cream is folded into it.

**Forcemeat -** More commonly called stuffing. A mixture of raw or cooked ingredients, chopped or minced or ground, used to stuff eggs, fish, poultry, game, meat vegetables or pasta. The three main types of forcemeat are those made with meat, game or poultry, those made with fish, those made with vegetables.

**Frangipane -** A pastry cream or sponge-like filling made with ground almonds or macaroons. Used in Bakewell and other tarts.

**Galantine -** A dish made with poultry, game, pork, veal or rabbit mixed with [forcemeat](http://www.cookeryonline.com/Resource/GlossaryE.html#Forcemeat) and pressed into symmetrical shape. Cooked in aspic stock and then glazed with aspic. Usually served as an entrée.

**Galette -** A flat round cake of variable size. Galettes can be made of pastry, cereals, potatoes, nuts, marzipan, shortbread, etc.

**Ganache -** A flavoured cream used to fill and decorate cakes or sweets, made with chocolate, butter and fresh cream.

**Game -** All wild animals and birds that are hunted. Game is generally divided into furred and feathered categories. Hunting is usually confined to certain seasons that allow the animals to breed and to prevent extinction.

**Ghee -** A clarified fat originally made from buffalo milk. Ghee is commonly used in Indian cookery.

**Ginger** - The underground root or rhizome of an iris-like plant. Ginger has a warm, sweet aroma and a hot, biting flavour

**Glaze -** A mixture brushed on food which adds flavour and gives a glossy appearance.

**Gluten -** A protein in flour that develops elasticity when kneaded. It is desirable in bread as it helps to trap the carbon dioxide in the dough and enables it to rise with less risk of collapsing. Strong flour is high in gluten.

**Goat -** Goat meat has been eaten in many countries for centuries, and is gaining popularity in the U.S. and Europe. Most goat meat comes from kids - goats under 6 months old. Kid meat is as tender and delicate as lamb.

**Goulash -** A beef stew or soup of Hungarian origin, made with parprika and onions. Named after the keepers of the Magyar oxen - *Gulyas.* Nowadays Goulash is often prepared with a [roux](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Roux)-based thickening but this is probably an Austrian or French variant. Usually served with potatoes or small quennells of egg pasta, *csipetke* , or Spätzle.

**Gravy -** The diluted juices from a roast joint of meat, poultry or game. It is classically served un-thickened and known as *jus rôti*, but many prefer the thickened varieties.

**Grouse -** A small, low-fat game bird. Quality birds should have no odour.

**Guinea fowl -** A relative to the chicken and partridge, the female (hen) makes better eating than the male. The taste has been described as ;pleasantly gamey.’ Guinea fowl were raised and eaten by the Greeks and Romans.

**Ham -** A hind leg of pork/hog cured in various ways. The leg is cut from the carcase and [brined](http://www.cookeryonline.com/Resource/GlossaryB.html/#Brine) separately. Ham may be cooked, raw or smoked. The French term [‘jambon](http://www.cookeryonline.com/Resource/GlossaryH.html/#Jambon)’ refers to ham and also to a leg of fresh pork.

**Harissa** - A very hot pepper sauce from North Africa, made from a purée of olive oil, chilli, garlic, coriander, caraway or cumin and several other spices.

**Hoisin sauce** - An oriental sauce used in cooking.

**Hors d'oeuvres** - An appetiser or first course dish.

**Hummus** - A dish made from chick peas and [tahini](http://www.cookeryonline.com/Resource/GlossaryS-Z.html/#Tahini), usually flavoured with garlic, lemon juice and olive oil served with pita bread, salads or crudités as a starter or snack.

**Italian seasoning** - A dried mixture of Italian herbs. Can be found in the spice section of the grocery store.

**Jambalaya** - A spicy rice speciality of New Orleans - originating from [paella](http://www.cookeryonline.com/Resource/GlossaryP-R.html/#Paella) - classically made with rice, chicken and ham. Other ingredients such as sausage, peppers, tomatoes, prawns and oyster can be added.

**Jambon** - The French term for [ham](http://www.cookeryonline.com/Resource/GlossaryH.html/#Ham) or leg of pork.

**Kebab -** Cubes of meat, fish, shellfish or vegetables cooked on a skewer.

**Kidney -** Kidneys are a pair of glandular organs of mammals and reptiles. Calf and lamb kidneys are the most delicate. Pig kidneys are larger and coarser. To prepare, remove the outer membrane and the central core. Usually [sautéed](http://www.cookeryonline.com/Resource/GlossaryS-Z.html/#Saute) or grilled.

**Kielbasa -** A highly-seasoned, smoked sausage of Polish origin made from pork and (sometimes) beef. It is flavoured with garlic and other spices. Can be served cold or hot.

**Kimchee** - A spicy-hot, extraordinarily pungent condiment that is served at almost every Korean meal. It is made of fermented vegetables (such as cabbage or turnips) that have been pickled before being stored in tightly-sealed pots or jars and buried in the ground.

**Knackwurst -** A German smoked, cooked sausage made from beef and/or pork and saltpetre to give it its pinkish colour. It is shorter and larger in diameter than a frankfurter and is highly seasoned with garlic. Eaten grilled or poached.

**Lard -** Melted down pork-fat used for cooking. Lard is a solid, white fat with a distinctive flavour and a high smoking point.

**Laverbread** - A Welsh method of preparing and serving purple seaweed ([Porphyra umbilicalis](http://www.marlin.ac.uk/species/Porphyraumbilicalis.htm) or Porphyra laciniata). Also known as nori this seaweed is brown-looking, fine and silky, and was traditionally served mixed with a little oatmeal and fried in bacon or fat. Often dried first then soaked and washed thoroughly, wrung dry, then boiled in seawater for several hours, sometimes with a little vinegar. It is then drained and minced, it is black in appearance.

The seaweed is often imported dried from Scotland. It can be mixed with olive oil, lemon juice and black pepper and served on toast or added to chicken stock and liquidised.

There are various versions of laver sauce, where the laver bread is heated in butter with a squeeze of Seville orange or added to [bechamel](http://www.cookeryonline.com/RECIPES%20HTML/Sauces/Bechamel.html) and served with lamb.

**Liaison -** A mixture of egg yolks and cream added to a soup or sauce to enrich and thicken it at the end of cooking. [Velouté](http://www.cookeryonline.com/Resource/GlossaryS-Z.html/#Velout%8E) derives its name from the velvety finish that a liaison imparts to it.

**Lychee (c**an be spelled litchi) - A Chinese fruit also grown in the Far East, the US and West Indies. The knobbly shell can be easily removed as can the stone. The flesh is white with a pinkish-tinge when ripe. Also available tinned or in an overripe form (when they turn black). Can be served on their own, in fruit salads, with cream or ice-cream, or as part of a meat or fish dish. The flavour is perfumed and slightly musky.

**Macédoine -** A cut of vegetables 1/2cm (1/4 inch) dice or a mixture of fruit or vegetables.

**Marinade -** A mixture used to enhance the flavour and/or tenderness of food.

**Merguez -** A thin type of sausage made from beef and mutton - its red colour comes from red pepper seasoning. North African or Spanish in origin, it can be fried or grilled and is commonly served with [couscous](http://www.cookeryonline.com/Resource/GlossaryC.html/#Couscous).

**Mignonette -** Coarsely ground pepper.

**Miso -** Japanese condiment made from a paste of fermented soya beans with rice, barley, or wheat grains and salt

**Mirepoix -** A dice of carrots, onions and celery used to improve the flavour of sauces , as a garnish and in braised and pot roasted dishes. Named after the Duc de Lévis-Mirepoix, and created by his chef.

**Miroton -** A sliced, cooked meat dish usually made from boiled beef with sliced onions, often in a sauce.

**Mocha -** A variety of strong coffee with a distinctive bitter musky aroma - a variety of Arabica..

**Mortadella -** A mild, smoked sausage from Bologna, Italy, the city that brought us ‘[bologna](http://www.cookeryonline.com/Resource/Cold%20Meats/pages/Bologna_jpg.htm)’ sausage. Made from finely-ground beef, pork, cubes of pork fat, and seasonings. Mortadella often has pistachio nuts or whole peppercorns added.

**Offal -** The general term for parts of an animal other than meat (muscle tissue).This includes internal edible parts of animals, especially organs and glands and also extremities such as feet, head, tongue and [tripe](http://www.cookeryonline.com/Resource/GlossaryS-Z.html/#Tripe). Popular recipes include [Faggots](http://www.cookeryonline.com/RECIPES%20HTML/Meat%20Dishes/Faggots.html), Braised [Liver and Onions](http://www.cookeryonline.com/RECIPES%20HTML/Meat%20Dishes/Braised%20Liver%20and%20Onions.html), [Hot Salad of Chicken Livers,](http://www.cookeryonline.com/RECIPES%20HTML/Starters/Salad%20of%20Hot%20Chicken%20liver.html) and [Duck Liver and Chilli Salad](http://www.cookeryonline.com/RECIPES%20HTML/Starters/Duck%20livers.html).

**Orzo -** A form of pasta which is sometimes called ‘barley,’ it resembles rice and comes in various sizes grains. More associated with Greek cookery than Italian. Cook in boiling salted water or stock.

**Olives** - The small oval fruit of the olive tree. The fruit ripens from green to black; the flesh encloses an oval stone and is the source of olive oil. The fruit (stoned or stuffed) is used as an appetiser and as a flavouring and ingredient in dishes. Originating in the East, the olive was consumed by both the ancient Egyptians and Greeks and was spread to all Mediterranean regions by the Romans. More recently the low level of saturated fat has made the olive more popular as a healthy and tastier alternative to other vegetable oils.

There are two basic types of olive - green and black (ripe). Green olives are harvested before they ripen and are treated with an alkali to reduce the bitterness the rinsed and pickled in brine Black Olives are harvested when fully ripe and are not treated with alkali but are still pickled in brine.

**Paella** - A traditional Spanish rice dish made with saffron, chicken, shellfish and vegetables. It is prepared in a *paellara* from which it derives its name. Various other ingredients are used to garnish many local varieties of the dish.

**Panada -** A paste used to bind and thicken. Made from flour ([choux paste](http://www.cookeryonline.com/Resource/Glossary.html%20#Choux%20Paste)), [frangipane](http://www.cookeryonline.com/Resource/Glossary.html%20#Frangipane), bread, potato, or rice, panada are used in [forcemeats](http://www.cookeryonline.com/Resource/GlossaryE.html%20#Forcemeat), terrines and [quenelles](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Quenelle).

**Pancetta -** An Italian cured pork with spices which is rolled. Pancetta can be eaten raw and is often used as a flavouring agent in sauces, pasta fillings, roasts and vegetables.

**Paris Brest -** A ring of choux pastry filled with a cream, usually praline flavoured and covered with shredded almonds. The name of this cake comes from the route of the Paris to Brest bicycle race on which the original pastry shop was found that produced it.

**Parma Ham -** The famous sweet Italian ham which is dry cured and pressed. It is usually eaten raw accompanied by fruit or delicate vegetables.

**Parmesan-Reggiano -** The best known Italian cheese made in the old Duchy of Parma. It is aged at least two years and makes an excellent cheese for cooking as it melts without running or becoming rubbery.

**Pastrami -** A seasoned, preserved meat made from dry-cured salt beef. The seasonings can include cloves, garlic, cinnamon, ground pepper, red peppers, all spice and coriander seeds. Well-known served as a rye bread sandwich.

**Pastry cream-** A cream used as a filling for pastry products, usually associated with a confectioner’s custard.

**Pecorino Romana -** Italy's oldest cheese. A hard sheep's-milk cheese, it is much sharper and stronger than [parmesan](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Parmesan) and tends to crumble more.

**Phyllo (filo) pastedough -** A tissue thin sheet of dough of Greek origin made by rolling and pulling a sheet of pliable dough and used to make leaved pastry dishes. It is similar to the softer [strudel](http://www.cookeryonline.com/Resource/GlossaryS-Z.html%20#Strudel) paste. Phyllo can be made or purchased fresh or frozen. Its best known use is in [Baklava](http://www.cookeryonline.com/Resource/GlossaryB.html%20#Baklava) but is now commonly used in many other dishes.

**Physalis** - Also known as Cape Gooseberry, strawberry tomato, winter cherry or love-in-a-cage. These fruit are originally from Peru, yellow-to-red in colour and often wrapped in their fine wafer-thin brown leaves/bladder (calyx). Often used for their presentation value to decorate sweets. The fruit has a pleasant tart flavour and is often used in preserves and compotes, fruit salads, sorbets and ice cream.

**Poblano pepper -** A member of the pepper family. The peppers are dark green in colour and vary in heat intensity from medium to hot. Dried poblano peppers are called ancho peppers.

**Polenta -** A cornmeal porridge from Northern Italy. Traditionally made with water in a large copper pot called the *paiolo* and stirred with a *bastone* (a wooden baton) then cooled in *madia* (a round wooden tray) and cut up into diamond or squares. Served plain with butter and cheese, or any of a number of sauces. Various ingredients can be added during cooking including cheese, vegetables, ham and truffles. There are two main types of Polenta - fine or coarse- they result in different textures in the finished product.

**Portobello mushroom -** A meaty, delicious mushroom, usually 4-6 inches wide. For preparation, remove and discard dark gills from the underside of the mushroom cap with a spoon.

**Praline -** Either a sweet consisting of an almond, coated with caramelised sugar or a preparation consisting of crushed almonds and hazlenuts that have been coated in caramelised sugar. Used for flavouring ice creams and as a filling in other sweets and chocolates.

**Profiteroles -** Small choux pastry buns. They can be either sweet or savoury. Various filling are used such as pastry cream, chantilly cream, jam, ice cream, game purée and cheese mixtures. The word *profit* meant small gift.

**Prosciutto -** The Italian word for ham, it is used to describe a salt-cured and air-dried [ham](http://www.cookeryonline.com/Resource/GlossaryH.html%20#Ham) coming from Italy. The meat is pressed to produce a firm texture, then sliced very thinly. [Parma](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Parma) ham is a true prosciutto. ‘Prosciutto cotto’ is cooked ham, ‘Prosciutto crudo’ is raw.

**Quail -** A small game bird of the partridge family that resembles a small, plump chicken. Known also as ‘bobwhites’ and ‘partridges.’ The flesh is white and delicately-flavoured. Most quail today are raised on bird farms.

**Quenelle -** A dumpling made of meat or fish [forcemeat](http://www.cookeryonline.com/Resource/GlossaryE.html%20#Forcemeat) bound with eggs, fat or a [panada](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Panada). Quenelles are usually shaped into a small egg shape or sausage and poached in water or stock.

**Rice -** The most widely-cultivated cereal in the world after wheat. Many varieties which divide broadly into long grains (such as Patna, Basmati, Surinam) which tend to stay separate when cooked and short grain (Carolina, Arborio, Piedmont) which tend to stick together. Versatile and used in numerous dishes, rice is the staple diet of a large proportion of the world’s population. Rice can be cooked either on the stove (risotto. steamed plain boiled), in the oven (Pilaff) or in a rice-cooker.

Generally speaking, rice is cooked 1:2 rice: liquid by volume to achieve full absorption of the water or stock. For Rissotto, the ratio is 1:3 rice: liquid and the result is a moist, creamy mixture.

**Rillettes -** A preparation of pork, rabbit, poultry or goose cooked in lard then pounded into a rough paste and potted. Rillettes are served cold and usually as an hors d'oeuvre, often with toast.

**Root vegetable -** The ‘hard’ vegetables that are grown underground such as carrots, turnips, or swedes.

**Roulade -** A rolled-up preparation of meat, sponge, vegetables, or fish which is usually stuffed.

**Roux -** A mixture of butter and flour cooked over low heat. Used for thickening a sauce and soups. The roux can be prepared in three ways.

* White – The mixture is barely cooked and takes on no colour. This is used to produce a white sauce called [Béchamel](http://www.cookeryonline.com/Resource/GlossaryB.html#Bechamel).
* Fawn - The roux is cooked for a few minutes so that it starts to color slightly, this is used to make white sauces - [Veloute](http://www.cookeryonline.com/Resource/GlossaryS-Z.html#Veloute).
* Brown - The roux is cooked to the colour of white coffee and is used to make brown sauces, such as [Espagnole](http://www.cookeryonline.com/Resource/GlossaryE.html#Espagnole).

**Saffron -** A spice made from the stigmas of the saffron crocus. It comes in either powder form or in dried stands. The best saffron probably comes from Valencia (Spain). Iran, Italy, Greece and South American countries also produce it. Saffron should be used carefully as it will give the dish a soapy and bitter flavour if used in excess. It is also the most expensive of all spices. Indian Saffron (not to be confused with [tumeric](http://www.cookeryonline.com/Resource/GlossaryS-Z.html#Tumeric)) is redder in colour, is considerably cheaper but much less pungent.

**Sausage -** Ground meat with fat, salt, seasonings, preservatives, and sometimes fillers. They may be smoked, fresh, dry or semi-dry, uncooked, partially-cooked, or fully-cooked. There are thousands of variations of sausage.

**Salami -** Originally an Italian sausage variety, now any of a family of boldly-seasoned sausages. Similar to ‘cervelats,’ except that they tend to contain more garlic and are coarser and drier. Salamis are rarely smoked. ‘Pepperoni’ is a popular type of salami. Milano is one of the best salamis available.

**Salisbury steak -** A ground beef patty seasoned with onions and seasonings before it is broiled or fried and served with gravy. Named after Dr. J. H. Salisbury who recommended eating a lot of beef for a wide variety of ailments.

**Salmis** - A game stew. Usually made with feathered [game](http://www.cookeryonline.com/Resource/GlossaryG.html#Game). Abbreviated from *salmigondis.*

**Saltpetre** - The common name for potassium nitrate*.* It is used to preserve food - especially meat - in which it produces a characteristic bright pink colour. It is used to make brine in combination with salt and sugar. Numerous meat products are cured using saltpetre, including [pastrami](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Pastrami) and [knackwurst](http://www.cookeryonline.com/Resource/GlossaryK.html#Knackwurst)

**Serrano ham -** A Spanish ham air-dried often with paprika and oil. Served in thin slices, it makes an excellent snack. Small amounts add a distinctive flavour to a wide variety of dishes such as soups, vegetables, or pasta. Serrano means ‘from the mountains’, as the dry mountain air offers the ideal conditions for the curing process.

**Shallot -** A member of the onion family, shallots often have a pinkish tinge and are more delicate in flavour than some onions when cooked. Shaped like cloves of garlic.

**Snail -** Popular since prehistoric times the ‘escargot’, was eaten by ancient Romans who set aside special vineyards where snails could feed and fatten. Now it is a national dish of France but available worldwide. Usually served with garlic butter and in the shells.

**Souse Loaf -** Well-cooked pig's head and feet that are chopped into small pieces, marinated in lime juice, chili pepper and salt, then pressed into a loaf.

**Soya -** The soya bean **is** very versatile and nutritious. When milled, becomes very high in protein. Typical soy products include:

* **Edamame-** The Japanese name for fresh soybeans. The soybeans (either fresh or frozen) are boiled in their pods with salt, then chilled and served as an appetizer.
* **Soy flour** - Dried and ground soybeans. This product can be difficult to digest.
* **Soy milk -** Soy milk is made simply from dried soybeans and water.  It is an excellent replacement for milk.  Use it fresh to drink, or pour over cereal, or in most recipes that require milk. This is a great, easily digestible way to increase your soy intake.
* **Soy sauce -** Soy sauce and Tamari are made of soybeans, salt and water. Soy sauce contains a wheat product called koji. Tamari contains no wheat. Soy sauce is used as a flavour enhancer. For the best flavour purchase a high quality soy sauce or Tamari product which has been well-aged. Some of the very inexpensive brands may have a very harsh flavour.
* **Dried and roasted soybeans -** Soybeans can be dried and roasted and used as a snack food. These can be very difficult to digest, however.

**Spätzle -** A form of pasta/noodle paste formed into irregular strips or dumplings which are served as a garnish or as a main dish. The word means ‘little sparrow’.

**Spelt -** An ancient variety of wheat. It has small brown grains that adhere strongly to the chaff. Used in some special bread varieties and broths.

**Spice -** An aromatic substance used to season food.

**Squirrel -** An abundant, largely tree-based rodent. Red and grey squirrels are commonly eaten in the U.S. The grey squirrel is fatter and has a flavour considered by many as superior to the red squirrel. Contrary to popular belief Squirrels only have a strong ‘gamey’ taste if ‘hung’.

**Stock -** A liquid produced when water, seasonings, bones and/or vegetables have been slowly simmered. Known in French as *fond* (meaning foundation) or *fumet* (fish stock). They are the basis of many soups, sauces and stews.

**Stroganov -** A dish of thinly-sliced beef (usually fillet, sirloin, tenderloin or top loin), onions, and mushrooms [sautéed](http://www.cookeryonline.com/Resource/GlossaryS-Z.html#Saute) with a cream-based sauce and garnished with sautéed mushrooms. Often served with a rice pilaf. Invented by the chef of Count Paul Stroganoff in the 19th century.

**Strudel -** A very thin pastry filled and rolled - either sweet or savoury. Originally from Vienna, it was reputedly invented by a Hungarian chef who based it on [Phyllo](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Phyllo) pastry. Classically filled with apples and raisins but many other variants are now commonly used.

**Sugar** - Granulated sugar is the most common type of white sugar. It is crystaline and pours easily. British-granulated is coarser than American-granulated. It is used for making syrups and other heated mixtures, including adding to tea and coffee. Castor or caster sugar is the British name for a fine granulated sugar used in desserts and baking similar to the French ‘sucre en poudre’ or the American superfine. Icing sugar is a powdered sugar mixed with cornflour to prevent it from caking.

**Swedish meatballs -** A combination of ground meat (often a combination of beef, pork, or veal), [sautéed](http://www.cookeryonline.com/Resource/GlossaryS-Z.html#Saute) onions, milk-soaked breadcrumbs, beaten eggs, and seasonings. The mixture is formed into small balls, then sautéed until brown.

**Swiss steak -** Round or chuck steak that has been tenderized by pounding, coated with flour, and browned on both sides. The meat is then covered in chopped tomatoes, onions, carrots, celery, broth, and seasonings, and baked for approximately two hours.

**Tabasco -** An American sauce consisting of chilli peppers marinated in spirit vinegar and salt.

**Tabbouleh -** A Lebanese salad of bulgur (cracked) wheat, mint, tomatoes, onions and parsley - sometimes with peppers and onions. It is traditionally wrapped in cos lettuce and eaten with the hands.

**Tagine -** A spicy vegetable or meat stew. The traditional method of cooking in North Africa – Tagine - has been used for centuries to slow-cook with these spices. Very little water is needed to keep foods moist, and the unique design of the Tagine lid locks in the combination of flavours. The base, made of cast iron, works with any heat source: gas, electric radiant or solid plates, ceramic, halogen, induction, and Aga-Rayburn-type stoves. The tall, inverted cone shape keeps the top far from the heat source and from absorbing the heat, and thus stays cool to the touch.

**Tahini -** A paste made from sesame seeds used in [Hummus](http://www.cookeryonline.com/Resource/GlossaryH.html#Hummus) and also in Middle Eastern sweets. Can be light or dark if toasted.

**Tapenade -** A condiment originally from Provence made with capers, stoned black-pitted olives, and desalted anchovies pounded in a mortar with lemon juice and herbs. There are numerous variations but the name comes from *tapeno* which means caper. Used as accompaniment to grilled fish, meat or served with cruditées or on toast.

**Texas toast –** Thickly-sliced (1-inch) French/Italian bread spread with butter on both sides and browned under broiler or on the grill.

**Tronçon -** A slice of a large flat fish cut through the bone.

**Tripe -** The stomach tissue of ruminant (chewing animals) usually beef. There are two main types of tripe: ‘blanket’ or ridged from the first stomach and ‘honeycomb’ from the second stomach.

**Truffle -** An edible fungus which is found underground. It is round and can be black, white, dark brown or grey in colour. The scarcity and decline in truffles has made it an expensive garnish. Probably the best and most expensive truffle is the black Périgord truffle. There are some 70 varieties of truffle. Truffles are also sold in jars and cans. Truffle oil can also be bought and used to finish dishes with.

**Tumeric -** A spice made from the powdered stem of a plant, it is an yellow/orange coloured powder that gives a bright yellow colour to food and has a distinctive yet delicate flavour. Known as *Haldi* in Indian Cookery. It is used in American Mustard, in Picalilli and in many curries to give colour and flavour.

**Turkey -** A farm bird raised for its delicate flesh. Originally an American game bird from the pheasant family that has been domesticated. The flesh of turkey cocks is dry and requires [barding](http://www.cookeryonline.com/Resource/GlossaryB.html#Bard) and [basting](http://www.cookeryonline.com/Resource/GlossaryB.html#Baste).

**Vanilla** - A bean from the pod of a tropical climbing orchid. It can also be obtained as Vanilla extract or as Vanilla essence. Should be used sparingly as the flavour can be acrid if used in excess. Vanilla sugar is made by leaving one or two vanilla pods in a jar of sugar. This gives a hint of vanilla flavour to the sugar. It can be made by mixing in a bit of vanilla essence and then drying out the sugar, but the result is less satisfactory. Use in place of ordinary sugar to give a hint of flavour.

**Velouté -** A white stock thickened with a blond [roux](http://www.cookeryonline.com/Resource/GlossaryP-R.html#Roux). Velouté is the basis of many classic sauces and soups.

**Veal -** The meat of a calf up to one year-old reared for slaughter when weaned. ‘Milk-fed’ veal are un-weaned calves. ‘Bob veal’ is under a month old; ‘baby beef’ is 6 - 12 months old. To keep their flesh from darkening, these animals are not fed grains or grasses.

**Venison -** Deer meat. The term Venison covers the meat from any large game animal such as antelope, caribou, elk, deer, moose, and reindeer. Venison is probably the most popular large game meat eaten today. The term comes from the latin ‘*venatio*.’ meaning ‘to hunt’.

**Vienna sausage -** A small frankfurter, often served as an hors d'oeuvre.

**Water buffalo -** A buffalo native to the Old World tropics with large flattened horns. Also called ‘water ox.’

**Wild boar -** The ancestor of the domestic big boar but its meat is richer, leaner and stronger tasting than pork. It can be found in Europe, Asia, North Africa and North America.

**Wonton skins -** A thin noodle dough that is used in Oriental recipes. Often available in the produce area of the grocery store.

**Yankee pot roast -** A ‘pot roast’ is a piece of chuck or round cut that is browned, then braised very slowly in a covered pot with a little liquid. A ‘Yankee pot roast’ includes vegetables that are added part way through the cooking process.

**York ham -** A classic British ham with a mild and sweetish flavour.

**Yorkshire pudding-** A batter-based pudding traditionally served with roast beef.

**Glossary of kitchen-related terms**

Kitchen (or ‘cooking’) terms are used in the kitchen to explain how to do culinary tasks. The following is a list of popular terms used.

**Al dente -** Pasta cooked to ‘the tooth,’ meaning tender but slightly firm.

**Anglaise (á la) -** 1) A cooking style for simple cooked dishes, such as boiled vegetables. 2) A method of cooking fish – deep-frying in bread crumbs,

accompanied by tartar sauce. 3) A fresh egg custard sauce.

**Bakery -** The place where bread is manufactured and sold.

**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 foods during cooking with drippings, water or seasoned sauce, to prevent drying or to add flavour.

**Bastible -** A heavy pot usually made of iron with three legs or hung from a hook and a flat base. Of Irish origin, it is used to cook over open fires. Bastibles can be used for baking by placing the lid filled with hot embers on top of it. In the past it was also used to slow-cook various meat and poultry dishes.

**Bat -** To flatten meat or fish with a cutlet bat or other suitable implement.

**Beat** - To work a mixture smooth with a regular, hard, rhythmic movement.

**Blanch** - To immerse fruits 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.

**Blend** - To mix two or more ingredients until smooth and uniform.

**Blind bake** - To bake pastry before it is filled to create a crisper crust. To prevent puffing and slipping during baking, the pastry is lined with greaseproof paper and filled with pie weights, dry beans or uncooked rice. These are removed shortly before the end of baking time to allow the crust to brown.

**Boil -** To heat water or other liquids to 100ºC (212 degreeº F). When water boils the surface is covered with bubbles.

**Braise** - A slow, moist-heat cooking method for large cuts of meat, poultry, game or vegetables using a small amount of liquid and a tight-fitting lid. Used for less tender cuts.

**Broil -** A quick, dry-heat oven-cooking method using the broiler setting. Used

for more tender cuts. Less tender cuts can be used if marinated.

**Broiler pan -** A rectangular pan with a rack, sometimes included in an oven.

**Brown** - To cook food quickly on top the stove (in fat or without fat) or in the oven to develop a richly browned, flavourful surface and help seal in the natural juices.

**Brush** - To spread food with butter or margarine or egg, using a small brush.

**Butterfly -** To split food down the centre without cutting all the way through so two pieces can be opened like butterfly wings.

**Caramelize** - To melt sugar slowly over very low heat until sugar is liquid, deep amber in color and caramel flavoured.

**Carve -** To slice meat across the grain for serving.

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

**Chop** -To cut food into small pieces with a knife or small cutting appliance.

**Coat** - To roll foods in flour, nuts, sugar, crumbs, etc., until all sides are evenly covered; or to dip first into slightly beaten egg or milk, then to cover with whatever coating is called for in a recipe.

**Combine** - To mix various ingredients together.

**Core** - To remove the core or center of various fruits, such as apples, pears and pineapple, and vegetables, such as lettuce and cabbage. Coring eliminates small seeds or tough and woody centers.

**Cream** - To rub, whip or beat with a spoon or mixer until mixture is soft and fluffy. Usually describes the combining of butter and sugar for a cake.

**Cube -** To cut food into uniform 1cm (half-inch) squares.

**Cure -** To preserve meat by either smoking, drying, pickling or salting.

**Cut** - To break up food into pieces, with a knife or scissors.

**Cut in** - To mix shortening with dry ingredients using a pastry blender, knife or fork. Usually applied to pastry-making.

**Deglaze** - After meats or vegetables have been browned, wine or stock is added to the pan over high heat, and the rich coloring that remains in the pan is gently scraped with a wooden spoon and combined with the wine or stock.

**Degrease -** To remove the fat from the surface of a liquid/

**Deep-fry -** To cook food by immersing in cooking oil/fat.

**Dice -** To cut into equally-sized cubes. The smallest vegetable dice is known as [brunoise](http://www.cookeryonline.com/Resource/GlossaryB.html#Brunoise) - 2mm (1/12inch); the largest as [macédoine](http://www.cookeryonline.com/Resource/GlossaryM.html#Macedoine) - 1/2 cm (1/4 inch).

**Dilute -** To make a sauce or stock weaker by adding more liquid.

**Dissolve** - To make a liquid and a dry substance go into solution.

**Dredge** - To sprinkle, coat or cover with flour, crumbs, cornmeal or other seasoned mixture.

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

**Dry heat cooking -** Cooking without the addition of liquid. Examples include grilling, broiling and panfrying. Used for tender cuts or less tender cuts which have been marinated.

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

**Dutch oven -** A heavy pot with a tight-fitting cover.

**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 - egg yolks or mustard - to bind mixtures like vinaigrettes and sauces.

**Fillet** - A strip or compact piece of boneless meat or fish, or cut meat away from the bone.

**Flambé** - To sprinkle with brandy or liqueur and ignite and serve flaming.

**Fold**/**Fold in** - To combine two ingredients or two combinations of ingredients by two motions; cutting vertically through the mixture and turning over and over by sliding the implement (usually a rubber spatula or wire whisk) across the bottom of the mixing bowl with each turn.

**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.

**Glaze** - To cover with aspic; to coat with a thin sugar syrup; to cover with melted fruit jelly. Cold meats, fish, fruit, etc., are often glazed.

**Grate -** To cut food into small pieces by rubbing against the sharp teeth of a grating tool.

**Grill -** A quick, dry-heat cooking method over charcoal, wood or gas flames. Used for more tender cuts. Less tender cuts can be used if marinated.

**Herb mincer or roller** - A device for chopping up herbs, has the same effect as a mezzaluna on a small scale.

**Julienne** - To cut fruits, vegetables or meats into match-like strips.

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

**Larding -** Threading thin strips of fat, usually pork, into a large joint of meat to keep them from drying out during cooking. A larding needle is usually used. The fat should be chilled to make it firm and can be seasoned or sprinkled with parsley.

**Lukewarm** - Lukewarm food will feel neither warm nor cold when sprinkled on or held to the inside of the wrist.

**Marinate (Marinade)** - To let foods stand in a marinade, usually an acid-oil mixture of oil and vinegar or wine, often flavoured with spices and herbs.

**Meat thermometer -** An instrument used to read the internal temperature of meat.

**Melt** - To heat solid food, like sugar or fat, until it becomes liquid.

**Mince -** To cut or chop in very fine pieces, usually through a mincing machine. Sometimes known as ground meat.

**Mise en place -** The French term for pre-preparation in the restaurant or the kitchen - where it means the setting out the ingredients and equipment required for the preparation of dishes on the menu.

**Mix** - To stir, usually with a spoon, until ingredients are thoroughly combined.

**Pan broil -** A quick, dry-heat cooking method using a pan on a stovetop. No oil is used and the pan is uncovered. Used for thinner cuts.

**Pan-fry -** A quick, dry-heat cooking method using a pan with a small amount of oil. No lid is used. Used for thinner cuts. Also called [sautéing](http://www.cookeryonline.com/Resource/GlossaryS-Z.html%20#Saute).

**Parboil -** To partially cook food in [boiling](http://www.cookeryonline.com/Resource/Topics/METHODS%20OF%20BOILING.html) water before completely cooking by some other process.

**Pare -** To cut off the outer covering of a fruit or vegetable with a vegetable peeler.

**Peel** - To strip or slip off outer coverings of some fruits or vegetables

**Pinch** - The amount of a powdery ingredient you can hold between your thumb and forefinger -- about 1/16 teaspoon.

**Pipe** - To force a food (typically icing or whipped cream) through a pastry tip to use as a decoration or garnish, or to shape dough, such as that for eclairs.

**Pound** - To flatten meats and poultry to a uniform thickness using a meat mallet or rolling pin. This ensures even cooling and also tenderizes tough meat by breaking up connective tissues. Veal and chicken cutlets are often pounded.

**Preheat -** To set an oven or broiler at the desired temperature 15 to 30 minutes before use so that the temperature is reached before food is put in to cook.

**Prick** - To pierce a food in many or a few places. You can prick a food in order to prevent buckling - an empty piecrust before it is baked, for example - or bursting - a potato before baking, or sausages before cooking.

**Purée** - To force vegetables, fruits and other foods through a fine sieve, food mill or ricer or blend in an electric blender or food processor to remove skins, seeds and so forth, and to produce a fine-textured substance.

**Reconstitute -** To rehydrate dried food by soaking it in water or another liquid.

**Reduce -** To thicken or concentrate a sauce by [boiling](http://www.Resource.com/Topics/METHODS%20OF%20BOILING.html), which lessens the volume and intensifies the flavour.

**Roast -** A dry cooking process in the oven or on a spit with a small amount of fat. Usually refers to meat.

**Roux** - A blend of flour and oil or butter used to thicken sauces and gravies. The fat and flour are mixed together in equal amounts over heat. If a white roux is desired, the melting and blending are done over low heat for a few minutes. If a brown roux is desired, the flour is cooked in the fat to the desired degree of brown.

**Rub -** To blend ingredients by rubbing through the fingers, more often called *rubbing in*. A blend of herbs and spices that coats the surface of meat used to add flavour.

**Score** - To cut narrow grooves or gashes part way through fat, in meats before cooking.; e.g., in steaks to prevent curling, or to cut diamond-shaped gashes through fat in ham just before glazing.

**Scramble** - To stir or mix foods gently while cooking, as eggs.

**Sear** - To cook at a very high temperature, either on top of range or in oven, for a short time in order to quickly form a brown crust on the outer surface of meat.

**Shred** - To cut food into slivers or slender pieces, using a knife or shredder.

**Sift** - To put dry ingredients through a fine sieve.

**Simmer** - To cook in a liquid that is kept just below the boiling point; bubbles form slowly and break below the surface.

**Skewer** - A long, thin metal or wooden pin used to secure or suspend meat and/or vegetables during cooking. To thread foods, such as meat, fish, poultry, vegetables, on a wooden or metal skewer so they hold their shape during cooking.

**Skim** - To remove fat or froth from the surface of a liquid, such as stock or boiling jelly.

**Slow cooker -** An electric duck oven or casserole used to cook stews and soups slowly. Also known as a crock pot.

**Smoke point -** The point at which fat breaks down, starts to smoke and gives off an odour. Different fats have different smoke points. The smoking point of animal fats is about 190¼C/375¼C, vegetable fats tend to be about 200¼C/400¼F, peanut and corn oils tend to have a higher smoke point at around 220¼C/425¼F. Take care as fat burst into flames easily if over-heated. If this happens, turn off the heat and cover with a lid, a baking sheet, a fire blanket or a damp tea towel. DO NOT attempt to move the pan or fryer or use water to extinguish.

**Stew -** A slow, moist-heat cooking method using a pot with a tight-fitting lid. The meat should be completely covered in liquid. Used for less tender cuts.

**Stir** - To mix, usually with a spoon or fork, until ingredients are worked together.

**Stir-fry (Chow)** - A basic cooking method in Oriental kitchens. Generally a wok is used, but you may use a frying pan. The food is tossed about in a hot pan with very little oil.

**Stock** - A liquid in which vegetables or meat has been cooked.

**Sweat** - To sauté over low heat with a lid on. This method causes steam and expedites the cooking time.

**Toast** - To brown and dry the surface of foods with heat, such as bread and nuts.

**Toss** - To tumble ingredients lightly with a lifting motion, as in a salad.

**Turning -** Cutting a vegetable into barrel shapes

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

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

**Zest** - To remove the colored peel of a citrus fruit. Use a grater, zester or vegetable peeler to remove the outermost part, avoiding the bitter white pith underneath. The peel itself is often referred to as zest.

**Wok -** A round-bottom pan used for stir-fry and other cooking methods using high heat.

**Glossary of cooking methods**

**Anglaise (á la) -** 1) A cooking style for simple cooked dishes, such as boiled vegetables. 2) A method of cooking fish – deep-frying in bread crumbs, accompanied by tartar sauce. 3) A fresh egg custard sauce.

**Bake** – To cook by dry heat in an oven; or to cook pancakes on a griddle

**Barbecue -** To cook over or in front of glowing coals usually charcoal - a form of grilling.

**Baste** - To moisten foods during cooking with drippings, water or seasoned sauce, to prevent drying or to add flavour.

**Bat -** To flatten meat or fish with a cutlet bat or other suitable implement.

**Beat -** To mix ingredients rapidly so that air is incorporated, resulting in a smooth mixture.

**Blend -** To combine ingredients until a desired consistency is reached, usually until smooth.

**Boil -** To heat water or other liquids to 100ºC (212 degreeº F). When water boils the surface is covered with bubbles.

**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 on top of the stove. Braising is an ideal way to prepare less-tender cuts of meat, firm fleshed fish and vegetables

**Broil -** A quick, dry-heat oven-cooking method using the broiler setting. Used for more tender cuts. Less tender cuts can be used if marinated.

**Brown -** To cook food quickly in a preheated oven, broiler, or hot skillet to ‘brown’ the outside and seal in the juices.

**Caramelize -** To sprinkle food with a small amount of sugar and sauté or grill until browned. To heat sugar until it forms a caramel.

**Cook** - To prepare food by applying heat in any form.

**Cure -** To preserve meat by either smoking, drying, pickling or salting.

**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.

**Deglaze** - After meats or vegetables have been browned, wine or stock is added to the pan over high heat, and the rich coloring that remains in the pan is gently scraped with a wooden spoon and combined with the wine or stock.

**Degrease -** To remove the fat from the surface of a liquid/

**Dice -** To cut into equally-sized cubes. The smallest vegetable dice is known as [brunoise](http://www.cookeryonline.com/Resource/GlossaryB.html#Brunoise) - 2mm (1/12inch); the largest as [macédoine](http://www.cookeryonline.com/Resource/GlossaryM.html#Macedoine) - 1/2 cm (1/4 inch).

**Dilute -** To make a sauce or stock weaker by adding more liquid.

**Dissolve** - To make a liquid and a dry substance go into solution.

**Dredge** - To sprinkle, coat or cover with flour, crumbs, cornmeal or other seasoned mixture.

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

**Dry heat cooking -** Cooking without the addition of liquid. Examples include grilling, broiling and panfrying. Used for tender cuts or less tender cuts which have been marinated.

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

**Fillet -** To cut meat away from the bone.

**Flambé -** To pour brandy or liqueur over food, warm and ignite.

**Fold -** To combine a light mixture with a heavier one without stirring or beating, but gently lifting from underneath with a rubber spatula or metal spoon, using an over-and-over motion.

**Fry or pan-fry** - To cook in a small amount of fat on top of the stove; also called ‘sauté’ and ‘pan-fry.’

**Grate -** To cut food into small pieces by rubbing against the sharp teeth of a grating tool.

**Grill -** A quick, dry-heat cooking method over charcoal, wood or gas flames. Used for more tender cuts. Less tender cuts can be used if marinated.

**Julienne** - To cut fruits, vegetables or meats into match-like strips.

**Larding -** Threading thin strips of fat, usually pork, into a large joint of meat to keep them from drying out during cooking. A larding needle is usually used. The fat should be chilled to make it firm and can be seasoned or sprinkled with parsley.

**Marinate -** To let meat or vegetables stand in a flavoured liquid, usually acidic, for several hours and in some case days - to add flavour or to tenderise.

**Mince -** To cut or chop in very fine pieces, usually through a mincing machine. Sometimes known as ground meat.

**Moist-heat cooking -** Adding liquid during preparation to create steam. Improves tenderness of less tender cuts. Examples include [braising](http://www.cookeryonline.com/Resource/Topics/Braising.html) and stewing

**Pan broil -** A quick, dry-heat cooking method using a pan on a stovetop. No oil is used and the pan is uncovered. Used for thinner cuts.

**Pan-fry -** A quick, dry-heat cooking method using a pan with a small amount of oil. No lid is used. Used for thinner cuts. Also called [sautéing](http://www.cookeryonline.com/Resource/GlossaryS-Z.html%20#Saute).

**Parboil -** To partially cook food in [boiling](http://www.cookeryonline.com/Resource/Topics/METHODS%20OF%20BOILING.html) water before completely cooking by some other process.

**Pare -** To cut off the outer covering of a fruit or vegetable with a vegetable

peeler.

**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.

**Preheat -** To set an oven or broiler at the desired temperature 15 to 30 minutes before use so that the temperature is reached before food is put in to cook.

**Purée** - To force vegetables, fruits and other foods through a fine sieve, food mill or ricer or blend in an electric blender or food processor to remove skins, seeds and so forth, and to produce a fine-textured substance.

**Reconstitute -** To rehydrate dried food by soaking it in water or another liquid.

**Reduce -** To thicken or concentrate a sauce by [boiling](http://www.Resource.com/Topics/METHODS%20OF%20BOILING.html), which lessens the volume and intensifies the flavour.

**Roast** – To cook (bake) by dry heat in an oven, on a spit in an oven, over charcoal, or in an electric rotisserie.

**Rub -** To blend ingredients by rubbing through the fingers, more often called *rubbing in*. A blend of herbs and spices that coats the surface of meat used to add flavour.

**Sauté** - To fry lightly until golden and tender in a small amount of hot fat on top of range, turning frequently. From the French word that means .to jump.’

**Scald -** To heat a liquid just below the [boiling](http://www.cookeryonline.com/Resource/Topics/METHODS%20OF%20BOILING.html) point. Tiny bubbles should form around the edge of the pan.

**Sear -** To brown the surface of food quickly using high heat.

**Shred -** To slice finely.

**Simmer -** To cook liquid below or just at [boiling](http://www.cookeryonline.com/Resource/Topics/METHODS%20OF%20BOILING.html) point. The bubbles should rise slowly to the surface.

**Slice -** To cut food into similar size flat pieces.

**Stew -** A slow, moist-heat cooking method using a pot with a tight-fitting lid. The meat should be completely covered in liquid. Used for less tender cuts.

**Stir-fry -** A quick, dry-heat cooking method using a lightly oiled skillet or wok. Use high heat while continuously tossing ingredients. Any cut can be used as long as it is cut into thin, uniform strips.

**Steam** - To cook on a rack or holder over a small amount of boiling water in a tightly-covered container.

**Steep** - To allow food, such as tea, to stand in hot liquid to extract flavour and/or color.

**Toss -** To mix ingredients lightly.

**Turning -** Cutting a vegetable into barrel shapes

**Zest** - To remove the colored peel of a citrus fruit. Use a grater, zester or vegetable peeler to remove the outermost part, avoiding the bitter white pith underneath. The peel itself is often referred to as zest.